

X-Ice Skating School
"Spring Fever"
In House Basic Skills Competition

Sponsored by and held at the



4705 Indian Trail-Fairview Rd
Indian Trail, NC 28079

Sunday, March 22, 2015
Application Deadline: Feb 22, 2015

All Events will be held on the MAIN Rink Ice Surface

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are eligible 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 register 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 level higher, and no official U.S. Figure Skating tests may have been passed, including moves in the field or individual dances.

For Free skate 1-6 eligibility will be based on highest free skate test level passed. (The moves-in-the-field test will not determine a skater's competitive level.) Skaters may skate at the highest level passed OR one level higher but not both levels in the same event during the same competition.

ENTRIES AND FEES

All entries must be **postmarked no later than Feb 22, 2015**. Late Entries will only be accepted if the limit has not been reached, at the discretion of the organizers. Entry fees are per person, US dollars. The **event entered is \$36.00**. Each skater is only permitted one event. NO refunds after closing date unless event is cancelled by Extreme Ice Center.

ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to The Extreme Ice Center. *There will be a \$25.00 fee for returned checks.*

USFS Basic Skill Sanctioned Event



AWARDS: Everyone will receive an award. All events will be final rounds. Medals will be awarded to First, Second, Third and Fourth Places. ALL other places will receive ribbons. Awards Ceremonies will be held periodically throughout the competition.

SCHEDULE OF EVENTS:

Will be posted on the Official Bulletin Board no later than March 15.

All events will be held on the Main Rink Surface of the Extreme Ice Center.

PRACTICE ICE: Will be determined, upon completion of the competition schedule. Times for sessions will be announced. Low Freestyle Sessions, available in 30 minute increments may be available (*schedule permitting*) for practice ice at regular 30 minute freestyle fees. More details to follow with schedule.

MUSIC: The music for all free skating programs must be provided on cassette tapes/CDs by the skater. Tapes/CDs should be clearly marked with the name of the skater, event entered, and length of music. Competition music is to be turned in 1 hour prior to the event at the registration table. Time duration is always + / - 10 seconds.

VIDEO AND PHOTOGRAPHS may be taken by the parents at their choosing. Professional services will not be offered at this event.

EVENTS OFFERED FOR:

- Snowplow Sam 1-3 Programs with Music (length 1:00 minute: + / - 10 seconds)
- Basic Skill 1-8 Programs with Music (length 1:00 minute: + / - 10 seconds)
- Freeskate 1-6 Programs with Music (length 1:30 minute: + / - 10 seconds)
- Adult Basic Skill Levels 1-4 Programs with Music (1:00-1:30 minute: + / - 10 seconds)
- Special Olympics 1-12 Programs with Music (1:00-1:30 minute: + / - 10 seconds)

HOW TO PREPARE FOR THE COMPETITION:

If you do not have a Private Lesson Instructor at this time, speak to your Basic Skills Instructor. They are already familiar with your current skating skill, and offer a great path to begin your planning for competition preparation. If you are not currently enrolled in our LTS Classes, please see the Private Lesson Brochure, to find a coach to guide you. You will then need to arrange a few lessons to prepare your choreography for competition program preparation. Your Instructor will guide you in the items needed for competition, ie. Number of lessons, attire for the event, and will be at your competition event to help you along. (Be sure to ask your instructor what their coaching fees are for your lessons, and for the competition event)

If you need assistance in finding a coach to meet your needs for this event, please contact:

Jenny Wesley Gwyn, Skating School Director/Competition Coordinator @ jenny@xicenter.com
or

Danielle Logano, Director of Figure Skating @ daniellel@xicenter.com

Both Directors may be reached at the Extreme Ice Center: (704)882-1830 during business hours.



U.S. Figure Skating Basic Skills Competitions

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.	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.	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.	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.	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.	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.	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.	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.	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.	Moving forward outside or forward inside three-turns R & L Waltz jump (from a standstill) 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



U.S. Figure Skating Basic Skills Competitions

EVENT: 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**

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	Advanced forward stroking - 4-6 consecutive One-foot upright scratch spin from backward crossovers-minimum three revolutions Waltz jump from backward crossovers Half flip jump
Free Skate 2	1:30+/-10 sec	Forward outside spiral - R or L Beginning back spin - entry optional – minimum two revolutions Waltz jump, side toe hop, waltz jump sequence Toe loop jump
Free Skate 3	1:30+/-10 sec	Forward crossovers in a figure 8 Back spin- minimum three revolutions Salchow jump Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:30+/-10 sec	Forward power 3's, 2-3 consecutive sets -R or L Sit spin- minimum three revolutions Loop jump Waltz jump/loop jump combination
Free Skate 5	1:30+/-10 sec	Camel spin- minimum three revolutions Forward upright spin to back upright spin- minimum three revolutions, each foot Loop/loop jump combination Flip jump
Free Skate 6	1:30+/-10 sec	Camel, sit spin combination - minimum of four revolutions total Split jump or stag jump Waltz jump, ½ loop, Salchow jump sequence Lutz jump



