

Heart of Illinois Skating Club
Announces
2015 Spring Thaw
USFS Basic Skills Competition



March 28, 2015
Owens Recreation Center
1019 W Lake Ave
Peoria, IL 61614
309-686-3368

Entry Deadline: February 21, 2015



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2015 Spring Thaw

Presented by the Heart of Illinois Skating Club
Owens Recreation Center
1019 W Lake Ave
Peoria, IL 61614
March 28, 2015

The annual Basic Skills Competition Spring Thaw sponsored by the Heart of Illinois Skating Club will be held at Owens Recreation Center on Saturday, March 28th 2015.

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 Moves in the Field 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.

ENTRIES AND FEES -All entries must be postmarked no later than February 21, 2015. Late entries will be accepted at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is \$75 and each additional event is \$25. NO refunds after closing date unless event is canceled by the Heart of Illinois Skating Club. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee. Checks made payable to HOISC. There will be a fee for returned checks. Payments made by credit card will also be accepted.

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be given at appropriate times throughout the competition.

SCHEDULE OF EVENTS - Will be posted on the official bulletin board no later than Wednesday, March 18, 2015. Information regarding groups and skating times will be emailed out prior to the beginning of competition.

PRACTICE ICE - Practice ice will be available on Saturday, March 28th 2015 in 30 minute increments. Sign in and pay \$12 at the door or \$10 if paid in advance. A maximum of 20 will be allowed on the ice during any one session. You may sign up for NO MORE THAN TWO SESSIONS on a first-come, first-served basis.

MUSIC - The music for all free skating programs and showcase must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). CDs should have only one track (song). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds. Please remember to pick up your music following your event.

VIDEO TAPING AND PHOTOGRAPHS - This will be available through Star 2 Productions. The video of the first event (Free Skate) is included with the registration fee and can be picked up from the videographer's booth during the competition. There will be the option to purchase additional events through the videographer. No professional photographer will be present. Photographs may be taken at will, but NO flash photography may be used while taking pictures of the skaters on the ice.

