

GARDEN CITY BASIC SKILLS COMPETITION

MARCH 11th – 13th 2011

Sanction #35078

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 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. 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 \$40.00 for the first event and \$20.00 for any additional events. Fees are to be made payable to the Garden City Figure Skating Club. This year we will be using online registration. Please register online at www.sk8stuff.com. If you do not have computer access we will accept mailed applications with an extra \$5.00 processing fee. **Registration (online and mailed) must be completed no later than February 4, 2011.** Late registration 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: Will be posted on the website www.sk8stuff.com.

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 4, 2011.

NO TELEPHONE ENTRIES. NO METERED MAIL. NO REFUNDS (unless event is cancelled)
Mail Check to: Please include skater's name and the name of the events registered in.

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

Basic 1

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

Basic 2

1. Forward one-foot glide-either foot
2. Forward alternating 1/2 swizzle pumps, in a straight line – 2-3 each foot
3. Two-foot turn in place - forward to backward
4. Backward two-foot swizzles – 4-6 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- 4-6 consecutive
3. Backward one-foot glide - either foot
4. Forward slalom
5. Two-foot spin, minimum 3 revolutions

Basic 4

1. Forward crossovers 4-6 in both directions
2. Standstill forward outside 3 turn – R & L
3. Backward stroking – 4-6 strokes
4. Backward snowplow stop – R or L

Basic 5

1. Backward crossovers 4-6 consecutive in both directions
2. Basic one-foot spin – free leg held to side of spinning leg - minimum 3 revolutions
3. Side toe hop - either direction
4. Hockey stop

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. 1 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, free foot held to side of spinning leg or crossed position - min 3 revolutions

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 and dip
2. Forward 2 foot swizzles – 4-6 in a row
3. Backward wiggles – 4-6 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 – 4-6 in a row
4. Forward alternating ½ swizzle pumps in a straight line – 2-3 each foot
5. Moving snowplow stop.

Basic Program (Basic 3)

1. Forward Stroking
2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise – 4-6 consecutive
3. Backward one-foot glide - either foot
4. Forward slalom
5. Two foot spin, minimum 3 revolutions

Basic Program (Basic 4)

1. Forward crossovers 4-6 consecutive both directions
2. Standstill forward outside three- turn - R & L
3. Backward stroking - 4-6 strokes
4. Backward snowplow stop - R or L

Basic Program (Basic 5)

1. Backward crossovers 4-6 consecutive in both directions
2. Basic one-foot spin – free leg held to side of spinning leg - minimum 3 revolutions
3. Side toe hop -either direction
4. 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 - free foot held to side of spinning leg or crossed position - min 3 revolutions

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: 1:15 or less

Compulsory Freeskate 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. One foot upright scratch spin from back crossovers - min 3 revolutions
4. Waltz Jump from backward crossovers
5. Half flip jump

Compulsory Freeskate Level 2

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

Compulsory Freeskate Level 3

1. Forward crossovers in a figure 8 pattern
2. Advanced forward outside swing rolls – 4-6 consecutive

3. Back spin – minimum 3 revolutions
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop

Compulsory Freeskate Level 4

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

Compulsory Freeskate Level 5

1. Camel Spin – minimum 3 revolutions
2. Forward upright spin to back upright spin, minimum 3 revolutions each foot
3. Loop/loop combination jump
4. 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, half 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. One foot upright scratch spin from back crossovers - min 3 revolutions
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 revolutions
3. Salchow
4. Waltz jump/toe loop or Salchow/toe loop

Freestyle Level 4

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

Freestyle Level 5

1. Camel spin – minimum 3 revolutions
2. Forward upright spin to backward upright spin – minimum 3 revolutions each foot
3. Loop/loop combination jump
4. Flip jump

Freestyle 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

ARTISTIC/SHOWCASE EVENTS:

Artistic/Showcase events are open to skaters in Basic and Free Skate levels. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. Only hand held props are allowed. Props must remain in the skater's hand(s) at all times. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00
Free skate 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30

BEGINNER SYNCHRONIZED SKATING

The beginner competition program is also part of the U.S. Figure Skating Basic Skills program. The beginner competition program is for Basic Skills level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Beginner teams compete at Basic Skills competitions and nonqualifying synchronized skating competitions around the country.

Levels

- Beginner 1: 8 – 16 skaters, the majority of the team under 9 years old
- Beginner 2: 8 – 16 skaters, the majority of the team 9 – 11 years old
- Beginner 3: 8 – 16 skaters, the majority of the team at least 12 years old

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

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
BEGINNER 1 Majority under 9; 1 ½ - 2 minutes	Must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide.	Must cover the ice and must have only forward skating.	Must cover the ice, and must have only 1 configuration.	4-spoke or “S” wheel with backward pumps.	Two lines facing each other, 2-foot glide at point of intersection.
BEGINNER 2 Majority 9 – 11; 1 ½ - 2 minutes	Must include the combination move from Basic 8. (1 direction only, don’t need to repeat)	Must cover the ice and may include forward and backward skating.	Must cover the ice and must have 1 or 2 configurations.	Wheel of choice with backward pumps.	Two lines facing each other, 1-foot glide at point of intersection.
BEGINNER 3 Majority 12+; 2 – 2 ½ minutes	Must include the combination move from Basic 8. (1 direction only, don’t need to repeat)	Must cover the ice and must include forward and backward skating.	Must cover the ice and must have 2 or 3 configurations.	Wheel of choice with backward pumps, chasses, or crossovers.	Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

Beginner Restrictions

All of the synchronized skating “illegal elements” found in Rule 4669 of the U.S. Figure Skating rulebook apply to Beginner 1, 2 and 3. *(These are the basic rules, such as no jumps, no highlighting, no lying on the ice, etc.)*

Restrictions in Beginner 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand and shoulder-to-shoulder holds.
- Wheels and circles may not travel or change rotational direction.
- Beginner 1 teams may not do steps higher than Basic 5
- Beginner 2 teams may not do steps higher than Free Skate 1

Restrictions in Beginner 3:

- Wheels and circles may not travel or change rotational direction.

The emphasis of the Beginner competition is on mastering the “basic skills” of synchronized skating:

- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Unison and use of skills such as guiding and shadowing.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels

**GCFSC BASIC SKILLS COMPETITION March 11th – 13th, 2011
ENTRY FORM**

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

Last Test Passed as of February 4, 2011:

Freestyle _____ USFS# _____ Moves _____

Coaches Information:

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

Please check the event (s) you are entering:

Elements:

Freeskate Compulsory

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

Basic Program (with music)

Freeskate Program (with music)

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

Showcase Events

_____ Basic 1 – 8
 _____ Freeskate 1 - 6

ENTRY FEE IS \$40.00 PER EVENT, \$20.00 PER EACH ADDITIONAL EVENT

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

The completed online entry and fees, must be **completed no later than February 4, 2011.**

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

Garden City Figure Skating Club
 200 Log Cabin Road

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 - 13TH, 2011

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: \$75.00 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: Received by February 4, 2011. 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 ANNUAL COMPETITION
 200 Log Cabin Road
 Garden City, MI 48135
 e-mail – krgcfsc@yahoo.com

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

Club		Skater signature or parent / guardian (if skater is under 18)
Alt. 1		
Alt. 2		
Alt. 3		
Alt. 4		

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: _____