U.S. Figure Skating Basic Skills Competitions

ADULT EVENTS: Compulsories, Adult 1-6 Free Skate:

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 1 Falling and Recovery Forward Marching Forward two-foot glide Forward swizzle Moving Snowplow Stops</p>	<p>Adult 4 Basic forward outside and forward inside consecutive edges Backward edges on a circle, (outside and inside, clockwise and counterclockwise) Backward crossovers, (clockwise and counterclockwise, 5 consecutive) Forward outside 3-turns, right and left Forward outside swing rolls to a count of 6</p>
<p>Adult 2 Forward stroking showing correct use of the blade Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row Forward one-foot glides Slalom Backward swizzles, (4 to 6 in a row, clockwise and counterclockwise)</p>	<p>Adult 5 Forward and Backward Crossovers in a Figure 8 pattern Forward outside to inside change of edge on a line T-stop, right or left Forward inside 3-turns, R & L Beginning one foot spin</p>
<p>Adult 3 Forward outside and inside edges on a circle, (clockwise and counterclockwise) Forward crossovers, (clockwise and counterclockwise) Backward ½ swizzle pumps on a circle (4 to 6 in a row consecutive, clockwise and counterclockwise) Moving forward to backward and backward to forward two-foot turn Beginning 2-foot spin</p>	<p>Adult 6 Forward Perimeter Stroking with crossover end patterns Backward crossovers to a backward outside edge glide (landing position) Lunge Spiral Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)</p>



U. S. Figure Skating Basic Skills Program

SPECIAL OLYMPICS BADGE PROGRAM

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

- 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.
- This is a skating program event. Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

<p>Badge 1</p> <p>A. Stand unassisted for five seconds</p> <p>B. Fall and stand up unassisted</p> <p>C. Knee dip standing still unassisted</p> <p>D. March forward ten steps assisted</p>	<p>Badge 7</p> <p>A. Backward stroking across the rink</p> <p>B. Gliding backward to forward two foot turn</p> <p>C. T-stop left of right</p> <p>D. Forward two foot turn on a circle: L & R</p>
<p>Badge 2</p> <p>A. March forward ten steps unassisted</p> <p>B. Swizzles, standing still: three repetitions</p> <p>C. Backward wiggle or march assisted</p> <p>D. Two foot glide forward for distance of at least length of body</p>	<p>Badge 8</p> <p>A. Five consecutive forward crossovers: L & R</p> <p>B. Forward outside edge: L & R</p> <p>Five consecutive backward 1/2 swizzles on a circle: L & R</p>
<p>Badge 3</p> <p>A. Backward wiggle or march</p> <p>B. Five forward swizzles covering at least ten feet</p> <p>C. Forward skating across the rink</p> <p>D. Forward gliding dip covering at least length of body: L & R</p>	<p>Badge 9</p> <p>A. Forward outside three turn: L & R</p> <p>B. Forward inside edge: L & R</p> <p>C. Forward lunge or shoot the duck at any depth</p> <p>D. Bunny hop</p>
<p>Badge 4</p> <p>A. Backward two foot glide covering at least length of body</p> <p>B. Two foot jump in place</p> <p>C. One foot snowplow stop: L & R</p> <p>D. Forward one foot glide covering at least length of body: L & R</p>	<p>Badge 10</p> <p>A. Forward inside three turn: L & R</p> <p>B. Five consecutive backward crossovers: L & R</p> <p>C. Hockey stop</p> <p>D. Forward spiral three times length of body</p>
<p>Badge 5</p> <p>A. Forward stroking across rink</p> <p>B. Five backward swizzles covering at least ten feet</p> <p>C. Forward two foot curves left and right across rink</p> <p>Two foot curves left and right across rink</p>	<p>Badge 11</p> <p>A. Consecutive forward outside edges: minimum of two on each foot</p> <p>B. Consecutive forward inside edges: minimum of two on each foot</p> <p>C. Forward inside Mohawk: L & R</p> <p>D. Consecutive backward outside edges: minimum of two on each foot</p> <p>E. Consecutive backward inside edges: minimum of two on each foot</p>
<p>Badge 6</p> <p>A. Gliding forward to backward two foot turn</p> <p>B. Five consecutive forward one foot swizzles on circle: L & R</p> <p>C. Backward one foot glide length of body: L & R</p> <p>D. Forward pivot</p>	<p>Badge 12</p> <p>A. Waltz jump</p> <p>B. One foot spin: minimum of three revolutions</p> <p>C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise</p> <p>D. Combination of three moves chosen from badges 9-12</p>