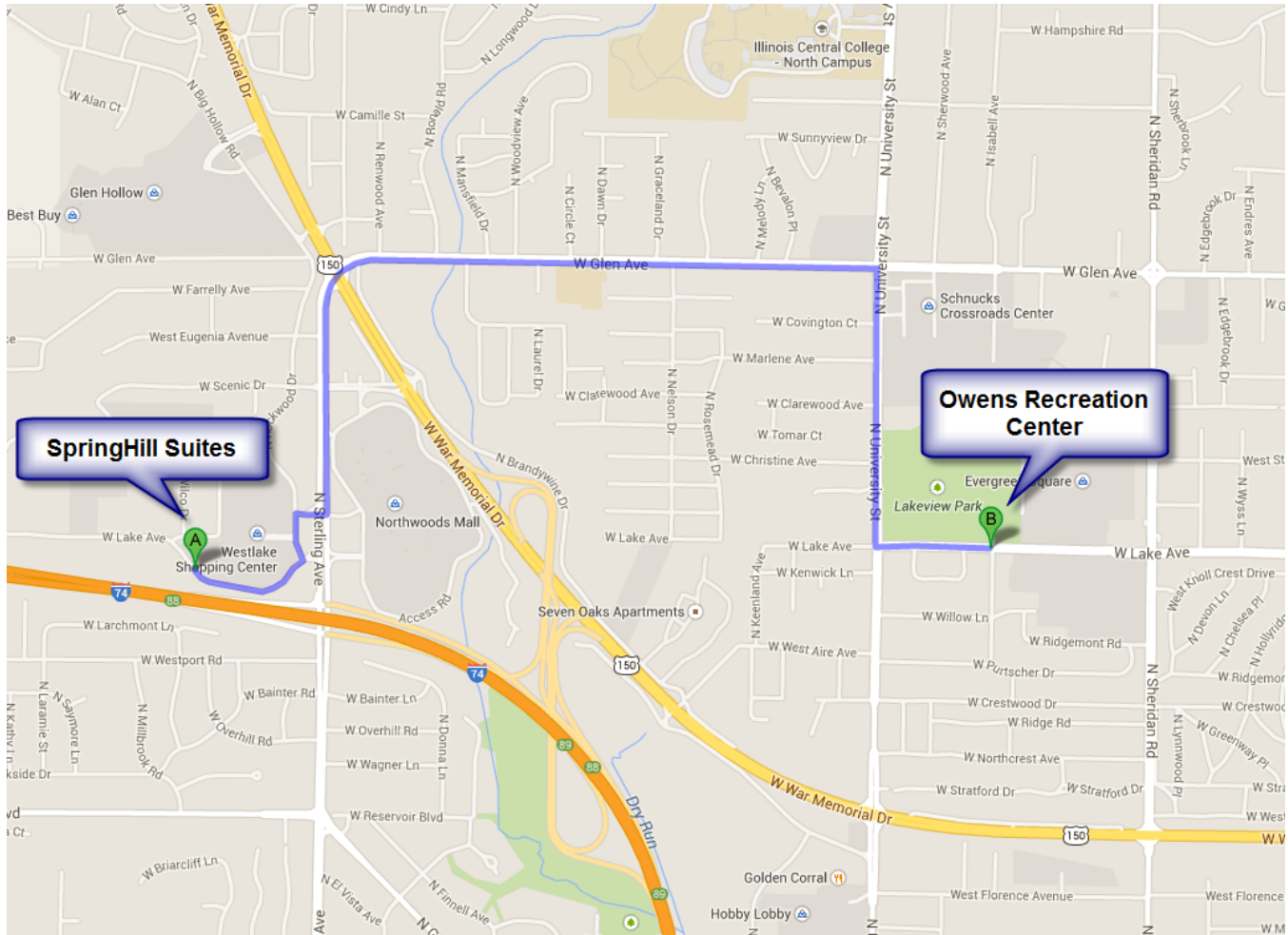
LODGING – SpringHill Suites by Marriott Peoria has special rates available to Spring Thaw participants. Mention **“Spring Thaw – Heart of Illinois Skating Club”** to receive a room for \$89 per night. Reservations must be received by February 27, 2015. SpringHill Suites is located near the Northwoods shopping mall, various restaurants and is a five minutes away from Owens Recreation Center. Call SpringHill Suites at 309-681-2700 to make your reservation.

SpringHill Suites by Marriott Peoria

2701 West Lake Avenue

Peoria, IL 61615

309-681-2700



Directions to Owens Recreation Center

From I-74

Take Exit 89 to US-150 Eastbound / War Memorial Dr East

Turn Left onto N University St

Turn Right onto W Lake Ave

Take second Left to turn into Lakeview Park

Parking is available immediately to the left as you turn into Lakeview Park

Owens Recreation Center is the building located next to the aquatic center.



U.S. Figure Skating Basic Skills Competitions

EVENT: 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



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.

- 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



U.S. Figure Skating Basic Skills Competitions

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



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 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.

- 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



U.S. Figure Skating Basic Skills Competitions

EVENT: 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 <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.



U.S. Figure Skating Basic Skills Competitions

EVENT: Introductory Levels Free Skate Program

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.	<i>Maximum 5 jump elements:</i> <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. 	<i>Maximum 2 spins:</i> <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.	<i>Maximum 5 jump elements:</i> <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. 	<i>Maximum 2 spins:</i> <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.	<i>Maximum 5 jump elements:</i> <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. 	<i>Maximum 2 spins:</i> <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.	

EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on $\frac{1}{2}$ 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

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 nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under “Technical Information,” then “Singles/Pairs”.

