



Helena Figure Skating Club
Presents the

Last Chance Spring Skate 2015

April 11, 2015

Helena Ice Arena
400 Lola Street
Helena, Montana

Deadline: postmarked by March 19, 2015

Sanctioned by:



Registrar:
Kathy Lamping
Katherine_A_Lamping@uhc.com

Helena Figure Skating Club
Invites you to
Last Chance Spring Skate 2015
Basic Skills Competition

Register by March 19, 2015

Competition will be held Saturday, April 11th. Competition for all levels, Basic Skills, and Adult, as governed by United States Figure Skating in the 2014 Rulebook, and in Technical Notification updates on the US figure Skating website. This competition is sanctioned by US Figure Skating. This is a non-qualifying competition and is open to all eligible US Figure Skating members in good standing and has also been approved by the US Figure Skating Basic Skills Committee. This competition will be governed by the **current** US Figure Skating Rulebook except as modified by this announcement and US Figure Skating Rulebook errata as posted on the US Figure Skating website.

Rink: The competition is being held at the Helena Ice Arena, 400 Lola Street, Helena, Montana. The rink is 85'x 200' with rounded corners.

Eligibility: Eligibility for entries is determined by tests passed and age as of **March 19, 2015**. Adult competitors must be age 21 or over. All skaters should be prepared to show proof of age. Events with large numbers of entries may be split into multiple, equal-sized groups at the discretion of the competition committee and the Referee, and will be done by age for Non-test through Preliminary, **There will be no skate-offs**. Skaters may enter up one level higher than the event level for which the skater qualifies by test but may not enter an event below their test level.

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 1-8** skaters 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, and Well Balanced levels**, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine 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.

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.

Events: The events include: Basic Skills Elements, Basic Skills with Music, Basic Skills Showcase, Compulsory Moves, Freestyle, Artistic, Showcase, Showcase Pairs, Maneuver Team, Interpretive, Jumps, Spins, and Shoot the Duck. Two entries are considered an event. Events with too many entries may be divided by the referee. Decisions by the referee on all matters will be final. The 6.0 scoring system will be used for all events. Single entries with the exception of Maneuver team which will be cancelled and entry fees returned if only one team is entered will be given first place (rule 1465). All skaters may skate up one level from their current tested level in all events, unless otherwise stated.

Fees: The entry fee for all events is \$45 for the First Event and \$15 for the Second Event. There is a late fee of \$25.00 that will be charged for entries not postmarked by March 19, 2015. **Make checks payable to: Helena Figure Skating Club.** A fee of \$25.00 will be charged for a returned check.

Officials for all events: Non-certified judges may be used as a majority on the panel.

Refunds: will be issued in accordance with Rule 3235 of the US Figure Skating Rulebook and only if the event is not held. In any event with only one entry, the skater will be given the choice of either competing as an individual competitor in accordance with Rule 1465 without a refund or canceling the event and receiving a refund. All refunds, if applicable, will be mailed within 30 days after the completion of the competition.

Entries: Entry forms must be filled out completely and signed by the applicant, parent, and club officer, and the medical release form must be complete. **Please include E-mail address if you would like a copy of your schedule sent to you. Entries must be postmarked by March 19, 2015. Entries mailed after March 19 may be accepted at the referee's discretion and will be subject to a \$25.00 late entry fee.** Send entries and inquiries to the Registrar:

Kathy Lamping
3283 Arbor Dr.
Helena, MT 59601
katherine_a_lamping@uhc.com

Registration: The registration desk will be located in the lobby of the rink and will be open at all times during the competition and during practice ice. All competitors are required to register as soon as possible after arrival at the rink and be ready to skate 45 minutes before the posted starting time for the competitor's event. Competition CD's must be turned in at time of registration.

Admission: All events are open to spectators, no admission will be charged.

Practice Ice: Practice ice will begin on April 11, 2015. Each session will last 30 minutes and cost \$20.00; walk-on, if space is available. CD's will be played one time through only, during practice ice, first come, first served based on date of receipt of practice ice request. No props are allowed on practice ice. Practice ice money is non-refundable. Include an E-mail address on the form, or if you want a schedule of your practice ice, send a self-addressed stamped envelope with your payment and practice ice form.

Hotels: Hampton Inn, 3000 E. US HWY 12, near the rink. The hotel offers an indoor pool, hot tub and exercise room along with a 25 item hot breakfast. You may call 1-800 HAMPTON.
Other nearby hotels include:

Comfort Inn, 750 N. Fee, 443-1000;

Fairfield Inn, 2150 11th, 449-9944;

Shiloh Inn, 2020 Prospect, 442-0320,

Red Lion Colonial, 2301 Colonial Drive, 443-2100

Days Inn, 2001 Prospect, 442-3280;

Holiday Inn Express, 701 Washington, 449-4000;

Super 8, 2200 11th Ave, 443-2450.

