



Hosted by the Onyx-Suburban Skating Academy, Rochester, Michigan

**August 26 - 28, 2011**

Sanctioned by US FIGURE SKATING

Onyx-Rochester Ice Arena, 52899 Dequindre, Rochester, MI 48307, Office phone - 248-601-6699. Three ice surfaces (each surface is 200 x 85), dressing rooms, ample parking, and a concession area. For all event information, please email Lynne Minish at [lmminish@msn.com](mailto:lmminish@msn.com).

### **Rules**

The competition will be conducted in accordance with the rules as set forth in the current US FIGURE SKATING rulebook or those adopted at the May 2011 meeting of the Governing Council. Chief Referee is Barry Doren and Chief Accountant is Kathy Cook. The **International Judging System** will be used for select events as noted.

### **Eligibility and Entries**

The competition is open to all eligible persons who are members in good standing of US FIGURE SKATING and shall be eligible to enter events based on their test status as of **July 11, 2011**. Single skaters may skate at their free skating test level (**as of July 11, 2011**) or at one level higher, **BUT NOT BOTH**. Skaters may not compete below their test level as of **July 11, 2011**. Any event with a large number of entries will be divided into smaller groups. Levels Low Beginner through Juvenile will be divided in age groups of 8-10 skaters whenever possible. Intermediate and above will be divided into groups by random draws and group size will be based on total entries received. A minimum of two entries will be required for all flights to be scheduled. Compulsory events and all Basic Skills events may be ladies and men combined. Skaters may enter **EITHER** an IJS or 6.0 free skate event but **NOT** both.

### **Fees and Closing Date**

Space is limited so enter early. Online registration is preferred. Paper entries are accepted with a \$5.00 processing fee. Any entry not completed online or postmarked on or before July 11, 2011 will be considered late and will be accepted only if space allows and includes the \$25 late fee. No refunds after closing date for any reason, including medical, unless event is cancelled due to lack of entries. Any entry form missing US FIGURE SKATING number will be charged a \$10 administrative fee. **Any change to skating level or event after the deadline, unless due to our mistake, will be charged a \$20 administrative fee with no exceptions.** Any check returned for NSF will be charged a \$30 administrative fee. *Any and all additional fees assessed must be paid at the time of registration and must be paid by cash or money order before skater will be allowed to compete in their event(s).*

### **2011 Music: We are back to CD's this year.**

To those who worked through our trial run with online music last year, thank you for your cooperation. Although we believe that online music may become routine in the future, we feel that we can save our competitors time and money at this point by returning to the use of CD's. Therefore, your music will be expertly reproduced through rink and US FIGURE SKATING sound systems from CD's furnished by each competitor. Please legibly label all CD's with skater name, level, and "FS" or "SP" preferably with permanent marker. *All music must be turned in at time of registration and at least one hour prior to your scheduled event start time.* CD's must have only one track on it. In the event of short and long programs, two separate CD's must be used. Any CD with more than one track will not be accepted. Skaters should also have an additional CD available rink side as back-up.

### ***FOR ALL IJS EVENTS: Planned Program Content Sheet (PPCS)***

All competitors in IJS events are required to submit a Planned Program Content Sheet. **The PPCS is to be completed online no later than August 12, 2011.** Once entered, the PPCS may be updated online at any time as often as is desired and without cost up to August 15. **For those who do not submit the PPCS online by August 12, a \$25 processing fee will be incurred. Please note that any PPCS submitted by paper, regardless of date, will incur the \$25 processing fee.** Sign into "Members Only" at [www.usfigureskating.org](http://www.usfigureskating.org) and follow the instructions to complete your form online. PCS. Designate "Onyx Figure Skating Challenge" to receive your form.

### **Practice Ice**

There will be practice ice available beginning Friday, August 26, 2011 at the Onyx Rochester Ice Arena. Practice ice will be sold **online or by mail only**. You may **pre-purchase** Practice Ice sessions at a **discounted** price online any time prior to the closing date. Those who register for Practice Ice online will be allowed to select their sessions before mailed requests. No practice ice will be sold over the telephone or by fax. Music will **NOT** be played on any practice ice session. If you do not get the practice ice session you want, you will be notified by phone or email. Those with email addresses will be notified first.