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 Maximum Vocal music permitted	<i>Maximum of 5 jump elements:</i> <ol 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 maximum of 3 single jumps ($\frac{1}{2}$ loop is not considered a single jump.) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Maximum of 2 Axels Double or triple jumps are not allowed. 	<i>Maximum of 2 spins:</i> <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 $\frac{1}{2}$ of the ice surface.
Preliminary	1:40 Maximum Vocal music permitted	<i>Maximum of 5 jump elements:</i> <ol style="list-style-type: none"> One must be an Axel or Waltz-jump. Maximum 2 jump combinations or sequences Jump combinations limited to 2 jumps Number of jumps in a jump sequence is limited to a maximum of 3 single jumps ($\frac{1}{2}$ 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. 	<i>Maximum of 2 spins:</i> <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 $\frac{1}{2}$ of the ice surface.



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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
Pre-Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <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 • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<i>Maximum of 2 spins:</i> <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.	<i>Maximum of 5 jump elements:</i> <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 	<i>Maximum of 2 spins:</i> <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.



U.S. Figure Skating Basic Skills Competitions

ADULT EVENTS: This event can be used as a Compulsory or Program Event

Adult 1-6 Free Skate, Pre-Bronze and Bronze:

The skating order of the required elements is optional. The elements are not restricted 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 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

Adult 1 <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle • Moving Snowplow Stops 	Adult 4 <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
Adult 2 <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, (4-6 in a row, clockwise and counterclockwise) 	Adult 5 <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, right and left • Beginning one-foot spin
Adult 3 <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 (4-6 in a row consecutive, clockwise and counterclockwise) • Moving forward to backward and backward to forward two-foot turn • Beginning 2-foot spin 	Adult 6 <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)
Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Time: 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.	Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.



U.S. Figure Skating Basic Skills Competitions

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.



U.S. Figure Skating Basic Skills Competitions

BASIC SKILLS THEATRE ON ICE 1 – 4

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Basic Skills level at which they are skating. (See program requirements.) Props, scenery and theatrical makeup are not allowed.

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills Program. It is strongly suggested that teams register with U.S. Figure Skating, but this is not required.

Members of other organizations are eligible to compete, but must be registered with a Basic Skills program or as full members of U.S. Figure Skating.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than the pre-preliminary Moves in the Field or adult pre-bronze test in any discipline.

Age/Number of Skaters: Skaters may not have reached 18 years of age as of September 1 of the current skating season. Teams should be comprised of 8 – 16 skaters.

Program Duration: Teams will skate a program to music of their choice (vocals are allowed) 1 ½ min. +/-10 sec. There are no restrictions or requirements on music choice but each level has a different THEME, CHOREOGRAPHIC PROCESS and MOVEMENT or GESTURE (see program requirements).

Judging Notes: The main emphasis of each level is mastering the basic skills of Theatre On Ice and showing control in the skating skills from the badge levels required. The focus is not difficulty, but the performance and expression of the three required elements.

When possible, judges should be selected from those who have participated in a U.S. Figure Skating or PSA seminar where Theatre On Ice has been discussed, or have some familiarity with the discipline of Theatre On Ice.



U.S. Figure Skating Basic Skills Competitions

EVENT: Theatre On Ice (TOI) Events – Basic Skills Levels

Format: The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement.

- Programs should contain skating skills from the Basic Skills program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Basic Skills Instructor's Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.

Please refer to the Basic Skills Instructor's Manual for more detailed information on Theatre On Ice 1-4.

Basic Skills Theatre On Ice Levels

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 1	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Joy • Choreographic process: Repetition • Movement or gesture: Rapid movement <p>Skaters should demonstrate elements from the Basic Skills program levels 1 through 4. Elements from higher levels are not allowed.</p>
TOI/CE 2	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Fear • Choreographic process: Cascade • Movement or gesture: Round movement <p>Skaters should demonstrate elements from the Basic Skills program levels 5 through 8. Elements from higher levels are not allowed.</p>
TOI/CE 3	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Anger • Choreographic process: Mirror • Movement or gesture: Sharp movement <p>Skaters should demonstrate elements from the Basic Skills Free Skate 1 through 3. Elements from higher levels are not allowed.</p>
TOI/CE 4	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Growth • Choreographic process: Canon • Movement or gesture: Slow movement <p>Skaters should demonstrate elements from the Basic Skills Free Skate 4 through 6. Elements from higher levels are not allowed.</p>



