

Orange Twist U.S. Figure Skating Basic Skills In House Competition

To Be Held at L.A. Kings Icetown in Riverside, CA
Saturday, May 3, 2014

The First annual Basic Skills Competition, the Orange Twist Basic Skills Competition will be held at L.A. Kings Icetown, Riverside, CA, 10540 Magnolia Avenue, Suite A, Riverside, CA, 92505 on Saturday, May 3, 2014.

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 or one higher and NO official U.S. Figure Skating tests may have been passed including MIF or Individual Dances. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below their class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Please be sure to check for the director/instructor's signature confirming the level of the skater.

ENTRIES AND FEES -All entries must be turned into the box office no later than April 5, 2014. Late entries will be accepted at the discretion of the organizers. Entries received after the close of entries will be subject to a \$20 late fee and may be accepted at the discretion of the Competition Committee or referee. **A \$20 late fee MUST accompany late entries to be considered.** In no case will late entries or changes to entries be accepted after April 15, 2013. Entry fees are per person, U.S. dollars. The first event is \$45.00 and each additional event is \$20.00.

NO refunds after closing date unless event is canceled by the organizing committee.

REGISTRAR- Icetown Box office

ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to Icetown. There will be a fee for returned checks.

AWARDS – Everyone will receive an award. All events will be final rounds. All awards will be made at appropriate times throughout the competition.

SCHEDULE OF EVENTS - Will be posted on the Official Bulletin Board no later than April 29, 2014. We will email info to coaches as well.

MUSIC - A registration desk will be set up in the lobby area of Icetown during the Competition. All skaters are required to register a minimum of 45 minutes prior to the scheduled time for their event with CD, if applicable. Music (CD only) must be clearly marked with the name of the skater and event. The skater should have an extra music CD in the ice arena. Note that CD's will be the only accepted media for music and CD-RW will not be accepted. Each CD must have only one program per disc.

ARENA FACILITIES

All events of the competition will be held at the L.A. Kings Icetown, Riverside, CA, 10540 Magnolia Avenue, Suite A, Riverside, CA, 92505. The ice surface is approximately 85 feet by 200 feet, slightly rounded at the corners.

VIDEO TAPING AND PHOTOGRAPHS -

A professional video company and photographer for award photographs will be at the rink. All other video taping and photography is restricted to hand-held battery operated equipment, without tripod. No photography or videotaping, except by the official photographer, without the express permission of the person being photographed or videotaped is allowed. Solicitation by any photographer, or agent, of anyone to be the subject of still or video photography is not permitted. **NO FLASH PHOTOGRAPHY DURING THE EVENTS IS ALLOWED.**

ADMISSION

There will be no charge for admission.

ELIGIBILITY RULES FOR INSTRUCTORS/COACHES

When hosting a Basic Skills competition, we must verify the credentials of each coach/instructor who plans to work on site at the event. You can verify your own status by checking the lists on the U.S. Figure Skating website. This report can be found on www.usfigureskating.org and go to "Coaches" and click on the "Information for Clubs" or "Basic Skills Instructor Registration" pages.

If a coach/ instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.

LEVELS AND EVENTS TO BE SKATED

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Each skater will perform one element at a time in the order listed below (no excessive connecting steps).

- To be skated on 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

Snowplow Sam: 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 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 5: 1. Backward outside edge on a circle clockwise or counterclockwise 1. Backward crossovers 4-6 consecutive - both directions 2. Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions 3. Side toe hop -either direction 4. Hockey stop
Basic 2 1. Forward one foot glide - either foot 2. Forward alternating ½ 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 6: 1. Standstill forward inside three-turn - R & 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
Basic 3 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive 1. Forward slalom 2. Backward one foot glide - either foot 3. Two foot spin – minimum three revolutions	Basic 7: 1. Standstill 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 and counter clockwise 4. Forward inside pivot
Basic 4 1. Standstill forward outside three-turn - R & L 2. Forward outside edge on a 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 8: 1. Moving forward outside or forward inside three-turns R & L 2. Waltz jump 3. Mazurka - either direction 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 5. Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position -minimum three revolutions

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 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.

Vocal music is allowed.

