



**Reisterstown Sportsplex 8th Annual Basic Skills Competition**  
**Sunday, March 13, 2016**  
7:30am-2:45pm

ANNOUNCEMENT

The eighth annual Reisterstown Sportsplex Basic Skills competition sponsored by the Reisterstown Learn to Skate Program, which will be held at Reisterstown Sportsplex, 401 Mitchell Drive, Reisterstown, MD 21136

Welcome to the Reisterstown Sportsplex Basic Skills Competition sponsored by The Reisterstown Learn to Skate program and approved by U.S. Figure Skating.

LOCATION: Reisterstown Sportsplex  
Baltimore County Regional Recreational Park  
401 Mitchell Drive  
Reisterstown, Maryland 21136  
(410) 429-4242

RINK: The competition will be held at Reisterstown Sportsplex. The ice rink measures 200 X 85 with round corners.

WEBSITE: [www.rtownsports.com](http://www.rtownsports.com)

CHAIR PERSON: Kirsten West

DEADLINE: Entries must be postmarked no later than midnight March 1, 2016

RULES AND ELIGIBILITY:

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 Moves in the Field or individual dances.

For the free skate 1-6, test track 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.

SCHEDULE:

A tentative schedule will be available approximately two weeks before the competition. Individual and group assignments with times and a tentative schedule of events will be posted at Reisterstown Sportsplex and on Reisterstown Sportsplex website at ([www.rtownsports.com](http://www.rtownsports.com)). **Please arrive 1 hour before your event warm-up start.**

ENTRIES:

Entry fee must accompany application. Mailing deadline is: March 1, 2016  
Make check payable to: **Reisterstown Sportsplex**

Mail to:  
**Reisterstown Sportsplex Attention: Kirsten West**  
**401 Mitchell Drive**  
**Reisterstown, Maryland 21136**

**ENTRY FEES:**

First event: \$35.00, additional events \$15.00

\*NO REFUNDS: After March 1<sup>st</sup>, no refunds will be granted except for events cancelled by the referee.

\*LATE ENTRIES: Late entries **may** be accepted up until 5 days before the competition and subject to a \$40.00 fee. (\$5.00 late fee)

**AWARDS:** 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 made at appropriate times throughout the competition.

**MUSIC:** The music for all free skating programs must be provided by the skater on CDs. CDs should be clearly marked with the name of the skater, event entered and length of music. Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds. Please have at least one back-up or duplicate CD readily available at the time of your event. Reisterstown Sportsplex assumes no responsibility or liability to damage, loss or deficient quality of music.

**REGISTRATION:**

Please arrive 1 hour before your event. Upon arrival, check-in at the Registration Desk and turn in your music

## BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

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

The skater will complete all elements listed before moving onto the next skater.

- To be skated on 1/3 to 1/2 ice
- No music
- All elements must be skated in the order listed
- Time: 1:00 or less

<p><b>Snowplow Sam 1-3:</b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3-in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 2-6 in a row</li> </ol>	<p><b>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle -clockwise or counterclockwise</li> <li>2. Backward crossovers 4-6 consecutive -both directions</li> <li>3. Basic one foot spin –free leg held to the side of spinning leg min of three revolutions</li> <li>4. Side Toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b>Basic 1</b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide and dip</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 6-8 in a row</li> </ol>	<p><b>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Standstill forward inside 3-turn -R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line R or L</li> <li>4. Lunge -R or L</li> <li>5. T-stop -R or L</li> </ol>
<p><b>Basic 2</b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide -either foot</li> <li>2 Forward alternating ½ swizzle pumps, in a straight line -2-3 each foot.</li> <li>3. Moving snowplow stop</li> <li>4. Two foot turn in place -forward to backward</li> <li>5. Backward two foot swizzles -6 -8 in a row</li> </ol>	<p><b>Basic 7:</b></p> <ol style="list-style-type: none"> <li>1. Standstill forward inside open Mohawk – R to L and L to R</li> <li>2. Ballet Jump either direction</li> <li>3. Back crossovers to a back outside edge landing position -clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b>Basic 3</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>3. Forward Slalom</li> <li>4. Backward one foot glide -either foot</li> <li>5. Two foot spin – min 3. Rev</li> </ol>	<p><b>Basic 8:</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, right and left</li> <li>2. Waltz jump (from a standstill)</li> <li>3. Mazurka, either direction</li> <li>4. Combination move, clockwise or 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</li> <li>5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ol>
<p><b>Basic 4</b></p> <ol style="list-style-type: none"> <li>1. Standstill forward outside 3-turn -R and L</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 4-6 consecutive both directions</li> <li>4. Backward stroking - 4-6 strokes</li> <li>5. Backward snowplow stop -R or L</li> </ol>	

## 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. A .2 deduction will be taken for each element performed from a higher level
- The skater may use elements from a different level. **Time 1:10 MAX**