Official notice: An official bulletin board will be maintained at the competition arena and notices posted there shall be considered sufficient notice to all competitors.

Music: Music must be on a CD (no CD-RW's), labeled with skater or group name, the event, and the title of the music. Each event requires a separate tape or CD. Music must start at the first track on the CD. Competition CD's must be turned in at registration. They will be available for pickup at the registration desk after the event. Competitors should also bring a backup CD. HFSC bears no responsibility for breakage or loss.

Judging System: The 6.0 closed system of judging will be used for all events, except for Survivor and Shoot the Duck.

Awards: Awards will be given immediately after the results from each event are posted. First, second, and third place medals will be awarded.

General: The Referee and Competition committee reserve the right to combine Ladies and Men events where permitted by current U.S. FIGURE SKATING Rulebook.

Costuming and Props: No feathers of any kind are permitted on the ice as part of costuming or props.

Happy Ads: Available by mailing the attached form and payment prior April 3rd.

Official Notices: An Official Bulletin Board will be maintained in the lobby of the rink. All official announcements and schedules will be posted thereon. The starting time of each event will be posted on the bulletin board and this schedule will supersede all other schedules. Notices posted on the board are considered as sufficient notice to all competitors. Skaters are to be in the rink and ready to skate 60 minutes prior to the scheduled beginning of their event.

Coaches Registration/ Credentials: In accordance with current rules, all coaches participating in this event must be registered with U.S. Figure Skating. For more information on the registration process, please visit www.usfigureskating.org. We will provide all registered coaches with a credential. Every coach in attendance will be required to check in at the registration table and must show a picture I.D. to receive their credential. *To receive a coach credential, the **designated coach MUST:***

- **Have completed the coaches registration process**
- **Be a member of U.S. Figure Skating**
- **Be Category B CER Compliant**

The credentials are marked with the individual's name and non-transferable. You must have credentials to enter the competition areas and the warm-up area.

CREREDENTIALS ARE NOT TRANSFERABLE!

We strongly recommend that you also bring any registration confirmation materials. Coaches must wear their badge at all times when coaching skaters at rinkside of a sanctioned competition. Monitors will be instructed to ensure that anyone standing rinkside has their credential.

Exceptions are made for coaches under 18 years of age and for coaches with only Basic Skills students, however, these coaches must still present an ID and will be issued a credential.

Privacy Policy: Information provided to the host club on the entry form is intended for internal use of the competition committee, chief referee, and chief accountant only. We will never intentionally disclose any personal information about you (such as, for example, your full name, street address, telephone number, or e-mail address) to any third party without having received your permission.

Basic Skills Competition

Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format choice of the host: 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.**

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 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 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 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 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 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • 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, right or left
Basic 5	1:00 max.	<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	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet jump, either direction • Backward crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump (from a standstill) • Mazurka, either direction • Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside Mohawk, step down, cross behind, step into one backward 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

Basic Skills Competition

BASIC PROGRAM EVENT WITH MUSIC: 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.
- The skater may use elements from a previous level.
- A 0.2 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, right and left • Forward crossovers, 4-6 consecutive both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
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, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • 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, right and left • Waltz jump (from a standstill) • Mazurka, either direction • Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside 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

Basic Skills Competition

EVENT: 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 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 or less.

Level	Time	Skating rules/standards
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • Backward outside three-turns, right and left • One-foot upright scratch spin from backward crossovers - minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Forward outside or inside spiral, right or left • Waltz three's, right or left, 2-3 sets • Beginning back spin, entry optional – minimum two revolutions • Waltz jump, side toe hop, Waltz jump sequence • Toe loop jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Backward inside three-turns, right and left • Back spin - minimum three revolutions • Salchow jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Loop jump • Waltz jump/loop jump combination
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • 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	1:15 max.	<ul style="list-style-type: none"> • Five step Mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free Skate 6) • Camel, sit spin combination - minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump

Basic Skills Competition

Free Skate 1-6 Program Event with Music

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- 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 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec.

Level	Time	Skating rules/standards
Free Skate 1	1:30+/-10 sec.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • Forward outside spiral, right or left • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Loop jump • Waltz jump-loop jump combination
Free Skate 5	1:30+/-10 sec.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • Camel, sit spin combination - minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump

Basic Skills Competition

Introductory Levels 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 0.2 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	1:15 max.	<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	1:15 max.	<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.	<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 or camel spin - minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
Pre-Preliminary	1:00 max.	<ul style="list-style-type: none"> • Single flip • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:00 max.	<ul style="list-style-type: none"> • Single Lutz • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral

Basic Skills Competition

Test Track Free Skate Program for introductory levels

General event parameters:

- 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 parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10 sec.	Maximum 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences. • Max. 2 of any same jump. 	Maximum 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 1:30 +/- 10 sec.	Maximum 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop). • Single rotation jumps: Salchow and toe loop only. • Maximum of 2 jump combinations or sequences. • Max. 2 of any same type jump. 	Maximum 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.
No Test 1:30 +/- 10 sec.	Maximum 5 jump elements: <ul style="list-style-type: none"> • Up to 2 may be jump combos or sequences. • Jump combos are limited to 2 jumps. • Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level). • No Axels or double jumps are permitted. 	Maximum 2 spins: <ul style="list-style-type: none"> • Spins must be of different character. • Each spin must have a Minimum of 3 revolutions. • Spins may change feet, position and start with a fly. 	One step sequence that utilizes ½ of the ice surface.	