**Championship Rounds**

Championship Rounds will be held for PreJuvenile and IJS Juvenile through IJS Senior if number of entries and/or time allows. The number of skaters advancing to Final Rounds from each Level/Qualifying Event or Group will be determined after closing date. All levels will advance based on Free Skate qualifying event only. Practice Ice for Final Rounds will be available for sale after each Free Skate event has been completed and results posted. There will be no Final Rounds for any 6.0 Events other than PreJuvenile FS.

**Awards**

Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place in each event including all Championship Rounds. The winner of each Championship event will also receive a trophy. Award Ceremonies, group and individual pictures will take place immediately following the posting of each event's results.

**Registration**

The official registration desk will be located in the main lobby of the Onyx-Rochester Ice Arena. Registration will open one hour before the start of the competition each day and remain open through the end of the competition each day. Competitors must register at least one hour prior to their event.

**Official Notices**

The official bulletin board will be maintained in the main lobby of the arena. Posting of schedules and announcements thereon shall constitute sufficient official notice to competitors, coaches, and officials.

**Schedule of Events**

A schedule of events and confirmation will be available online approximately two weeks before the competition. Please check the official bulletin board immediately upon arrival for any changes.

**Skater Gifts**

Every competitor will receive a free DVD of each of their events as a gift for entering this event. Pick up in rink 2.

**Photography**

Professional action and award photographs by *Kreativ Imagining* will be available. In addition, and everyone will be welcome to take their own photographs following each awards presentation.

*\*All skaters will receive a FREE DVD of each of their events\**

*\*All music will be played from skaters' CD's \**

*\*No online music this year\**

One IJS event.....	\$ 95.00
Two IJS events.....	\$145.00
One IJS event plus one 6.0 event.....	\$130.00
One 6.0 event.....	\$ 90.00
Two 6.0 events.....	\$125.00
Basic Program w/music.....	\$ 55.00
All Half Ice events.....	\$ 35.00
<b>PAPER ENTRY FORM MUST INCLUDE</b>	
<b>\$5.00 PROCESSING FEE.....</b>	<b>\$ 5.00</b>

Mailed entry forms must be postmarked by **July 11, 2011**

*If postmarked after July 11, entry must include \$25 late fee.*

Mail to:  
Onyx Challenge Registration  
52999 Dequindre  
Rochester MI 48307

For all IJS events:  
Online PPCS must be  
submitted through  
usfigureskating.org on or  
before **Aug 12<sup>th</sup>**

**Easy and secure online registration  
available at  
[www.sk8stuff.com](http://www.sk8stuff.com)**

**Optional payment by secure credit card process  
available with online registration  
and 3.5% processing fee.**

**Must complete entry no later than midnight  
Saturday July 11, 2011**

**⇒Pre-purchase Practice Ice Sessions for a  
discounted price at the same time.**

**For questions regarding registration please email  
[info@onyxchallenge2011.com](mailto:info@onyxchallenge2011.com)**

**ENTRY MUST BE MADE ONLINE OR POSTMARKED BY JULY 11, 2011**

*Any entry made online or postmarked after July 11 must include the \$25 late fee*

# Singles Free Skate

- Program requirements not specified below are defined in rules 3630 – 3721.
- Skaters may skate up one level but may not skate at more than one level.
  - All times are +/- 10 seconds.

▪ Test Track Note: **Deductions WILL be made for skaters including technical elements not permitted in the event description.**