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

## 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 .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 MAX

<p><b><u>Free skate 1 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking - 4-6 consecutive</li> <li>2. Backward outside three-turns R &amp; L</li> <li>3. One-foot upright scratch spin from backward crossovers-minimum three revolutions</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b><u>Free skate 4 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive sets-R or L</li> <li>2. Sit spin- minimum three revolutions</li> <li>3. Loop jump</li> <li>4. Waltz jump/loop jump combination</li> </ol>
<p><b><u>Free skate 2 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside or inside spiral - R or L</li> <li>2. Waltz Three's - R or L, 2-3 sets</li> <li>3. Beginning back spin - entry optional – minimum two revolutions</li> <li>4. Waltz jump, side toe hop, waltz jump sequence</li> <li>5. Toe loop jump</li> </ol>	<p><b><u>Free skate 5 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Camel spin- minimum three revolutions</li> <li>2. Forward upright spin to back upright spin- minimum three revolutions, each foot</li> <li>3. Loop/loop jump combination</li> <li>4. Flip jump</li> </ol>
<p><b><u>Free skate 3 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Backward inside three-turns, R &amp; L</li> <li>3. Back spin- minimum three revolutions</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ol>	<p><b><u>Free skate 6 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>2. Camel, sit spin combination - minimum of four revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow jump sequence</li> <li>5. Lutz jump</li> </ol>

## 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 1:40 MAX

<b>Free skate 1</b> 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers- minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump	<b>Free skate 4</b> 1. Forward power 3's, 2-3 consecutive sets R or L 2. Sit spin-minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump combination
<b>Free skate 2</b> 1. Forward outside spiral R or L 2. Beginning back spin- minimum two revolutions 3. Waltz jump, side toe hop, waltz jump sequence 4. Toe loop jump	<b>Free skate 5</b> 1. Camel spin-minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions each foot 3. Loop/loop jump combination 4. Flip jump
<b>Free skate 3</b> 1. Forward crossovers in a figure 8 2. Back spin-minimum three revolutions 3. Salchow jump 4. Waltz jump/toe loop or Salchow/toe loop jump combination	<b>Free skate 6</b> 1. Camel/sit spin combination-minimum four revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow jump sequence 4. Lutz jump

## 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"> <li>• Waltz jump</li> <li>• ½ jump of choice</li> <li>• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)</li> <li>• Forward or backward spiral</li> </ul>
High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• Forward scratch spin - minimum three revolutions</li> <li>• Forward or backward spiral</li> </ul>
No Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Solo spin - sit or camel spin - minimum three revolutions</li> <li>• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ul>

## COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice, elements may be performed only once, music is not allowed

Pre – Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Toe Loop jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Sit spin or camel spin - minimum three revolutions</li> <li>• Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Back upright spin - minimum three revolutions</li> <li>• Forward inside spiral</li> </ul>

# EVENT: INTRODUCTORY LEVELS FREESKATE 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
<b>Beginner</b> 1:40 MAX	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front).</li> <li>• Max 2 jump sequences</li> <li>• Max 2 of any same jump</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min 3 revolutions)</li> </ul>	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
<b>High Beginner</b> 1:40MAX	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max 2 jump combinations or sequences</li> <li>• Max 2 of any same type jump.</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min 3 revolutions)</li> </ul>	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
<b>No-Test</b> 1:40MAX	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• No single Axels, double jumps or triple jumps</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> <li>• Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs. Spins must be of a different character (For definition see rule 4103E)</li> </ul>	Step sequence* <ul style="list-style-type: none"> <li>• Must use one half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>• Jumps may be included in the step sequence</li> </ul>	

## TEST TRACK FREESKATE

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
<b>Pre-Preliminary</b>  1:40MAX	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe-loop and loop only.</li> <li>• Max. 2 jump combinations or sequences (using above jumps only)</li> <li>• Max. 2 of any same type jump</li> </ul>	Max of 2 spins: <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min 3 revolutions)</li> </ul>	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
<b>Preliminary</b>  1:40 MAX	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	Max of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min 3 revolutions per foot)</li> </ul>	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

# WELL BALANCED PROGRAM FREESKATE

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.

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 max  Vocal Music Permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels)</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 max  Vocal Music Permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• One must be an Axel or Waltz-jump type jump</li> <li>• All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>• Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed</li> <li>• An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single or double jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>

