



**“Skate the Capital”  
Lansing Basic Skills Competition  
2010 Series Event #1  
March 13, 2010**

**2010 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 6, 2010

**Series Point System**

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

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

If an event has 2-6 skaters, the points will be awarded as if there were 6 skaters in the group. If there is only one skater in the group, they will be awarded 3 points. At the end of the Series, in the case of total points tied, 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 2010 season. Spins, Dance, Pairs, Theatre On Ice, Synchronized Teams, and Showcase Events will Not be counted for this 2010 season. At the end of the 2010 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](http://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.

## 4<sup>th</sup> Annual USFS Michigan Basic Skills Series – Hosted by the following:

<p>Event #1 – Lansing Basic Skills Competition <b>March 13, 2010</b> <b>Deadline for Entries – February 20, 2010</b> Suburban Ice – East Lansing 2810 Hannah Blvd East Lansing, Michigan 48823 Contact: Meghan Carmody Phone: 734-417-8967 <a href="mailto:lansingbasicskills@yahoo.com">lansingbasicskills@yahoo.com</a></p>	<p>Event #2 – Onyx-Suburban Basic Skills Challenge – <b>March 20, 2010</b> <b>Deadline for Entries – February 27, 2010</b> Suburban Ice - Macomb 54755 Broughton Road Macomb, MI 48042 Contact: Helene Wolf Phone: 586-992-8600 <a href="mailto:HHWolf@comcast.net">HHWolf@comcast.net</a></p>	<p>Event #3 –Skate the Zoo <b>March 27, 2010</b> <b>Deadline for Entries – March 1, 2010</b> S2 Arena 5076 Sports Drive Kalamazoo MI 49009 Contact: Amy Bauer Phone: 269-598-9184 <a href="mailto:Sk8amy02@aol.com">Sk8amy02@aol.com</a></p>
<p>Event #4 – Arctic Basic Skills Competition <b>April 11, 2010</b> <b>Deadline for Entries – March 18, 2010</b> Arctic Edge Ice Arena 46615 Michigan Avenue Canton MI 48188 Contact: Diane Keils <a href="mailto:dmkeils@aol.com">dmkeils@aol.com</a> or <a href="mailto:arcticfscclub@gmail.com">arcticfscclub@gmail.com</a></p>	<p>Event #5 – Mountain Town Classic <b>April 17, 2010</b> <b>Deadline for Entries – March 25, 2010</b> The I.C.E. Arena 5165 East Remus Road Mt. Pleasant MI 48858 Contact: Ginni Phillips Phone: 989-560-3871; Work 989-775-9148 <a href="mailto:gphillips@delfield.com">gphillips@delfield.com</a></p>	<p>Event #6 – Lake Effect Basic Skills Comp <b>May 8, 2010</b> <b>Deadline for Entries – April 15, 2010</b> Georgetown Ice Arena 8500 48<sup>th</sup> Avenue Hudsonville MI 49426 Contact: Katie Van Ark Phone: 616-662-4911 <a href="mailto:katievanark@yahoo.com">katievanark@yahoo.com</a></p>
<p>Event #7–Jackson Optimist Basic Skills <b>May 23, 2010</b> <b>Deadline for Entries – April 30, 2010</b> Optimist Ice Arena 1300 West North Street Jackson MI 49202 Contact: Kayleah Crosby Phone: 517-581-0014 <a href="mailto:K_crosby0428@yahoo.com">K_crosby0428@yahoo.com</a></p>	<p>Event #8–Ann Arbor Skills &amp; Showcase <b>June 12, 2010</b> <b>Deadline for Entries – May 17, 2010</b> Ann Arbor Ice Cube 2121 Oak Valley Drive Ann Arbor MI 48103 Contact: Logan Giulietti-Schmitt 630-750-2950 <a href="mailto:thefourthwave@aol.com">thefourthwave@aol.com</a></p>	<p>Event #9 – Summer Swizzle <b>June 19, 2010</b> <b>Deadline for Entries: May 26, 2010</b> Farmington Hills Ice Arena 35500 Eight Mile Road Farmington Hills MI 48335 Contact: Nora Helwig Phone: 248-442-1446; <a href="mailto:nhelwig1@gmail.com">nhelwig1@gmail.com</a></p>