Basic Skills Competition

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
Pre-Preliminary 1:30 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <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, toe loop and loop only • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 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.	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 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.

Basic Skills Competition

ADULT EVENTS: Compulsories, Adult 1-6 Free Skate, Pre-Bronze and 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 1</p> <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle • Moving Snowplow Stops 	<p>Adult 4</p> <ul style="list-style-type: none"> • 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>Adult 2</p> <ul style="list-style-type: none"> • 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>Adult 5</p> <ul style="list-style-type: none"> • 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>Adult 3</p> <ul style="list-style-type: none"> • 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>Adult 6</p> <ul style="list-style-type: none"> • 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>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: 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>

Additional Events

Maneuver Team

Maneuver Team events are offered for Beginner through Preliminary levels. Each team will consist of four skaters. Team scores will be awarded only for teams with skaters that are all from the same home club, but other teams may compete. The team must skate at the highest level of freestyle test achieved by any member of the team. A skater may skate on only one team. The team may include both men and women. The following format will be used for this event: The first skater from each team will execute the first element. Once the first skater of each team has executed the first element, the second skater of each team will execute the second element and will continue in this fashion until all elements have been completed. Each element will be given an individual mark. The marks for each of the four elements will be totaled for the final score and placement of the team.

Event Level:

Requirements:

Non-Test

3 Bunny Hops, Waltz Jump, Pivot, Two-Foot Spin.

Pre-Preliminary

Salchow, Half Flip, One Foot Spin, Forward Spiral.

Preliminary

Loop/Loop Combination , Flip, One-Foot Back Upright Spin, Sit Spin.

Interpretive Event

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: 1:00 +/- 10

Pre-preliminary- Preliminary: 1:00 +/- 10

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.

Additional Events

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. Feathers are not permitted. 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 0.2 deduction will be assessed by the referee against each judge's 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.

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/ Beginner/High Beginner/ Adult 1-	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow	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	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.

Additional Events

Additional Showcase Categories:

Pairs Showcase

Pairs will consist of two skaters of any level. Props must be carried on and off the ice by the skaters in no more than 30 seconds prior to and 30 seconds after the skaters begin and end their event. The pair may include both men and women. Maximum duration is three minutes. Each skater must register separately, indicate their partner's name on the registration form and pay the \$25 fee. Non-certified judges may be used as a majority on the panel.

Group Showcase

Groups will consist of four or more skaters. The group may include both men and women. Maximum duration is six minutes. Props must be carried on and off the ice by the skaters in no more than 30 seconds prior to and 30 seconds after the skaters begin and end their event. One person from the group will register all skaters and pay the required fee. That person must attach a listing of the group members to their registration form. Non-certified judges may be used as a majority on the panel. Each group will receive one mark from each judge for presentation.

Shoot the Duck

One event with competitors divided into groups by the referee. Skaters must also be registered for another event. Event is judged on distance with additional points for style. Levels may be combined

Survivor

Skaters in each level will compete to see who can hold the longest spiral, spin, and landing position. An overall winner will be determined at each level by adding "duration of spiral in seconds" + "duration of spin in seconds" + "duration of holding landing position in seconds". The skater with the highest total wins. Males and females may compete against each other in this event. Coaching from the sidelines will be permitted during this event.

Skaters will perform all elements in the order listed. Skaters will be judged on the following:

SPIRALS: The spirals will be timed by two officials with stopwatches. Timing will begin when the free leg reaches a parallel position (hip level) and will stop when it falls below parallel (hip level). No change of foot is allowed. The official time will be the average of the two officials' recorded times. **SPINS:** For

Preliminary, any spin, including combination spins with one change of foot are allowed. Timing of the spin will begin when the skater steps on the spinning foot and will end when the skater steps out of the spin.

JUMPS: Jumps will be timed beginning at the attainment of an acceptable landing position and will stop when the landing position breaks. The official time will be determined by the method described above in Spins. Any falls will constitute the timing to end.