<b>Senior IJS</b> 4:00 (Ladies) 4:30 (Men)	Must have passed the US FIGURE SKATING Senior Free Skate Test. (Rule 3643)
<b>Senior TT (6.0)</b> 4:00 (Ladies) 4:30 (Men)	Skater must have passed at least the US FIGURE SKATING Junior Free Skate. <ul style="list-style-type: none"> <li>▪ At least four different double jumps; one must be a double Lutz</li> <li>▪ Jump combinations and sequences allowed</li> <li>▪ Maximum 8 jumping element for men and 7 for ladies</li> <li>▪ Three spin; one must be a spin in one position, one a flying spin, (6 revolutions each); one combination spin consisting of all three basic spin positions and one change of foot (min 2 revs in each position and min 5 revs on each foot)</li> <li>▪ Men: Two different step sequences. Ladies: One step sequence and one spiral sequence. (see rule 3640 for description)</li> </ul>
<b>Junior IJS</b> 3:30 (Ladies) 4:00 (Men)	Must have passed the US FIGURE SKATING Junior Free Skate Test & no higher. (Rule 3653)
<b>Junior TT (6.0)</b> 3:30 (Ladies) 4:00 (Men)	Skater must have passed at least the US FIGURE SKATING Novice Free Skate test but may not have passed tests higher than Junior Free Skate. <ul style="list-style-type: none"> <li>▪ Any single jumps; double jumps may only be the double Salchow, double toe loop, double loop, and double flip</li> <li>▪ Jump combinations and sequences allowed</li> <li>▪ Maximum 8 jumping element for men and 7 for ladies</li> <li>▪ Three spin; one must be a spin in one position, one a flying spin, (6 revolutions each); one combination spin consisting of all three basic spin positions and one change of foot (min 2 revs in each position and min 5 revs on each foot)</li> <li>▪ One step sequence of advanced difficulty covering the full ice surface. (See rule 3650 for description)</li> </ul>
<b>Novice IJS</b> 3:30 (Men) 3:00 (Ladies)	Must have passed the US FIGURE SKATING Novice Free Skate Test & no higher. (Rule 3663)
<b>Novice TT (6.0)</b> 3:00 (Ladies) 3:30 (Men)	Skater must have passed at least the US FIGURE SKATING Intermediate Free Skate test but may not have passed tests higher than Novice Free Skate. <ul style="list-style-type: none"> <li>▪ Any single jumps; double jumps may only be the double Salchow, double toe loop and double loop</li> <li>▪ Jump combinations and sequences allowed</li> <li>▪ Maximum 7 jump elements</li> <li>▪ Three spins in any position; minimum 6 revolutions; one must be in combination with at least one change of foot (min 5 revs on each foot); may include flying spins.</li> <li>▪ 1 step or spiral sequence. (see Rule 3660 for description)</li> </ul>
<b>Intermediate IJS</b> 2:30	Must have passed the Intermediate Free Skate Test & no higher. (Rule 3672)
<b>Intermediate TT (6.0)</b> 2:30	Skater must have passed at least the US FIGURE SKATING Juvenile Free Skate test but may not have passed tests higher than Intermediate Free Skate. <ul style="list-style-type: none"> <li>▪ Any single jumps; double jumps may only be the double Salchow and double toe loop</li> <li>▪ Jump combinations and sequences allowed</li> <li>▪ Maximum 6 jump elements</li> <li>▪ Three spins in any position; minimum 4 revolutions; one must be in combination with at least one change of foot (min 4 revs on each foot); may include flying spins</li> <li>▪ One step sequence straight line, circular, or serpentine fully utilizing ice surface</li> </ul>
<b>Juvenile IJS</b> 2:15	Open to skaters who have not reached the age of 13 years old as of the closing date. Must have passed the US FIGURE SKATING Juvenile Free Skate Test & no higher. (Rule 3681)
<b>Juvenile TT (6.0)</b> 2:15	Skater must have passed at least the US FIGURE SKATING PreJuvenile Free Skate test but may not have passed tests higher than Juvenile Free Skate. <ul style="list-style-type: none"> <li>▪ Any single jumps and jump combinations with note more than 1 ½ rotations (Axel permitted)</li> <li>▪ Maximum 5 jump elements</li> <li>▪ Three spins in any position; minimum 4 revolutions; one must be in a combination spin with one change of foot (min 4 revs on each foot); may include flying spins</li> <li>▪ One step sequence straight line, circular, or serpentine fully utilizing ice surface.</li> </ul>
<b>Open Juvenile IJS</b> 2:15	Open to skaters 13 years old or older as of closing date. Must have passed the US FIGURE SKATING Juvenile Free Skate Test & no higher. (Rule 3681)
<b>PreJuvenile (6.0)</b> 2:00	Must have passed the US FIGURE SKATING PreJuvenile Free Skate Test & no higher. (Rule 3691).
<b>PreJuvenile TT (6.0)</b> 2:00	Skater must have passed at least the US FIGURE SKATING Preliminary Free Skate test but may not have passed tests higher than PreJuvenile Free Skate <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels)</li> <li>• Jump combinations and sequences are allowed.</li> <li>• Maximum 5 jump elements</li> <li>• Three spins in any position; minimum 3 revolutions; one must be in a combination spin with change of foot optional (min 3 revs on each foot or 6 total and no flying spins)</li> <li>• One step sequence straight line, circular, or serpentine fully utilizing ice surface.</li> </ul>
<b>Preliminary</b> 1:30	Must have passed the US FIGURE SKATING Preliminary Free Skate Test & no higher. (Rule 3701).
<b>Preliminary Limited</b> 1:30	Must have passed the US FIGURE SKATING Preliminary Free Skating test & no higher. For additional program elements see Rule 3701. <b>EXCEPTION: May not include double jumps or flying spins.</b>

## Singles Free Skate

- Program requirements not specified below are defined in rules 3630-3721.
- Skaters may skate up one level but may not skate at more than one level.
  - All times are +/- 10 seconds.