<p>Event #10-Summer Chill Basic Skills Comp <b>July 17, 2010</b> <b>Deadline for Entries: June 24, 2010</b> Novi Ice Arena 42400 Arena Drive Novi MI 48375 Contact: Heather Bauer Phone: 248-305-5328 <a href="mailto:bauerhe@northville.k12.mi.us">bauerhe@northville.k12.mi.us</a></p>	<p>Event #11 – Muskegon Lakeshore Summer Freeze <b>August 7, 2010</b> <b>Deadline for Entries – July 14, 2010</b> Lakeshore Sports Centre 4470 Airline Road Muskegon, MI 49444 Contact: Lisa Fierro Phone: 231-343-5919 <a href="mailto:Sk8mlfsc@yahoo.com">Sk8mlfsc@yahoo.com</a></p>	<p>Event #12 – SW MI Basic Skills Competition <b>August 21, 2010</b> <b>Deadline for Entries – July 28, 2010</b> Wing Stadium Complex 3600 Vanrick Drive Kalamazoo MI 49002 Contact: Kelli Forden Phone: 269-372-2168 <a href="mailto:jkforden@att.net">jkforden@att.net</a></p>
<p>Event #13–Tuxedo Invitational Basic Skills Comp - <b>Sept 18, 2010</b> <b>Deadline for Entries: August 25, 2010</b> Bowling Green State University Ice Arena 417 N. Mercer Road Bowling Green OH 43403 Contact: Pat Rabb Phone: 419-354-4730 <a href="mailto:Rabb1960@metalink.net">Rabb1960@metalink.net</a></p>	<p>Event #14 – Skate the Mountain – <b>Sept 25, 2010</b> <b>Deadline for Entries: September 1, 2010</b> Ice Mountain Arena Complex 5371 Avalanche Drive Burton MI 48509 Contact: Jacklinn Brayon Cell: 810-513-1283; Work 810-744-0800 <a href="mailto:IMFSC@sbcglobal.net">IMFSC@sbcglobal.net</a></p>	<p>Event #15 – Dearborn Basic Skills Comp – <b>October 16, 2010</b> <b>Deadline for Entries: Sept 23, 2010</b> Dearborn Ice Skating Center 14900 Ford Road Dearborn MI Contact: Stacy Holland Phone: 313-943-4098 <a href="mailto:SSHolland@comcast.net">SSHolland@comcast.net</a></p>
<p>Event #16 – Plymouth FSC Basic Skills <b>October 30, 2010</b> <b>Deadline for Entries: October 7, 2010</b> Compuware Sports Arena 14900 Beck Road Plymouth MI 48170 Contact: Jennifer Hancock Phone: 313-605-4667 <a href="mailto:jendejohn@hotmail.com">jendejohn@hotmail.com</a></p>	<p>Event #17 – Skate Midland <b>November 6, 2010</b> <b>Deadline for Entries: October 13, 2010</b> Midland Civic Arena 405 Fast Ice Drive Midland MI 48642 Contact: Karen Boswell Phone: 989-695-4832 <a href="mailto:drkaboswell@aol.com">drkaboswell@aol.com</a></p>	<p style="text-align: center;"><b>SERIES AWARDS CEREMONY</b> on the ice - at the Midland Competition</p> 



## “Skate the Capital” - Lansing Basic Skills Competition

Lansing Skating Club

Suburban Ice Arena ♦ 2810 Hannah Blvd ♦ East Lansing, MI 48823

Phone: 517-336-4273

[www.lansingskatingclub.com](http://www.lansingskatingclub.com)

**March 13, 2010**

**Entry Deadline: February 20, 2010**

The Lansing Basic Skills “Skate the Capital” Competition, sponsored by the Lansing Skating Club will be held at the Suburban Ice East Lansing on **Saturday, March 13, 2010**. The ice surface measures [85 x 200] 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 Meghan Carmody, by email at [lansingbasicskills@yahoo.com](mailto:lansingbasicskills@yahoo.com) or (734) 417-8967.

