

GARDEN CITY BASIC SKILLS COMPETITION

MARCH 8th – 10th 2013

Sanction # C-39701

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

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

For the Free skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skaters competitive level). Skaters may skate at highest level passed **OR** one level higher **BUT** not both levels in the same event during the same competition.

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

ENTRY FEES: The entry fee is \$35.00 for the first event and \$15.00 for any additional events. Fees are to be made payable to the Garden City Figure Skating Club and are to accompany the application. **Applications must be postmarked no later than February 5, 2010.** Late applications will be **accepted ONLY** at the discretion of the competition chairpersons and must be accompanied by a \$25.00 late fee. No refunds for any reason, including medical. A \$25.00 charge will be assessed for all returned checks due to insufficient funds. All fees must be settled in order to compete.

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

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

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

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

ENTRY DEADLINE: February 5, 2010.

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

Garden City Figure Skating Club / 200 Log Cabin Rd / Garden City, MI / 48135

BASIC SKILLS EVENTS

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC8

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

Snowplow Sam (Tots)

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

Basic 1

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

Basic 2

1. Forward one-foot glide-either foot
2. Forward alternating 1/2 swizzle pumps, in a straight line –2-3 each foot
3. Moving snowplow stop
4. Two-foot turn in place forward to backward
5. Backward two foot swizzles 6-8 in a row

Basic 3

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

Basic 4

1. Stand still forward outside three turn – R & L
2. Forward outside edge on circle clockwise or counter clockwise
3. Forward crossovers 4-6 consecutive both directions
4. Backward stroking 4-6 strokes
5. Backward snowplow stop R or L

Basic 5

1. Backward outside edge on a circle - clockwise or counter clockwise
2. Backward crossovers - 6-8 consecutive - both directions
3. One-foot spin – Free leg held to side of spinning leg- min 3 revs
4. Side toe hop – either direction
5. Hockey stop

Basic 6

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

Basic 8

1. Moving forward outside or forward inside 3-turns - R and L
2. Waltz jump
3. Mazurka - either direction
4. Combination move -clockwise or counter clockwise- 2 forward crossovers into FI Mohawk, step down, cross behind, step into one backwards crossover and step in a forward inside edge.
5. Beginning one-foot spin- free leg held to side of spinning leg or crossed position, 3 revs

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

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

Basic Program (Basic 1)

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

Basic Program (Basic 2)

1. Forward one foot glide - either foot
2. Two foot turn in place – forward to backward
3. Backward two foot swizzles 6-8 in a row
4. Forward alternating ½ swizzle pumps in a straight line – 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. Forward slalom
4. Backward one-foot glide - either foot
5. Two foot spin- minimum of 3 revolutions

Basic Program (Basic 4)

1. Forward crossovers 4-6 consecutive — both directions
2. Forward outside 3-turn – R and L from a standstill
3. Backward stroking 4-6 strokes
4. Backward snowplow stop – R or L

Basic Program (Basic 5)

1. Backward crossovers – 4-6 consecutive – 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 spiral on a straight line - R or L
4. Lunge - R or L
5. T-stop - R or L

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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 down, cross behind, into one backwards crossover and step to a forward inside edge.
5. Beginning one-foot upright spin – free leg held to side of spinning leg or crossed position

Free SKATE 1-6 COMPULSORY EVENT

Format: In simple 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 any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

<u>Free skate 1 Compulsory</u>	<u>Free skate 4 Compulsory</u>
1. Advanced forward stroking - 4-6 consecutive	1. Forward power 3's, 2-3 consecutive sets- R or L
2. Backward outside three-turns R & L	2. Sit spin- minimum three revolutions
3. One-foot upright scratch spin from	3. Loop jump

backward crossovers-minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump	4. Waltz jump/loop jump combination
<u>Free skate 2 Compulsory</u> 1. Forward outside or inside spiral - R or L 2. Waltz Three's - R or L, 2-3 sets 3. Beginning back spin - entry optional – minimum two revolutions 4. Waltz jump, side toe hop, waltz jump sequence 5. Toe loop jump	<u>Free skate 5 Compulsory</u> 1. Camel spin- minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions, each foot 3. Loop/loop jump combination 4. Flip jump
<u>Free skate 3 Compulsory</u> 1. Forward crossovers in a figure 8 2. Backward inside three-turns, R & L 3. Back spin- minimum three revolutions 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop jump combination	<u>Free skate 6 Compulsory</u> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6) 2. Camel, sit spin combination - minimum of four revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow jump sequence 5. 5. Lutz jump