▪ Test Track Note: **Deductions WILL be made for skaters including technical elements not permitted in the event description.**

<b>Preliminary TT</b> 1:30	Skaters must have passed at least the US FIGURE SKATING PrePreliminary free skate test but may not have passed tests higher than the Preliminary Free Skate test. <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels)</li> <li>• Jump combinations and sequences are allowed</li> <li>• Maximum 5 jump elements</li> <li>• Two spins of a different nature; combination spins allowed; minimum 3 revolutions each and no flying spins</li> <li>• Connecting moves and steps should be demonstrated through the program.</li> </ul>
<b>PrePreliminary</b> 1:30	Must have passed the US FIGURE SKATING PrePreliminary Free Skate Test & no higher. <ul style="list-style-type: none"> <li>• May include Axels. May not include double jumps.</li> <li>• For additional program elements see Rule 3711</li> </ul>
<b>PrePreliminary Limited</b> 1:30	Must have passed the US FIGURE SKATING Pre-Preliminary Free Skating test & no higher. <ul style="list-style-type: none"> <li>• For program elements see Rule 3711</li> </ul> <p><b>EXCEPTION: May not include Axels or flying spins</b></p>
<b>PrePreliminary TT</b> 1:30	Skaters may not have passed tests higher than US FIGURE SKATING PrePreliminary free skate test. <ul style="list-style-type: none"> <li>• Maximum 5 jump elements</li> <li>• Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps allowed include Salchow, toe loop and loop only.</li> <li>• Jump combinations or sequences with the above jumps are allowed</li> <li>• Two spins held in one position only of a different nature; no change of foot; minimum 3 revolutions each and no flying spins</li> <li>• Connecting moves and steps should be demonstrated through the program.</li> </ul>
<b>No Test</b> 1:30	Open to skaters who have not passed any official US FIGURE SKATING Free Skate Tests. <ul style="list-style-type: none"> <li>• Single jumps only; no Axel</li> <li>• For additional program elements see Rule 3721</li> </ul>
<b>High Beginner</b> 1:30	Open to skaters who have not passed their US FIGURE SKATING PrePreliminary Free Skate Test or its equivalent. <ul style="list-style-type: none"> <li>• May include any half revolution jumps plus Salchow, toe-loops, half-loops, and loops (but no other full revolution jumps).</li> <li>• May not include flying spins.</li> </ul>
<b>Low Beginner</b> 1:30	Open to skaters who have not passed their US FIGURE SKATING PrePreliminary Free Skate Test or its equivalent. <ul style="list-style-type: none"> <li>• May include any half revolution jumps plus Salchow, toe-loops, and half-loops (but no other full revolution jumps).</li> <li>• May not include flying spins, combination spins or backspins.</li> </ul>
<b>Basic Beginner</b> 1:30	Open to skaters who have not passed their US FIGURE SKATING PrePreliminary Free Skate Test or its equivalent. <ul style="list-style-type: none"> <li>• May only include half revolution jumps.</li> <li>• May include scratch and two-foot spins.</li> </ul>

## Short Program

To be skated with music. All times are maximums. Additional program requirements as defined in 3640-3671

Elements to be skated are as stated in the 2011 US FIGURE SKATING Rulebook or those adopted at the May 2011 meeting of the Governing Council.

