

BISMARCK FIGURE SKATING CLUB PRESENTS:  
The Fifth Annual CAPITAL CITY CHAMPIONSHIPS

Sunday February 24, 2013

Hosted By: Bismarck Figure Skating Club

VFW Sports Center 1200 N. Washington St. Bismarck, ND 58501

Events: Compulsory Freeskate Artistic

SANCTIONED BY U.S. Figure Skating

Online Entry Preferred:

Secure Online Registration and credit card payment will be available at  
[www.bismarckfigureskatingclub.com](http://www.bismarckfigureskatingclub.com)

Schedules will be posted on the web at: [www.bismarckfigureskatingclub.com](http://www.bismarckfigureskatingclub.com)

**Deadline for Entries**

**RECEIVED ONLINE BY MIDNIGHT JANUARY 15, 2013 OR POSTMARKED BY  
MIDNIGHT JANUARY 13, 2013**

BFSC

Marijo DeMott

3301 Southridge Lane

Bismarck, ND 58504



**Eligibility:** The competition is open to ALL skaters who are current eligible (ER 1.00) member 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 1–8 must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Free skate 1–6 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.

**Entry Fee:** Entry fees are per person, U.S. Dollars. The entry fee is 35.00 for the first event and each additional event is \$10.00. Entry forms must be filled out completely and returned with check made payable to Bismarck Figure Skating Club. There will be a \$25.00 fee for returned checks or late entries.

**Entry Form:** Online registration is preferred at [www.bismarckfigureskatingclub.com](http://www.bismarckfigureskatingclub.com). Online entry deadline is January 15, 2013. Mailed entry forms must be postmarked by January 13, 2013 and mailed to BFSC, Marijo DeMott, 3301 Southridge Lane, Bismarck, ND 58504.

**Single Entry Events:** In any event with only one entry, the skater will be offered the choice of either competing as a solo entry in accordance with Rule 3045A without a refund, or cancelling the event and receiving a refund (see refund policy below)

**Refunds:** Full refunds including practice ice, minus the online processing fee, are available if withdrawal is prior to January 15, 2013... After January 15, 2013 entry refunds are only available in accordance with Rule 3067 if the event is not held. There will be NO medical refunds given. All refunds will be handled in the same manner as was paid. Check or cash payment will be refunded via club check and credit card payments will be refunded to the card used to pay the fees. . If you register online, the processing fee is not refundable for any reason.

**Registration:** The competition is scheduled for February 24, 2013. Registration will be in the entrance lobby at the VFW Sports Center. Skaters should check in at the registration desk upon arrival at the arena. You should arrive one hour prior to your scheduled event. All skaters are required to check in at the registration desk and turn in their music before competing.

**Music:** Competitors are REQUIRED to turn in a CD for each music event that they are entered in to registration at the time you check in. CD/RW, DVD, and cassette tapes will not be accepted. Each CD must be clearly labeled in ink (Sharpie pen) with skater's name, event, and length of the program. There shall be no labels attached to the CD. There must only be one program on the CD. These CDs cannot be returned to the skater until their event is completed. Please bring at least one back-up CD for emergencies and have it at the rink side during your event.

**Judging System:** All Basic Skills Events (basic elements, compulsory, freeskating, and artistic/showcase) will be judged under the 6.0 judging system in accordance with Rules 1041C1 and 1060.

**Awards:** Each level will be divided by age and test. All events will be final rounds. Awards will be presented to each competitor (Medals for 1–3, and participation ribbons). Awards will be presented at the awards stand after the results have been posted.

**Confirmation:** Schedules will be posted on the web at: [www.bismarckfigureskatingclub.com](http://www.bismarckfigureskatingclub.com)

You will receive a confirmation letter and schedule of events prior to competing indicating you competition times



## BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- 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

<p><b>Snowplow Sam:</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>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 4-6 consecutive - both directions</li> <li>3. Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>4. Side toe hop -either direction</li> <li>5. Hockey 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 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>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn - 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>Basic 2</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 – 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two foot turn in place- forward to backward</li> <li>5. Backward two foot swizzles 6 - 8 in a row</li> </ol>	<p><b>Basic 7:</b></p> <ol style="list-style-type: none"> <li>1. Standstill 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>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 or counter clockwise 4-6 consecutive</li> <li>3. Forward slalom</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin – minimum three revolutions</li> </ol>	<p><b>Basic 8:</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. 1 Combination move - clockwise or counter clockwise –two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol>
<p><b>Basic 4</b></p> <ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn - R &amp; L</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 4-6 consecutive both directions</li> <li>4. Backward stroking - 4-6 strokes</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified. Vocal music is allowed.