Heart of Illinois Skating Club presents

2015 Spring Thaw

USFS Basic Skills Competition

March 28th, 2015

Owens Recreation Center

1019 W Lake Ave

Peoria, IL 61614

BASIC SKILLS COMPETITION ENTRY FORM

Name _____ Age _____ Sex _____
Last First

Parent/Guardian Name _____

Address _____ City _____

State _____ Zip _____ Email Address _____

Area Code/Phone # _____ Birth Date _____

U.S. Figure Skating Number _____ Highest Level Passed _____

Club Affiliation _____

Director's/Instructor's Name _____

Please check the event(s) you are entering:

Basic Elements/Compulsories:

_____ 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 Elements/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

Free Skate Program:

_____ 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

ENTRY FEE IS \$75 PER EVENT, \$20 PER EACH ADDITIONAL EVENT

First Event \$ _____ (\$75)

Second Event \$ _____ (\$25)

Additional Event \$ _____ (\$25)

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

Total: \$ _____

Make check or money order payable to HOISC

Mail to:

Matt Brown

HOISC Spring Thaw

338 Briarbrook Dr.

East Peoria, IL 61611

The completed entry form, with fees, must be postmarked no later than Saturday February 21th, 2015.

*Video of the first event is included with the registration fee.

For additional information contact:

Matt Brown

Email: mrmattbrown@att.net

Phone: (309) 361-4892

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 Heart of Illinois Skating Club, Owens Recreation Center and the Peoria Park District 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 _____

Instructor/Coach Email _____ Coach USFS# _____

Instructor/Coach Phone _____

Club Officer Signature _____ Date _____

Club Officer Position Held _____

BEGINNER SYNCHRONIZED SKATING/THEATRE ON ICE/ENTRY FORM p. 1

March 28, 2015

ENTRY FORM 1: Team Information

Team name:		U.S. Figure Skating #:	
Club (if applicable):			
Team contact person:			
Daytime phone number:		Email:	
Address:		City:	State/ZIP:
Primary coach:		U.S. Figure Skating #:	
Daytime phone number:		Email:	
Number of skaters:		Number of alternates:	

Please check the level and/or event(s) entered:

- | | | |
|--|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> BS Beginner 1 | <input type="checkbox"/> TOI/CE 1 | <input type="checkbox"/> TOI/CE 4 |
| <input type="checkbox"/> BS Beginner 2 | <input type="checkbox"/> TOI/CE 2 | |
| <input type="checkbox"/> BS Beginner 3 | <input type="checkbox"/> TOI/CE 3 | |

Entry Fee:

Enclosed is

\$ _____ for _____ beginner events \$ 50 per team/beginner event
\$ _____ for _____ competitors \$ 5 per skater/beginner event

Checks should be made payable to:

HOISC

Please send all forms and fees to:

**Matt Brown
HOISC Spring Thaw
338 Briarbrook Dr.
East Peoria, IL 61611**

All fees and entry forms must be
Received by:

Saturday, February 21, 2015

Beginner teams may choose to represent either a full member club or a U.S. Figure Skating Basic Skills school/program.

BEGINNER SYNCHRONIZED SKATING/THEATRE ON ICE/ENTRY FORM p. 2

Name of the team:
Name of the club or program represented:

TEAM ROSTER (Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate).

Skater's name	Membership #	Age

BEGINNER SYNCHRONIZED SKATING/THEATRE ON ICE/ENTRY FORM p. 3

ENTRY FORM 3: Liability Waiver/Certification by Club Officer

Team name:	Level:
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U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.

Skaters' names in alphabetical order:	Skater signature or parent/guardian (if skater is under 18):
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

Club officer or skating school director: *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

Print Name:	Signature:
Title:	
Club or Basic Skills program name:	