**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 **February 20, 2010**. 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 **Lansing Skating Club** to:

Gina Dewitt  
6544 Aurelius Rd  
Lansing, MI 48911

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](http://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 AND PROGRAM W/MUSIC EVENT: SNOWPLOW SAM – BASIC 8

• **BASIC ELEMENTS**

- 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.

• **BASIC PROGRAM W/MUSIC**

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

**All events listed on this page are eligible for Michigan Basic Skills Series Points**

**Compulsory Events**

- 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

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

**Free Skate Events**

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but NOT both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted.

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.

LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
<b>Limited Beginner</b> Time: 1:40 max	<ol style="list-style-type: none"> <li>1. Jumps with not more than ½ rotation [front to back or back to front].</li> <li>2. Jump sequences allowed.</li> <li>3. Maximum of 5 jump elements.</li> </ol>	<ol style="list-style-type: none"> <li>1. Two upright spins, no change of foot.</li> <li>2. Minimum of 3 revolutions</li> </ol>	<ol style="list-style-type: none"> <li>1. Connecting moves and steps should be demonstrated throughout the program.</li> </ol>	May not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
<b>Beginner</b> Time: 1:40 max	<ol style="list-style-type: none"> <li>1. Jumps with not more than ½ rotation [front to back or back to front.</li> <li>2. Single rotation jumps: Salchow and Toe Loop only.</li> <li>3. Jump combinations and sequences allowed.</li> <li>4. Maximum of 5 jump elements.</li> </ol>	<ol style="list-style-type: none"> <li>1. Two upright spins, change of foot optional</li> <li>2. Minimum of 3 revolutions.</li> </ol>	<ol style="list-style-type: none"> <li>1. Connecting moves and steps should be demonstrated throughout the program</li> </ol>	May not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
<b>WELL BALANCED FREE SKATE [U.S. Figure Skating Rulebook Requirements]</b>				
<b>No Test</b> Time: 1:30 +/-10	<ol style="list-style-type: none"> <li>1. Maximum of 5 jump elements</li> <li>2. No axels or double jumps</li> </ol> <p><i>Refer to USFS Rulebook #3721 for more into</i></p>	<ol style="list-style-type: none"> <li>1. Maximum of 2 spins of a different nature</li> </ol>	<ol style="list-style-type: none"> <li>1. One step sequence utilizing ½ ice surface</li> </ol>	May not have passed any official U.S. Figure Skating free skate tests.



## Events listed on this page are NOT eligible for Michigan Basic Skills Series Points

### Compulsory Events

- 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

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-Preliminary	1. Flip jump 2. Jump combination waltz jump/toe loop jump <b>OR</b> 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 [Ina Bauers, spread eagles, lunges and shoot the ducks may be included].	May not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time: 1:00
Preliminary	1. Lutz jump 2. Jump combination [may not use Lutz or Axel] 3. Camel spin 4. Spiral sequence – must include a forward and backward spiral. Additional spirals and balance moves [Ina Bauers, spread eagles, lunges and shoot the ducks may be included].	Must have passed the U.S. Figure Skating pre-preliminary free skate test but may not have passed higher than preliminary free skate	Time: 1:15

### Free Skate Events

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but NOT both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted.

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.

