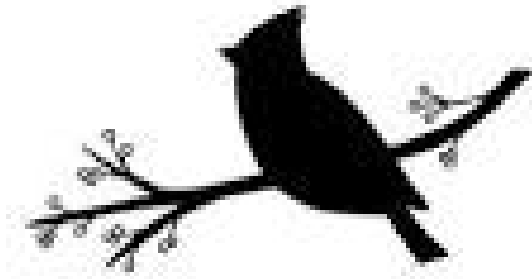


Cardinal Classic Basic Skills Competition



Saturday July 26th 2014

Sun Prairie Ice Arena
838 Grove Street
Sun Prairie, WI 53590

Register online: www.sk8stuff.com

USFSA Snowplow Sam, Basic, Freeskate, Beginner-Preliminary levels
Every participant receives an award

ENTRIES MUST BE POSTMARKED NO LATER
THAN JUNE 30, 2014

Online Registrations: Please register online at www.sk8stuff.com, under Cardinal Classic Basic Skills.

Awards: All events will be final rounds. Awards will be presented to all levels-1st through 6th place. All awards will be presented off-ice immediately following the completion of the event and posting of the results. Awards and pictures will be upstairs in the mezzanine area.

Pictures and Videotaping: Please feel free to take your own pictures both on the ice and during the award presentation. No flash photography.

Dress: All competitors are responsible for their own skating attire. It is not required that the skater wear a skating outfit. Participants should wear clothing they feel comfortable in and that allows movement. **NO JEANS PLEASE.** No props or items allowed on the ice.

Music: CDs only please. CDs must be clearly marked with the skater's name and event. Skaters must turn in CDs at the time of registration. Do not forget to pick up your music before leaving. Vocal music is permitted.

Note: No music for Elements, Compulsory, Jump and Spin events

Schedule of Events: The schedule will be e-mailed and posted at www.sunprairieice.com under the figure skating tab one week prior to the competition. If you do not have e-mail access, a self-addressed, stamped envelope must accompany your application in order to receive your schedule of events. Schedules will be mailed approximately one week prior to the competition.

Registration Desk: The registration desk will be located in the main lobby. Skaters must check in at least 45 minutes prior to their event. Locker room assignments will be available at the registration desk.

Entry Fees

\$50.00 for the first event, all levels

\$20.00 for each additional event, all levels

Practice Ice: Available for purchase when you register and the day of the competition if sessions are not full.

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

Each skater will perform each element when directed by a judge or referee. Referee format: all skaters perform first element before moving on to the next. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

- To be skated on 1/3 to 1/2 ice
- No music
- **Elements must be skated in the order listed**

Level	Skating rules / standards
Snowplow Sam 1-3	<ul style="list-style-type: none"> • March followed by a two foot glide and dip • Forward two foot swizzles 2-3 in a row • Forward snowplow stop • Backward wiggles 2-6 in a row
Basic 1	<ul style="list-style-type: none"> • Forward two foot glide and dip • Forward two foot swizzles 6-8 in a row • Forward snowplow stop • Backward wiggles 6-8 in a row
Basic 2	<ul style="list-style-type: none"> • Forward one foot glide - either foot • Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot • Moving snowplow stop • Two foot turn in place- forward to backward • Backward two foot swizzles 6 - 8 in a row
Basic 3	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive • Forward slalom • Backward one foot glide - either foot • Two foot spin – minimum three revolutions
Basic 4	<ul style="list-style-type: none"> • Standstill forward outside three-turn - R & L • Forward outside edge on a circle clockwise or counter clockwise • Forward crossovers 4-6 consecutive both directions • Backward stroking - 4-6 strokes • Backward snowplow stop - R or L
Basic 5	<ul style="list-style-type: none"> • Backward outside edge on a circle clockwise or counterclockwise • Backward crossovers 4-6 consecutive - both directions • Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions • Side toe hop -either direction • Hockey stop
Basic 6	<ul style="list-style-type: none"> • Standstill forward inside three-turn - R & L • Bunny Hop • Forward spiral on a straight line - R or L • Lunge - R or L • T-stop - R or L
Basic 7	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk - R to L and L to R • Ballet Jump - either direction • Back crossovers to a back outside edge landing position clockwise and counter clockwise • Forward inside pivot
Basic 8	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns R & L • Waltz jump • Mazurka - either direction • Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge • Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position - minimum three revolutions

EVENT: 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.