<b>Senior IJS</b> 2:50	As stated in the 2011 US FIGURE SKATING Rulebook (Rule 3641 & 3642)
<b>Junior IJS</b> 2:50	As stated in the 2011 US FIGURE SKATING Rulebook (Rules 3651 & 3652) Elements to be skated are for the 2011-2012 season
<b>Novice IJS</b> 2:30	As stated in the 2011 US FIGURE SKATING Rulebook (Rule 3661 or 3662)
<b>Intermediate IJS</b> 2:00	As stated in the 2011 US FIGURE SKATING Rulebook (Rule 3671)
<b>Juvenile IJS</b> <b>OR</b> <b>Open Juvenile IJS</b> (separate events) 2:00	<ul style="list-style-type: none"> <li>• Axel (may not be repeated in the combination)</li> <li>• Double jump (may not be repeated in the combination)</li> <li>• One jump combination consisting of two double jumps or one single jump and one double jump.</li> <li>• Solo spin – minimum 4 revolutions in position. May not commence with a jump</li> <li>• Spin combination with only one change of foot and at least one change of position (min 4 revolutions each foot)</li> <li>• Step sequence (straight line, circular, or serpentine)</li> </ul>

## Compulsory

*Skated without music. Test requirements are the same as listed under Single Free Skate Events. To be skated on one-half (1/2) of the ice surface. Moves must be skated exactly as stated and may be skated in any order. There must be no change of foot between jumps in the combination jump. An Axel is considered a single jump. If 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. Ladies and men may be combined.*

CATEGORY	REQUIRED ELEMENTS
<b>PreJuvenile</b> 1:30	<ol style="list-style-type: none"> <li>1. Single jump (may not be repeated in combination)</li> <li>2. Double/single jump combination (must include loop as either single or double jump)</li> <li>3. Combination spin with no change of position and 1 change of foot (may not commence with jump, min. 4 revolutions)</li> <li>4. Solo spin (may not commence with jump, min. 4 revolutions)</li> <li>5. Step sequence</li> </ol>
<b>Preliminary</b> 1:30	<ol style="list-style-type: none"> <li>1. Single jump (Axel permitted)</li> <li>2. Single-single jump combination (may not repeat single jump selected above)</li> <li>3. 1 foot back spin (position optional, may not commence with jump, min. 3 revolutions)</li> <li>4. Edge spiral, spread eagle or bauer</li> <li>5. Step sequence</li> </ol>
<b>PrePreliminary</b> 1:15	<ol style="list-style-type: none"> <li>1. Single jump (no Axel, may not be repeated in combination)</li> <li>2. Single/single jump combination (no Axel)</li> <li>3. Forward spin (min. 3 revolutions)</li> <li>4. Forward spiral sequence ( 3 or 4 positions)</li> </ol>
<b>High Beginner</b> 1:00	<ol style="list-style-type: none"> <li>1. Waltz jump/toe-loop combination</li> <li>2. Loop or Salchow jump</li> <li>3. Forward scratch spin (min. 3 revolutions)</li> <li>4. Forward spiral</li> </ol>
<b>Low Beginner</b> 1:00	<ol style="list-style-type: none"> <li>1. ½ revolution jump</li> <li>2. Toe-loop</li> <li>3. 2 foot spin (min. 3 revolutions)</li> <li>4. Lunge</li> </ol>

## Spins Only

*Skaters will qualify according to their Free Skating level. Spins may be joined with appropriate connecting moves and will be skated on one-half ice. There will be a **one and a half minute time limit**, and no music. Spins must be skated exactly as stated, but may be performed in any order. Revolutions are minimums. Levels will be broken into smaller groups if numbers warrant. Ladies and men may be combined.*

<b>PrePreliminary:</b> <ul style="list-style-type: none"> <li>• One-foot spin, optional free leg (3 revs)</li> <li>• Two-foot spin (3 revs)</li> <li>• Forward sit spin (3 revs)</li> </ul>	<b>PreJuvenile:</b> <ul style="list-style-type: none"> <li>• Camel spin (4 revs)</li> <li>• Forward sit to back sit spin (4 revs each foot)</li> <li>• Front to back scratch spin (4 revs each foot)</li> </ul>
<b>Preliminary:</b> <ul style="list-style-type: none"> <li>• Scratch spin (5 revs)</li> <li>• Forward sit spin (3 revs)</li> <li>• Camel spin (3 revs)</li> </ul>	<b>Juvenile / Open Juvenile (combined for this event however if number of entries warrant, flights will be broken into smaller groups based on age):</b> <ul style="list-style-type: none"> <li>• Spin combination with 1 change of position and 1 change of foot (4 revs each foot)</li> <li>• Flying camel spin (5 revs)</li> <li>• Forward sit to back sit spin (5 revs each foot)</li> </ul>

### IMPORTANT REMINDER

*Every request to change events, other than if our mistake, after the close date will incur a \$20 administrative fee to be paid prior to skating at the event so please verify with your coach to be sure you have entered the correct events.*

ALL ENTRIES MUST BE POSTMARKED NO LATER THAN JULY 11, 2011

IF YOU ARE SENDING AFTER JULY 11<sup>TH</sup>, PLEASE INCLUDE THE REQUIRED \$25 LATE FEE.