- To be skated on full ice
- Time: 1:00 +/- 10 sec.
- The skater may use elements from a previous level

A .2 deduction will be taken for each element performed from a higher level

<p><b>Snowplow Sam:</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. Backward wiggles 2-6 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward crossovers 4-6 consecutive in both directions</li> <li>2. Basic one-foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>3. Side toe hop -either direction</li> <li>4. Hockey 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 6 -8 in a row</li> <li>3. Backward wiggles 6-8 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque 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>Basic 2</b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Two foot turn in place- forward to backward</li> <li>3. Backward two foot swizzles 6 - 8 in a row</li> <li>4. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot</li> <li>5. Moving snowplow stop</li> </ol>	<p><b>Basic 7:</b></p> <ol style="list-style-type: none"> <li>1. Standstill 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>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 or counter clockwise 4-6 consecutive</li> <li>3. Backward one foot glide – either foot</li> <li>4. Forward slalom</li> <li>5. Two foot spin – minimum three revolutions</li> </ol>	<p><b>Basic 8:</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 in either direction</li> <li>4. 1 Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol>
<p><b>Basic 4</b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers 4-6 consecutive both directions</li> <li>2. Standstill forward outside three- turn - R &amp; L</li> <li>3. Backward stroking - 4-6 strokes</li> <li>4. Backward snowplow stop - R or L</li> </ol>	

## 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

<b>Snowplow Sam:</b>	<b>Basic 5:</b>
<p><b>Free skate 1 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking - 4-6 consecutive</li> <li>2. Backward outside 3-turns R &amp; L</li> <li>3. One-foot upright scratch spin from backward crossovers-minimum three revolutions</li> <li>4.. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b>Free skate 4 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive sets-R or L</li> <li>2. Sit spin- minimum three revolutions</li> <li>3. Loop jump</li> <li>4. Waltz jump/loop jump combination</li> </ol>
<p><b>Free skate 2 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Forward outside or inside spiral - R or L</li> <li>2. Waltz Three's - R or L, 2-3 sets</li> <li>3. Beginning back spin - entry optional – minimum 2 revolutions</li> <li>4. Waltz jump, side toe hop, waltz jump sequence</li> <li>5. Toe loop jump</li> </ol>	<p><b>Free skate 5 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Camel spin- minimum three revolutions</li> <li>2. Forward upright spin to back upright spin minimum three revolutions, each foot</li> <li>3. Loop/loop jump</li> <li>4. Flip jump</li> </ol>
<p><b>Free skate 3 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Backward inside 3-turns, R &amp; L</li> <li>3. Back spin- minimum three revolutions</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p><b>Free skate 6 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>2. Camel, sit spin combination - minimum of four revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>

## 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.
- 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 sec.

<p><b>Free Skate 1</b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking 4-6 strokes</li> <li>2. One-foot upright scratch spin from back crossovers- minimum three revolutions</li> <li>3. Waltz jump from back crossovers</li> <li>4. Half flip jump</li> </ol>	<p><b>Free Skate 4</b></p> <ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive R or L</li> <li>2. Sit spin-minimum three revolutions</li> <li>3. Loop jump</li> <li>4. Waltz jump/loop jump combination</li> </ol>
<p><b>Free Skate 2</b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral R or L</li> <li>2. Beginning back spin – Minimum 2 revolutions</li> <li>3. Waltz jump, side toe hop, waltz jump sequence</li> <li>4. Toe loop</li> </ol>	<p><b>Free Skate 5</b></p> <ol style="list-style-type: none"> <li>1. Camel spin-minimum three revolutions</li> <li>2. Forward upright spin to back upright spin- minimum three revolutions each foot</li> <li>3. Loop/loop jump com</li> <li>4. Flip jump</li> </ol>
<p><b>Free Skate 3</b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Back spin-minimum three revolutions</li> <li>3. Salchow jump</li> <li>4. Waltz jump/Toe loop or Salchow/toe loop jump combination</li> </ol>	<p><b>Free Skate 6</b></p> <ol style="list-style-type: none"> <li>1. Camel/sit spin combination-minimum four revolutions total</li> <li>2. Split or stag jump</li> <li>3. Waltz jump/1/2 loop /Salchow jump sequence</li> <li>4. Lutz jump</li> </ol>

## **ARTISTIC/SHOWCASE EVENTS:**

Artistic/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. Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted. Props that are part of and non-detachable from the costume are allowed, however, props that are separate or detachable from the costume, including hand-held and stand-alone props are not allowed. Judging will be based on originality, creativity, and musical interpretation. Deductions will be made for skaters including technical elements not permitted in the event description.