Free SKATE 1-6 PROGRAM EVENT

Format: The skating order of the 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. Connecting moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- To be 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+/-10sec

Free skate 1 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers- minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump	Free skate 4 1. Forward power 3's, 2-3 consecutive sets R or L 2. Sit spin-minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump combination
Free skate 2	Free skate 5

<ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Beginning back spin- minimum two revolutions 3. Waltz jump, side toe hop, waltz jump sequence 4. Toe loop jump 	<ol style="list-style-type: none"> 1. Camel spin-minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions each foot 3. Loop/loop jump combination 4. Flip jump
Free skate 3	Free skate 6
<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin-minimum three revolutions 3. Salchow jump 4. Waltz jump/toe loop or Salchow/toe loop jump combination 	<ol style="list-style-type: none"> 1. Camel/sit spin combination-minimum four revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow jump sequence 4. Lutz jump

ARTISTIC/SHOWCASE EVENTS:

Artistic and Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. 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.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A .2 deduction will be assessed by the referee against each judges’ mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant’s marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

* For specific guidelines regarding the conduct of Showcase or Artistic competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org. Competitors at the preliminary, adult pre-bronze and adult bronze levels who place first, second, third or fourth in a contested showcase/artistic/theatrical/interpretive skating event will receive an invitation to compete at the National Showcase Competition held each August. Artistic/Showcase categories may include:

- Artistic Events: Showcase program utilizing emotional qualities from either dramatic or light entertainment or a combination of both.
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.

- Mini production ensembles): Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

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 Max
Free skate 1-6/ Limited Beginner/ Beginner/ Adult 1-4	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 Max
No Test/ Pre-preliminary/ Adult Pre-Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 Max
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 Max

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.

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.

Beginner Restrictions

All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating rulebook apply to Beginner 1, 2 and 3.

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.

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

Name: _____ Age: _____ Birth

Date: _____ Sex: M / F

Address: _____ City: _____

State: _____ Zip: _____

Phone() _____ Home Club _____

USFS# _____

Last Test Passed as of February 5, 2013:

Freestyle _____ USFS# _____ Moves _____

Coaches Information:

Name: _____ Phone: () _____

Address: _____ City: _____ State: _____ Zip: _____

Please check the event (s) you are entering:

Elements:

_____ Snowplow

_____ Basic 1

_____ Basic 2

_____ Basic 3

_____ Basic 4

_____ Basic 5

_____ Basic 6

_____ Basic 7

_____ Basic 8

Freeskate Compulsory

_____ Freeskate 1

_____ Freeskate 2

_____ Freeskate 3

_____ Freeskate 4

_____ Freeskate 5

_____ Freeskate 6

Basic Program (with music)

_____ Snowplow

_____ Basic Program 1

_____ Basic Program 2

_____ Basic Program 3

_____ Basic Program 4

_____ Basic Program 5

_____ Basic Program 6

_____ Basic Program 7

_____ Basic Program 8

Freeskate Program (with music)

_____ Freeskate Level 1

_____ Freeskate Level 2

_____ Freeskate Level 3

_____ Freeskate Level 4

_____ Freeskate Level 5

_____ Freeskate Level 6

Showcase Events

_____ Basic 1 – 4

_____ Basic 5 – 8

ENTRY FEE IS \$35.00 PER EVENT, \$15 PER EACH ADDITIONAL EVENT

First Event \$ _____

Additional Event: \$ _____

Additional Event \$ _____

Additional Event: \$ _____

The completed entry form, with fees, must be **postmarked no later than February 5, 2013.**

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

Garden City Figure Skating Club

200 Log Cabin Road

Garden City, MI 48135

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

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

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

Instructor: _____

Date: _____

Club Officer / Program Director:

_____ **Date:** _____

ENTRY FORM 3: Liability Waiver / Certification by Club Officer

Team Name:

Level:

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