*Thank you.*



## FOR ALL BASIC SKILLS EVENTS

- *Eligibility will be based on skill level as of closing date of entries.*
- *Skaters must skate at highest level passed*
- *NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.*

### Basic Program With Music: Basic 1 - 8

- The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.
- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken **for each** element performed from a higher level
- **Time: 1:00 +/-10 Seconds**

### Basic Program No Music: Basic 1 – 8

- To be skated on 1/3 to 1/2 ice
- No Music
- All elements must be skated in the order listed.
- Each skater will perform each element only when directed by a judge or referee. Skaters are allowed one retry per element. If skater wants to retry, she/he should raise their hand immediately. If the skater attempts a retry, only the retry will count for that element.
- **Time: 1:00 +/-10 Seconds**

<p><b>Basic 8:</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns - <b><u>R &amp; L</u></b></li> <li>2. Waltz jump</li> <li>3. Mazurka - <u>either direction</u></li> <li>4. One combination move- <u>clockwise or counter clockwise</u>- 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 - <u>free foot held to side of spinning leg or crossed position- minimum of three revolutions</u></li> </ol>	<p><b>Basic 7:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk- <b><u>R to L and L to R</u></b></li> <li>2. Ballet Jump- <u>either direction</u></li> <li>3. Back crossovers to a back outside edge landing position <b><u>clockwise and counter clockwise</u></b></li> <li>4. Forward inside pivot</li> </ol>
<p><b>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3turn from a standstill- <b><u>R &amp; L</u></b></li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line- <u>R or L</u></li> <li>4. Lunge- <u>R or L</u></li> <li>5. T-stop- <u>R or L</u></li> </ol>	<p><b>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise <b><u>[not required for program with music]</u></b></li> <li>2. Backward crossovers- <b><u>6 – 8 consecutive - both directions</u></b></li> <li>3. Basic one foot spin –<u>free leg held to side of spinning leg- minimum of three revolutions</u></li> <li>4. Side Toe hop- <u>either direction</u></li> <li>5. Hockey stop</li> </ol>
<p><b>Basic 4</b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn from a standstill - <b><u>R &amp; L</u></b></li> <li>2. Forward outside edge on a circle clockwise or counter clockwise <b><u>[not required for program with music]</u></b></li> <li>3. Forward crossovers <b><u>4 – 6 consecutive both directions</u></b></li> <li>4. Backward stroking <u>4-6 strokes</u></li> <li>5. Backward snowplow stop- <u>R or L</u></li> </ol>	<p><b>Basic 3</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise <u>or</u> counter clockwise <b><u>4 – 6 consecutive</u></b></li> <li>3. Backward one foot glide - <u>either foot</u></li> <li>4. Forward slalom</li> <li>5. Two foot spin – <u>minimum 3 revolutions</u></li> </ol>
<p><b>Basic 2</b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide <u>either foot</u></li> <li>2. Forward alternating ½ swizzle pumps, in a straight line- <b><u>2-3 each foot</u></b></li> <li>3. Two foot turn in place forward to backward</li> <li>4. Backward two foot swizzles <u>6 – 8 in a row</u></li> <li>5. Moving snowplow stop</li> </ol>	<p><b>Basic 1</b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide and dip</li> <li>2. Forward two foot swizzles <b><u>6 – 8 in a row</u></b></li> <li>3. Backward wiggles <b><u>6 – 8 in a row</u></b></li> <li>4. Forward snowplow stop</li> </ol>

### IMPORTANT REMINDER

*Every request to change event, other than if our mistake, after the close date will incur a \$20 administrative fee to be paid prior to skating at the event so please verify with your coach to be sure you have entered the correct events.*

ALL ENTRIES MUST BE POSTMARKED NO LATER THAN JULY 11, 2011

IF YOU ARE SENDING AFTER JULY 11<sup>TH</sup>, PLEASE INCLUDE THE REQUIRED \$25 LATE FEE.

*Thank you.*