Level	Test Status	Element
Basic Skills 1 - 8	Basic Skill Tested – Only BS 1 - 8	1.) Forward spiral –straight line 2.)Two foot spin 3.)Bunny hop
Basic Skills Free Skate	Free Skate 1-6	1.) Forward spiral (any edges or straight line) 2.) One foot Spin 3.)Waltz jump
Beginner	No Test Passed	1.) Forward spiral (any edges or straight line) 2.)One foot spin 3.) Toe Loop
Pre-Preliminary	Passed Pre-Preliminary	1.) Forward spiral (any edges or straight line) 2.)Scratch Spin 3.) Salchow jump
Preliminary	Passed Preliminary	1.) Forward outside spiral 2.)Any spin 3.)Loop Jump

Additional Events

Jumps Only

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – Waltz jump-toe loop
No Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)

Spins Only

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
High Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
No Test	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright back-scratch spin (3) • Sit spin (3)
Preliminary	1:30 max.	<ul style="list-style-type: none"> • Forward scratch to back scratch spin (3) • Combination spin with no change of foot (4) • Sit spin (3)

Last Chance Spring Skate 2015--Certification of Eligibility

Skater's name _____ *Basic Skills Level _____

I am over 18 years or I am a parent/guardian of a skater under 18 years who is eligible to enter the event or events listed on the previous page, under US Figure Skating rules. I grant permission for me or my son/daughter to participate in the competition. I understand that contestants waive all claims for injury and liabilities for damage or loss of property.

Signature of Skater or Parent/Guardian if skater is under age 18 Date

The above named skater is an eligible member in good standing and is eligible to enter.

Signature and Title of Club Officer (not required for Basic Skills) Date

The above named skater is an eligible US Figure Skating Basic Skills skater and I confirm their test level as shown above

Signature of Basic Sills Instructor (if applicable) Date
* Level is not required unless skating at Basic Skills or BS Freestyle level

Medical Release Form for Last Chance Spring Skate Competition and Test Session:

Authorization: In case of emergency, I hereby authorize medical treatment for my child while attending the "Last Chance Spring Skate 2015" competition and test session.

Skaters name Parent /Legal Guardian signature Date

Notify in Case of Emergency:

Name of person to contact and relationship to competitor Telephone Number

Drug Allergies or Sensitivities:

List all drug allergies and/or sensitivities of the competitor. If none, please so state.
Medical Conditions and Special Instructions: List any existing medical conditions or special care needs of the Competitor. If none, please so state. _____

Mail the Registration Form, Certificate of Eligibility, Medical Release Form, Practice Ice Form, Test Form, and payment to the Registrar. Must be postmarked by March 19, 2015

Kathy Lamping
3283 Arbor Dr
Helena, Mt 59602

406 431-4144
E-mail: Katherine_a_lamping@uhc.com

**LAST CHANCE SPRING SKATE
PRACTICE ICE REQUEST**

THIS FORM MUST BE POSTMARKED BY MARCH 19, 2015

Name: _____ Club: _____

Address: _____ Phone: _____

Skating Level: Moves _____ Freestyle _____ Dance _____

Register for 30 minute sessions at \$20.00 per session in advance (walk- on allowed if space permits). There will be no refunds for practice ice unless the sessions requested are not available. Sessions are scheduled “first come, first served”.

Number of Sessions Requested _____ @ \$20.00 = \$ _____

TOTAL OF PRACTICE ICE—transfer to test or competition form \$ _____

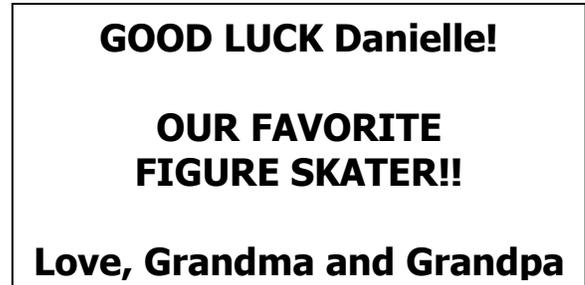
Payment should be combined with competition or test form.

E-mail address _____ for practice ice schedule.

Practice Ice questions may be directed to Kathy Lamping 406-431-4144
katherine_a_lamping@uhc.com

GET A GOOD LUCK AD FOR YOUR FAVORITE ICE SKATER

Purchase a business card size ad to wish your favorite participant good luck in the "Last Chance Spring Skate - 2015" for only \$15! Your individualized ad will be in the program.



TEXT:

Indicate the graphic you would like on your ad or if you have a photo of your skater:



-
- No graphic, thanks.
 - Graphic above - "Last Chance Spring Skate - 2015" Program
 - Skater photo attached or E-mailed to katherine_a_lamping@uhc.com - "Last Chance Spring Skate - 2015" Program

Enclose payment with the registration information. E-mail ad or enclose this form with the check. Payment for ads must be received by April 3, 2015.

Your Name _____

E-mail address or phone number _____

Questions? Kathy Lamping at 406-431-4144