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on full ice
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules / standards
Snowplow Sam 1-3	1:00 +/-10 max.	<ul style="list-style-type: none"> • March followed by a two foot glide and dip • Forward two foot swizzles 2-3 in a row • Forward snowplow stop • Backward wiggles 2-6 in a row
Basic 1	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward two foot glide and dip • Forward two foot swizzles 6-8 in a row • Forward snowplow stop • Backward wiggles 6-8 in a row
Basic 2	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward one foot glide - either foot • Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot • Moving snowplow stop • Two foot turn in place- forward to backward • Backward two foot swizzles 6 - 8 in a row
Basic 3	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive • Forward slalom • Backward one foot glide - either foot • Two foot spin – minimum three revolutions
Basic 4	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn - R & L • Forward crossovers 4-6 consecutive both directions • Backward stroking - 4-6 strokes • Backward snowplow stop - R or L
Basic 5	1:00 +/-10 max.	<ul style="list-style-type: none"> • Backward crossovers 4-6 consecutive - both directions • Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions • Side toe hop -either direction • Hockey stop
Basic 6	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn - R & L • Bunny Hop • Forward spiral on a straight line - R or L • Lunge - R or L • T-stop - R or L
Basic 7	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk - R to L and L to R • Ballet Jump - either direction • Back crossovers to a back outside edge landing position clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 +/-10 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns R & L • Waltz jump • Mazurka - either direction • Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge • Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position -minimum three revolutions

EVENT: Test Track and Well Balanced Compulsory Moves

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
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

Level	Time	Qualifications	Skating rules / standards
Beginner (formerly Limited Beginner)	1:15 max.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests.	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two foot or one foot spin, minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner (formerly Beginner)	1:15 max.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin- minimum three revolutions • Forward or backward spiral
No Test	1:15 max.	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.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Solo spin- sit <u>or</u> camel spin - minimum three revolutions • Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre – Preliminary	1:15 max.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test.	<ul style="list-style-type: none"> • Single flip • Jump combination: single / single (no Axel) • Sit spin or camel spin; min. 3 revolutions • Spiral sequence with 1 forward spiral and 1 backward spiral (any edge)
Preliminary	1:15 max.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test.	<ul style="list-style-type: none"> • Single Lutz • Jump combination: single / single (may include Axel) • Back upright spin; min., 3 revolutions • Forward inside spiral

EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music IS permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- The following deductions will be taken:
 - 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 element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner <i>(formerly Limited Beginner)</i> 1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front). • Max 2 jump sequences • Max 2 of any same jump 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner <i>(formerly Beginner)</i> 1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max 2 jump combinations or sequences • Max 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary 1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe-loop and loop only. • Max. 2 jump combinations or sequences (using above jumps only) • Max. 2 of any same type jump 	Max of 2 spins: <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	Max of 2 spins: <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test

EVENT: Well Balanced Program Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they passed, or 1 level higher.

Level	Jumps	Spins	Step Sequences	Qualifications
No-Test	1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> • Single Jumps (no Axel) • Max 2 combos or sequences. • Combos limited to 2 jumps • Number of jumps in sequence is limited to a max of 3 single jumps (half-loop is not considered a single jump). 	Max 2 spins: Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.	Connecting moves and steps should be demonstrated throughout the program.
Pre-Preliminary	1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> • Any single jumps, including Axel, allowed. • Max. 2 jump combinations or sequences • Jump combinations are limited to 2 jumps. • Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) • Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels. • Double or triple jumps are not allowed. 	Max 2 spins: <ol style="list-style-type: none"> Spins must be of a different nature Spins may change feet and/or position. Spins may start with a fly. Minimum of 3 revolutions 	One step sequenced that must use ½ of the ice surface.
Preliminary	1:30 +/- 10 sec.	Max 5 jump elements: <ul style="list-style-type: none"> • One must be an Axel or waltz-jump. • Max. 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) • Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) • Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. • Maximum of 2 Axels or any double jump. • Double flips, double Lutzes, double Axels or triple jumps are not allowed. 	Max 2 spins: <ul style="list-style-type: none"> • Spins must be of a different nature • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions 	One step sequenced that must use ½ of the ice surface.

QUALIFICATIONS FOR WELL BALANCED FREESKATE EVENTS:

NO TEST: May NOT have passed any official U.S. Figure Skating free skate tests.

PREPRELIMINARY: Must have passed no higher than U.S. Figure Skating Pre-Preliminary free skate test.

PRELIMINARY: Must have passed no higher than U.S. Figure Skating Preliminary free skate test.

SPIN EVENTS:

- **BEGINNER SPINS:** No music on half-ice. Spins should be skated exactly as stated and in this order in program format. Skaters will perform one spin at a time (no excessive connecting steps) Skaters have one opportunity to perform each spin. Spins should be a minimum of three revolutions each. Skaters may opt to perform the spins in a simple routine format, or may be directed by a referee if needed.
- Event will not earn points in the Wisconsin Basic Skills Series

MEDIUM (Freeskate 1 – 6, Beginner)

1. Two foot spin
2. Forward one foot spin— optional free leg position position or foot

ADVANCED (Preliminary)

1. Forward scratch Spin or Back scratch spin
2. Combination Spin- 1 changes of foot and 1 change of position

HIGH (No Test, Pre-Preliminary)

1. Forward scratch Spin or Back scratch spin
2. Sit Spin

JUMP EVENTS:

Entrants will qualify according to their free skate level, but may 'skate up' one level. All levels will be skated on ½ ice. Jumps should be performed exactly as stated. Skaters will be given two opportunities to perform each jump and will be judged on the best one. Repeated jumps must be the same as the original. The following format will be used: the first skater will take the ice and attempt the first jump twice, then attempt the second jump twice before going to the next skater. The repeat of each jump element must be the same jump(s) as the first when there is a choice. This procedure will be repeated throughout the event. Maximum time is 1 minute.