<b>LEVEL</b>	<b>ELEMENTS</b>	<b>QUALIFICATIONS</b>	<b>PROGRAM LENGTH</b>
<b>Basic 1-8</b>	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
<b>Free skate 1-6</b>	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



# CAPITAL CITY CHAMPIONSHIPS ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_  
Last First

State \_\_\_\_\_ Zip \_\_\_\_\_ Email Address \_\_\_\_\_

Area Code/Phone # \_\_\_\_\_ Birth date \_\_\_\_\_

U.S. Figure Skating number \_\_\_\_\_ Highest Level Passed \_\_\_\_\_

Program/Club Affiliation \_\_\_\_\_

Director's/Instructor's Name \_\_\_\_\_

**Please check the event(s) you are entering:**

**Basic Elements:**

\_\_\_\_\_ Snowplow Sam  
 \_\_\_\_\_ Basic 1                      \_\_\_\_\_ Basic 5  
 \_\_\_\_\_ Basic 2                      \_\_\_\_\_ Basic 6  
 \_\_\_\_\_ Basic 3                      \_\_\_\_\_ Basic 7  
 \_\_\_\_\_ Basic 4                      \_\_\_\_\_ Basic 8

**Basic Free Skate Program:**

\_\_\_\_\_ Snowplow Sam  
 \_\_\_\_\_ Basic 1                      \_\_\_\_\_ Basic 5  
 \_\_\_\_\_ Basic 2                      \_\_\_\_\_ Basic 6  
 \_\_\_\_\_ Basic 3                      \_\_\_\_\_ Basic 7  
 \_\_\_\_\_ Basic 4                      \_\_\_\_\_ Basic 8

**Free Skate Compulsories:**

\_\_\_\_\_ Free Skate 1  
 \_\_\_\_\_ Free Skate 2  
 \_\_\_\_\_ Free Skate 3  
 \_\_\_\_\_ Free Skate 4  
 \_\_\_\_\_ Free Skate 5  
 \_\_\_\_\_ Free Skate 6

**Free Skate Program:**

\_\_\_\_\_ Free Skate 1  
 \_\_\_\_\_ Free Skate 2  
 \_\_\_\_\_ Free Skate 3  
 \_\_\_\_\_ Free Skate 4  
 \_\_\_\_\_ Free Skate 5  
 \_\_\_\_\_ Free Skate 6

**Artistic/Showcase Events:**

\_\_\_\_\_ Snowplow Sam – Basic 3  
 \_\_\_\_\_ Basic 4 – Basic 8  
 \_\_\_\_\_ Free Skate 1 - 6

**ENTRY FEE IS \$ 35.00 PER EVENT, \$ 10.00 PER EACH ADDITIONAL EVENT**

**First Event \$ \_\_\_\_\_**

**Additional Event \$ \_\_\_\_\_**

**Additional Event \$ \_\_\_\_\_**

**TOTAL EVENT \$ \_\_\_\_\_**

Online entries preferred at: [www.bismarckfigureskatingclub.com](http://www.bismarckfigureskatingclub.com) . Deadline for online registration is January 15, 2013. If you register online, the processing fee is not refundable for any reason.

Register online and pay via a secured credit card transaction.  
(A processing fee applies – 3.5%)

Mailed entry forms and payment should be sent to: BFSC, Marijo DeMott, 3301 Southridge Lane, Bismarck ND 58504. Make checks payable to BFSC. Mailed entry forms must be postmarked by January 13, 2013.

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

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Bismarck Figure Skating Club and the VFW Sports Center 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\_\_\_\_\_

Competitor Signature\_\_\_\_\_ Date\_\_\_\_\_

Instructor/Coach Signature\_\_\_\_\_ Date\_\_\_\_\_

Program Director/Club Officer\_\_\_\_\_ Date\_\_\_\_\_