BEGINNER SYNCHRONIZED SKATING TEAM ROSTER

COACH _____
 COACH _____

Contact #: _____
 Contact #: _____

Skater Name:	D.O.B.	USFS #	Phone #
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			

The emphasis of the Beginner competition is on mastering the “basic skills” of synchronized skating:

- Control of rotation in wheels and circles.
- Unison and use of skills such as guiding and shadowing.
- Straight lines in lines, blocks and intersections.
- 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.

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, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Beginner 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Beginner 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Beginner 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook .
 Please reference <http://usfsa.org/Programs.asp?id=338> for most up-to-date Beginner Synchronized Skating rules.

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.

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
BEGINNER 1 8-16 skaters, majority under 9 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must contain a 2-foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3-spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
BEGINNER 2 8-16 skaters , majority 9 – 11 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1 foot glide (held for at least 2 counts), back pump, 1 backward crossover, FI stroke (1 direction only, don't need to repeat)	One line, which must cover the ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
BEGINNER 3 8-16 skaters, majority at least 12 years old 2 – 2 ½ minutes +/- 10 seconds	Circle element, which must include the combination move from Basic 8. (1 direction only, don't need to repeat)	Line element, which must cover the ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 or 3 configurations.	Wheel element of the team's choice with backward pumps, chasses, or crossovers.	One intersection: 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.
- Unison and use of skills such as guiding and shadowing.
- Straight lines in lines, blocks and intersections.
- 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.

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, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Beginner 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Beginner 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Beginner 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook .

Please reference <http://usfsa.org/Programs.asp?id=338> for most up-to-date Beginner Synchronized Skating rules.

X-Ice Skating School

"Spring Fever" - Sunday, March 22, 2015

In House Basic Skills Competition Entry Form

Applications due no later than Feb 15, 2015

Please write legibly.

Name: _____ Age _____ DOB _____ Sex _____
Last First

Address: _____ City _____

State: _____ Zip: _____ Email Address (required) _____

Area Code/Phone #: _____

Cell Phone #: _____

US Figure Skating Basic Skills # _____ or USFS Full Membership # _____

Highest Level Passed: _____ Last Level Passed: _____

Instructors Name: _____

Please check the event you are entering:

Basic Program: ___ Snowplow Sam ___ Basic 1 ___ Basic 2 ___ Basic 3 ___ Basic 4 ___ Basic 5 ___ Basic 6 ___ Basic 7 ___ Basic 8	Freeskate Program: ___ Freeskate 1 ___ Freeskate 2 ___ Freeskate 3 ___ Freeskate 4 ___ Freeskate 5 ___ Freeskate 6	Adult Program: ___ Adult 1 ___ Adult 2 ___ Adult 3 ___ Adult 4 ___ Adult 5 ___ Adult 6 ___ Pre-Bronze ___ Bronze	Special Olympics: Circle one: <i>With Music</i> or <i>Individual Skills</i> ___ Badge 1 ___ Badge 2 ___ Badge 3 ___ Badge 4 ___ Badge 5 ___ Badge 6 ___ Badge 7 ___ Badge 8 ___ Badge 9 ___ Badge 10 ___ Badge 11 ___ Badge 12
BEGINNER SYNCHRONIZED SKATING ___ Level 1 ___ Level 2 ___ Level 3 Please submit team roster and USFS #'s (next page)			

Entry Fee is \$36.00 per event

1 event @ \$36.00 = \$36.00 due

Check # _____ CC# _____ /ex _____ Cash: _____

The completed entry form, with fees must be **postmarked no later than Feb 15, 2014.**

All fees are payable to the **Extreme Ice Center**. Mail to: Jenny Gwyn, Extreme Ice Center Skate School Dept, 4705 Indian Trail-Fairview Rd, Indian Trail, NC 28079. For additional information contact Jenny Gwyn at (704)882-1830 or jennyg@xicenter.com.

ENTRY FEE IS 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 hold the Extreme Ice Center harmless from any and all liability either during practice or the competition, and from any all liability for damages or loss of property.

Parent/Guardian Signature: _____ Date _____

Competitor Signature: _____ Date _____

Instructor Signature: _____ Date _____

XIC Program Director: _____ / **DIRECTOR** Date _____