Beginner/High Beginner: Waltz jump, Salchow or Toe Loop

Pre-Preliminary: Toe loop; combination of any two single jumps (no Axels)

Preliminary: Loop; combination of any two single jumps

Adult Compulsory: Skaters perform elements on 1/2 sheet of ice. No music. 1 minute max.

<p>Adult Pre-Bronze Compulsory-May have passed Adult Pre Bronze MIF test</p> <ul style="list-style-type: none"> • Split jump or half flip • Waltz jump • Forward lunge • Spin in an upright position 	<p>Adult Bronze Compulsory- Must have passed no higher than the Adult Bronze free skate test</p> <ul style="list-style-type: none"> • Salchow • Waltz Jump • Forward Spiral • Spin in the upright position
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Freeskate Events for Adult 1-6, Pre-Bronze & Bronze:

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+/-10sec unless otherwise noted

<p>Adult Pre-Bronze Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max Refer to the current U.S. Figure Skating Rulebook#4600 for specific requirements</p>	<p>Adult Bronze Compulsory- Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 max Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements</p>
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Artistic Free Skate Events:

Artistic events are open to skaters in Basic Skills through Preliminary. Skaters must enter at the same level as their free skate event. 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
Beginner/High 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

CARDINAL CLASSIC BASIC SKILLS COMPETITION ENTRY FORM

Age: _____ Sex: **M** **F**

Name: _____
First name Middle initial Last name

Address: _____ City: _____ State: _____ ZIP: _____
circle one

Date of Birth: _____ E-mail: _____ Phone: () _____

USFS# _____ Highest level passed: _____

Program/Club Affiliation _____ Director's/Instructor's Name _____

Please check skater's level:

- | | |
|--|---|
| <input type="checkbox"/> Snowplow/Tots | <input type="checkbox"/> Pre Preliminary |
| <input type="checkbox"/> Basic 1 2 3 4 5 6 7 8(circle level) | <input type="checkbox"/> Preliminary |
| <input type="checkbox"/> Beginner | <input type="checkbox"/> Adult Pre-Bronze |
| <input type="checkbox"/> High Beginner | <input type="checkbox"/> Adult Bronze |
| <input type="checkbox"/> No Test | |

Please check skater's events:

- Basic Elements (no music) *Snowplow/Tots or Basic levels*
- Compulsory (no music) *Beginner, High Beginner, NoTest, PrePre, Prelim, Adults*
- Jump Event(no music) *Beginner, High Beginner, NoTest, PrePre, Prelim*
- Spin Event (no music) *Beginner, High Beginner, NoTest, PrePre, Prelim*
- Test Track Program (music) *Beginner, High Beginner, PrePre, Prelim*
- Well-Balanced Program (music) *NoTest, PrePre, Prelim*
- Adult Program (music) *Adult PreBronze, Adult Bronze*
- Artistic (music) *Beginner/High Beginner, NoTest, PrePre, Prelim, Adults*

Note: Skaters may enter EITHER the test track OR the well-balanced free skate track, but NOT both.

Practice ice: There will be three 20 minute practice sessions the morning of the competition. 8-8:20am, 8:20-8:40, 8:40-9:00. You may purchase more than one practice ice. Please specify which time you prefer. Practice ice is sold on a first come, first served basis. We will not guarantee which practice session you will get. Practice ice is not sold over the phone or e-mail. Practice ice is \$10 per 20 min.

No late entries will be accepted

First event (\$50)	\$ _____	Entry Fee is \$50 for the first and \$20 for each additional event
Additional event (\$20)	\$ _____	
Additional event (\$20)	\$ _____	
Practice ice 20 min (\$10)	\$ _____	
Late fee (\$25)	\$ _____	If postmark is July 1, 2014 or later
Total	\$ _____	

Make payment to: SP ICE -- PLEASE REGISTER ONLINE IF POSSIBLE-www.sk8stuff.com

Mail-in (if no online registration) to: Cardinal Classic – c/o Liz Uhler, 100 Stone Ridge Court, Verona WI 53593

For additional information contact: Liz Uhler at 608-332-3760 or coach.liz.uhler@gmail.com

Registration entries must be postmarked no later than June 30th, 2014. Entry fees are not refundable.

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

Parent/Guardian Name: (print) _____ (sign) _____ (date) _____

Competitor Name: (print) _____ (sign) _____ (date) _____

Instructor/Coach: (print) _____ (sign) _____ (date) _____

Program Director/Club Officer (print) _____ (sign) _____ (date) _____