<b>COMPETITIVE TEST TRACK FREE SKATE</b>				
LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
<b>Pre-Preliminary</b> Time: 1:40 max	1. Jumps with not more than one rotation [no axels] 2. Jump combinations or sequences using only a waltz jump, toe loop, and Salchow. 3. Maximum of 5 jump elements.	1. Maximum of two spins of a different nature held in one position only, no change of foot. 2. No flying spins 3. Minimum 3 revolutions	1. Connecting moves and steps should be demonstrated throughout the program	May not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
<b>Preliminary</b> Time: 1:30 +/- 10	1. Jumps with not more than one rotation [no axels]. 2. Jump combinations and sequences are allowed. 3. Maximum of 5 jump elements.	1. Maximum of two spins of a different nature 2. Combination spins allowed. 3. No flying spins 4. Minimum of 3 revolutions	1. Connecting moves and steps should be demonstrated throughout the program	Must have passed the U.S. Figure Skating pre-preliminary free skate test but may not have passed higher than preliminary free skate
<b>WELL BALANCED FREE SKATE [U.S. Figure Skating Rulebook Competitive Requirements]</b>				
<b>Pre-Preliminary</b> Time: 1:30 +/- 10	1. Axels allowed 2. No double jumps permitted 3. Maximum of 5 jump elements.  <i>Refer to USFS Rulebook #3711 for more into</i>	1. Maximum of 2 spins of a different nature	1. One step sequence utilizing ½ the ice surface	May not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
<b>Preliminary</b> Time: 1:30 +/- 10	1. Maximum of 5 jump elements, one must be an axel or waltz-type jump  <i>Refer to USFS Rulebook #3701 for more into</i>	1. Maximum of 2 spins of a different nature	1. One step sequence utilizing ½ the ice surface	Must have passed the U.S. Figure Skating pre-preliminary free skate test but may not have passed higher than preliminary free skate

### Spins Events

- To be skated on 1/2 of the ice surface
- Skating order of the required elements is optional
- No music will be allowed
- Boys and girls may be grouped together

LEVEL	ELEMENTS	QUALIFICATIONS	Program Length
Basic Skills	<ol style="list-style-type: none"> <li>1. Two Foot Spin</li> <li>2. Beginning One Foot Spin or forward pivot</li> <li>3. Footwork Sequence any pattern</li> <li>4. Spiral or Lunge</li> </ol>	Basic 6 – No Test	1:00 max
Beginner	<ol style="list-style-type: none"> <li>1. One Foot Spin [min. 3 revolutions]</li> <li>2. Back Spin [min. 3 revolutions]</li> <li>5. Footwork Sequence any pattern</li> <li>3. Spiral or Lunge</li> </ol>	Basic 8 – No Test	1:00 max
Pre-Preliminary	<ol style="list-style-type: none"> <li>1. Upright Scratch Spin [min. 3 revolutions]</li> <li>2. Forward Sit Spin [min. 3 revolutions]</li> <li>3. Upright Back Spin [min.3 revolutions]</li> <li>4. Footwork Sequence any pattern</li> <li>5. Spiral, Bauer, or Spread Eagle [limit one]</li> </ol>	Must have passed no higher than Pre-Preliminary Free Skate Test	1:10 max
Preliminary	<ol style="list-style-type: none"> <li>1. Layback Spin [min. 3 revolutions]</li> <li>2. Camel Spin [min. 3 revolutions]</li> <li>3. Spin Combination w/one change of foot and one change of position [min. 3 revolutions]</li> <li>4. Footwork Sequence – any pattern</li> <li>5. Spiral, Bauer, or Spread Eagle [limit one]</li> </ol>	Must have passed no higher than Preliminary Free Skate Test	1:10 max

### Jumps Events

- To be skated on 1/2 of the ice surface
- Skater will perform 2 different jumps with 2 opportunities for each. The best jump of each will be judged.
- No music will be allowed
- Boys and girls may be grouped together