- 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
- Time: 1:00 +/- 10 seconds

<p>Snowplow Sam:</p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p>Basic 4</p> <ol style="list-style-type: none"> 1. Forward crossovers 4-6 consecutive both directions 2. Standstill forward outside 3- turn - R & L 3. Backward stroking - 4-6 strokes 4. Backward snowplow stop - R or L
<p>Basic 1</p> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two foot swizzles 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward crossovers 4-6 consecutive in both directions 2. Basic one-foot spin – free leg held to side of spinning leg - minimum three revolutions 3. Side toe hop -either direction 4. Hockey stop
<p>Basic 2</p> <ol style="list-style-type: none"> 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 	<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Standstill forward inside three-turn - R & 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
<p>Basic 3</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive 3. Backward one foot glide – either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. Standstill 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 and counter clockwise 4. Forward inside pivot
<p>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns R&L 2. Waltz jump 3. Mazurka in either direction 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 5. Beginning one-foot upright spin - free foot held to side of spinning leg or crossed position -minimum three revolutions 	

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 1/2 ice
- 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

<p>Free skate 1 Compulsory</p> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Backward outside three-turns R & L 3. One-foot upright scratch spin from backward crossovers-minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump 	<p>Free skate 4 Compulsory</p> <ol style="list-style-type: none"> 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
<p>Free skate 2 Compulsory</p> <ol style="list-style-type: none"> 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 	<p>Free skate 5 Compulsory</p> <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
<p>Free skate 3 Compulsory</p> <ol style="list-style-type: none"> 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 	<p>Free skate 6 Compulsory</p> <ol style="list-style-type: none"> 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, 1/2 loop, Salchow jump sequence 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

<p>Freestyle 1</p> <ol style="list-style-type: none"> 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 	<p>Freestyle 4</p> <ol style="list-style-type: none"> 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
<p>Freestyle 2</p> <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 	<p>Freestyle 5</p> <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
<p>Freestyle 3</p> <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 	<p>Freestyle 6</p> <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

No Test through Preliminary Well Balanced Compulsory Events:

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	Skating rules/ Standards
Beginner (formerly Limited Beginner)	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral
High Beginner (formerly Beginner)	1:15 max.	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin- minimum three revolutions 4. Forward or backward spiral
No Test	1:15 max.	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit or camel spin - minimum three revolutions 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Jump combination: single / single (no Axel) 3. Sit spin or camel spin; min. 3 revolutions 4. Spiral sequence with 1 forward spiral and 1 backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single / single (may include Axel) 3 Back upright spin; min., 3 revolutions 4. Forward inside spiral

No Test through Preliminary Freeskating Events:

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:30 +/- 10 sec.	<p>Max 5 jump elements:</p> <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). 	<p>Max 2 spins:</p> <p>Spins must be a different nature.</p> <p>Minimum three revolutions each.</p> <p>Spins may change feet, position and start with a fly.</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>
Pre-Preliminary	1:30 +/- 10 sec.	<p>Max 5 jump elements:</p> <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. 	<p>Max 2 spins:</p> <ol style="list-style-type: none"> a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Minimum of 3 revolutions 	<p>One step sequenced that must use ½ of the ice surface.</p>
Preliminary	1:30 +/- 10 sec.	<p>Max 5 jump elements:</p> <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. 	<p>Max 2 spins:</p> <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 	<p>One step sequenced that must use ½ of the ice surface.</p>

SHOWCASE EVENTS:

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 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.

Showcase categories may include:

- 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	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	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	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

INTERPRETIVE EVENTS

Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels:

Levels should be broken by ability with ages divided appropriately.

Judging Rules:

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

Time:

Music Duration Free Skate 1-6 - No Test: 1:15

Pre-preliminary- Preliminary: 1:30

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

STROKING EVENTS

Skaters compete together in groups wearing colored numbers for easy identification by the Judges. They do only forward stroking in both directions and are judged on posture and correct stroking technique. Crossovers are optional at the end of the rink, but not required and not judged. This is the very basic skill of skating.

BASIC SKILLS COMPETITION ENTRY FORM

Name _____
Age _____ Sex _____
Address _____ City _____
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:

_____ Free Skate 1
_____ Free Skate 2
_____ Free Skate 3 _____ No Test
_____ Free Skate 4 _____ Pre-preliminary
_____ Free Skate 5 _____ Preliminary
_____ Free Skate 6

Compulsories:

_____ Free Skate 1 _____ Beginner
_____ Free Skate 2 _____ High Beginner
_____ Free Skate 3 _____ No Test
_____ Free Skate 4 _____ Pre-preliminary
_____ Free Skate 5 _____ Preliminary
_____ Free Skate 6

Additional Elements: Showcase, Interpretive, Stroking

_____ Stroking (event must be at skaters level.)
_____ Interpretive Indicate level _____
_____ Artistic Light Indicate level _____
_____ Artistic Dramatic Indicate level _____

ENTRY FEE IS \$45.00 PER EVENT, \$20.00 PER EACH ADDITIONAL EVENT

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

If not a current U.S. Figure Skating Basic Skills Member – add \$12

Total: \$ _____

The completed entry form, with fees, must be turned in no later than APRIL 5, 2014.
Make check or money order payable to Icetown, Turn forms in at the box office.

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

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the L.A. Kings Icetown 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 _____