LEVEL	ELEMENTS	QUALIFICATIONS
Basic Skills	<ol style="list-style-type: none"> <li>1. Waltz Jump</li> <li>2. Half Flip or Half Lutz</li> </ol>	Basic 6 – No Test
Beginner	<ol style="list-style-type: none"> <li>1. Salchow</li> <li>2. Toe Loop Combination</li> </ol>	Must not have passed the Pre-Preliminary Free Skate Test
Pre-Preliminary	<ol style="list-style-type: none"> <li>1. Lutz Jump</li> <li>2. Waltz Jump / Loop Jump Combination</li> </ol>	Must have passed no higher than the Pre-Preliminary Free Skate Test
Preliminary	<ol style="list-style-type: none"> <li>1. Axel</li> <li>2. Single / Single Combination [no axel]</li> </ol>	Must have passed no higher than the Preliminary Free Skate Test

### Interpretive Programs

During warm-up skaters will hear music selection twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater will be allowed to hear the music for the 3rd time. The listening skater will not be allowed to view the performing skater.

LEVEL	ELEMENTS / MUSIC THEME	QUALIFICATIONS	PROGRAM LENGTH
Beginner	No flying spins or combination spins MUSIC THEME:	Basic 7 – No Test	1:15 minutes Or less
Pre-Preliminary	No flying spins, axels or double jumps MUSIC THEME:	Passed no higher than Pre-Preliminary Free Skate Test	1:30 minutes Or less
Preliminary	No double jumps MUSIC THEME:	Passed no higher than Preliminary Free Skate Test	1:30 minutes Or less

### Artistic Showcase

- Theme of skater's choice
- Music may contain words
- Judging will emphasize interpretation of music rather than technical skills
- Costumes that complement the music will be allowed
- Skaters may use hand props or those they can get on and off the ice without assistance

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic Skills	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	Axel, double salchow or double toe loop permitted	Must have passed no higher than USFS Preliminary Free Skate Test	1 ½ minutes +/- 10 seconds



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

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

<p><b>Badge 1</b></p> <p>A. Stand unassisted for five seconds          B. Fall and stand up unassisted          C. Knee dip standing still unassisted          D. March forward ten steps assisted</p>	<p><b>Badge 7</b></p> <p>A. Backward stroking across the rink          B. Gliding backward to forward two foot turn          C. T-stop left of right          D. Forward two foot turn on a circle: L &amp; R</p>
<p><b>Badge 2</b></p> <p>A. March forward ten steps unassisted          B. Swizzles, standing still: three repetitions          C. Backward wiggle or march assisted          D. Two foot glide forward for distance of at least length of body</p>	<p><b>Badge 8</b></p> <p>A. Five consecutive forward crossovers: L &amp; R          B. Forward outside edge: L &amp; R          C. Five consecutive backward ½ swizzles on a circle: L &amp; R</p>
<p><b>Badge 3</b></p> <p>A. Backward wiggle or march          B. Five forward swizzles covering at least ten feet          C. Forward skating across the rink          D. Forward gliding dip covering at least length of body: L &amp; R</p>	<p><b>Badge 9</b></p> <p>A. Forward outside three turn: L &amp; R          B. Forward inside edge: L &amp; R          C. Forward lunge or shoot the duck at any depth          D. Bunny hop</p>
<p><b>Badge 4</b></p> <p>A. Backward two foot glide covering at least length of body          B. Two foot jump in place          C. One foot snowplow stop: L &amp; R          D. Forward one foot glide covering at least length of body: L &amp; R</p>	<p><b>Badge 10</b></p> <p>A. Forward inside three turn: L &amp; R          B. Five consecutive backward crossovers: L &amp; R          C. Hockey stop          D. Forward spiral three times length of body</p>
<p><b>Badge 5</b></p> <p>A. Forward stroking across rink          B. Five backward swizzles covering at least ten feet          C. Forward two foot curves left and right across rink          D. Two foot curves left and right across rink</p>	<p><b>Badge 11</b></p> <p>A. Consecutive forward outside edges: minimum of two on each foot          B. Consecutive forward inside edges: minimum of two on each foot          C. Forward inside Mohawk: L &amp; R          D. Consecutive backward outside edges: minimum of two on each foot          E. Consecutive backward inside edges: minimum of two on each foot</p>
<p><b>Badge 6</b></p> <p>A. Gliding forward to backward two foot turn          B. Five consecutive forward one foot swizzles on circle: L &amp; R          C. Backward one foot glide length of body: L &amp; R          D. Forward pivot</p>	<p><b>Badge 12</b></p> <p>A. Waltz jump          B. One foot spin: minimum of three revolutions          C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise          D. Combination of three moves chosen from badges 9-12</p>

**“Skate the Capital”  
Lansing Basic Skills Competition  
March 13, 2010  
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 \_\_\_\_\_

<b>\$40 First Event</b>		<b>\$50 First Event</b>		
<b>\$20 Each Additional Event</b>		<b>\$20 Each Additional Event</b>		
<b>Basic Compulsory</b>		<b>TEST TRACK</b>	<b>Jumps Events</b>	
Snowplow Sam*		<b>Compulsory</b>		
Basic 1 *	Limited Beginner *	Pre-Preliminary	Basic Skills	
Basic 2 *	Beginner *	Preliminary	Beginner	
Basic 3 *	No Test *		Pre-Preliminary	
Basic 4 *		<b>Free Skate</b>		
Basic 5 *	Limited Beginner *	Pre-Preliminary	Preliminary	
Basic 6 *	Beginner *		<b>Artistic Showcase</b>	
Basic 7 *		<b>WELL - BALANCED</b>		
Basic 8 *		<b>Free Skate</b>		
		Pre-Preliminary	Basic Skills	
		Preliminary	Beginner	
			Pre-Preliminary	
			Preliminary	
<b>Basic Program w/ Music</b>				
Snowplow Sam*	No Test *	<b>Spins Events</b>		
Basic 1 *		Basic Skills	<b>Special Olympics</b>	
Basic 2 *		Beginner	Badge 1	
Basic 3 *		Pre-Preliminary	Badge 2	
Basic 4 *		Preliminary	Badge 3	
Basic 5 *			Badge 4	
Basic 6 *			Badge 5	
Basic 7 *		<b>Interpretive Programs</b>		
Basic 8 *		Beginner	Badge 6	
		Pre-Preliminary	Badge 7	
		Preliminary	Badge 8	
			Badge 9	
			Badge 10	
			Badge 11	
			Badge 12	

*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 \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Join USFSA \$ \_\_\_\_\_  
**TOTAL:** \$ \_\_\_\_\_

**ENTRIES MUST BE POST MARKED BY:**

**FEBRUARY 20, 2010**

Mail form and fees to:

Gina Dewitt  
 6544 Aurelius  
 Lansing, MI 48911

Check/Money Order payable to: Lansing Skating Club



## Certification of Competitor

The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the Lansing Skating Club and Suburban Ice East Lansing harmless from any and all liability either during practice or the competition, from any and all liability for damages to or loss of property.

\*As a participant, or parent/guardian of a minor participant, in the "Skate the Capital" Lansing Basic Skills Competition/Basic Skills Series, I understand that the "Skate the Capital" Lansing Basic Skills Competition /Basic Skills Series, or its agents, may take photographs, video and/or film of my, my minor's and/or my family's involvement, participation, viewing or interaction at "Skate the Capital" Lansing Basic Skills Competition /Basic Skills Series scheduled ice time, activities, classes or events. I hereby authorize the taking and use of such photographs, video, film or likeness of myself, my minor child (or children), and/or my family in all forms and media and in all manners, including composite or other representations, for any lawful and legitimate "Skate the Capital" Lansing Basic Skills Competition /Basic Skills Series purpose, including dissemination and distribution of the same; and further waive any right to approve or object to any finished, modified or derivative product or media

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 2009-2010? Yes  USFS # \_\_\_\_\_  
If you are not registered, go to [www.usfigureskating.org](http://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 Lansing Skating Club      \_\_\_\_ Events to be entered checked properly