## Spins Challenge Event

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

# Jumps Challenge Event

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

# ADULT PROGRAM EVENT

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

<p><b>Adult 1</b></p> <ul style="list-style-type: none"> <li>• Falling and Recovery</li> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle</li> <li>• Moving Snowplow Stops</li> </ul>	<p><b>Adult 4</b></p> <ul style="list-style-type: none"> <li>• Basic forward outside and forward inside consecutive edges</li> <li>• Backward edges on a circle, (outside and inside, clockwise and counterclockwise)</li> <li>• Backward crossovers, (clockwise and counterclockwise, 5 consecutive)</li> <li>• Forward outside 3-turns, right and left</li> <li>• Forward outside swing rolls to a count of 6</li> </ul>
<p><b>Adult 2</b></p> <ul style="list-style-type: none"> <li>• Forward stroking showing correct use of the blade</li> <li>• Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row</li> <li>• Forward one-foot glides</li> <li>• Slalom</li> <li>• Backward swizzles, (4-6 in a row, clockwise and counterclockwise)</li> </ul>	<p><b>Adult 5</b></p> <ul style="list-style-type: none"> <li>• Forward and backward crossovers in a figure 8 pattern</li> <li>• Forward outside to inside change of edge on a line</li> <li>• T-stop, right or left</li> <li>• Forward inside 3-turns, right and left</li> <li>• Beginning one-foot spin</li> </ul>
<p><b>Adult 3</b></p> <ul style="list-style-type: none"> <li>• Forward outside and inside edges on a circle (clockwise and counterclockwise)</li> <li>• Forward crossovers (clockwise and counterclockwise)</li> <li>• Backward ½ swizzle pumps on a circle (4-6 in a row consecutive, clockwise and counterclockwise)</li> <li>• Moving forward to backward and backward to forward two-foot turn</li> <li>• Beginning 2-foot spin</li> </ul>	<p><b>Adult 6</b></p> <ul style="list-style-type: none"> <li>• Forward perimeter stroking with crossover end patterns</li> <li>• Backward crossovers to a backward outside edge glide (landing position)</li> <li>• Lunge</li> <li>• Spiral</li> <li>• Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)</li> </ul>
<p><b>Adult Pre-Bronze:</b> Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test.</p> <p>Time: 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>	<p><b>Adult Bronze:</b> Must have passed no higher than adult bronze free skate test or the preliminary free skate test.</p> <p>Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>

## SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 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 competitions, refer to the Non-qualifying Showcase Guidelines posted on [www.usfigureskating.org](http://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 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.

**Please check the event(s) you are entering (please return pages 10-12 and 13 if applicable):**

**Basic Elements Event:**

Snowplow Sam : \_\_\_\_\_  
Basic 1: \_\_\_\_\_  
Basic 2: \_\_\_\_\_  
Basic 3: \_\_\_\_\_  
Basic 4: \_\_\_\_\_  
Basic 5: \_\_\_\_\_  
Basic 6: \_\_\_\_\_  
Basic 7: \_\_\_\_\_  
Basic 8: \_\_\_\_\_

**Freeskate Compulsory Event**

Freeskate 1: \_\_\_\_\_  
Freeskate 2: \_\_\_\_\_  
Freeskate 3: \_\_\_\_\_  
Freeskate 4: \_\_\_\_\_  
Freeskate 5: \_\_\_\_\_  
Freeskate 6: \_\_\_\_\_

**Basic Program Event:**

Snowplow Sam : \_\_\_\_\_  
Basic 1: \_\_\_\_\_  
Basic 2: \_\_\_\_\_  
Basic 3: \_\_\_\_\_  
Basic 4: \_\_\_\_\_  
Basic 5: \_\_\_\_\_  
Basic 6: \_\_\_\_\_  
Basic 7: \_\_\_\_\_  
Basic 8: \_\_\_\_\_

**Freeskate Program Event:**

Freeskate 1: \_\_\_\_\_  
Freeskate 2: \_\_\_\_\_  
Freeskate 3: \_\_\_\_\_  
Freeskate 4: \_\_\_\_\_  
Freeskate 5: \_\_\_\_\_  
Freeskate 6: \_\_\_\_\_

**Introductory Compulsory Moves:**

Beginner \_\_\_\_\_  
High Beginner: \_\_\_\_\_  
No-Test: \_\_\_\_\_

**Introductory Levels Freeskate:**

Beginner \_\_\_\_\_  
High Beginner: \_\_\_\_\_  
No-Test: \_\_\_\_\_

**Compulsory Moves:**

Pre-Prelim: \_\_\_\_\_  
Preliminary: \_\_\_\_\_

**Test-Track Freeskate**

Pre-Prelim: \_\_\_\_\_  
Preliminary: \_\_\_\_\_

**Well Balanced Freeskate**

Pre-Prelim: \_\_\_\_\_  
Preliminary: \_\_\_\_\_

**Showcase Events**

Basic 1-8: \_\_\_\_\_  
FS1-6/Beginner/High Beginner/Adult1-4: \_\_\_\_\_  
No-Test/Pre-Prelim/Adult Pre-Bronze: \_\_\_\_\_  
Preliminary/Adult Bronze: \_\_\_\_\_

**\*\*NEW this year\*\*Adult Program Event:**

Adult1-6 (please specify what level) \_\_\_\_\_  
Adult Pre-Bronze \_\_\_\_\_  
Adult Bronze \_\_\_\_\_

**Spin Challenge:**

Beginner \_\_\_\_\_, High Beginner \_\_\_\_\_, No-Test \_\_\_\_\_, Pre-Preliminary \_\_\_\_\_, Preliminary \_\_\_\_\_

**Jump Challenge:**

Beginner \_\_\_\_\_, High Beginner \_\_\_\_\_, No-Test \_\_\_\_\_, Pre-Preliminary \_\_\_\_\_, Preliminary \_\_\_\_\_

**APPLICATION (cont.):**

Name of Skater: \_\_\_\_\_ Age: \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_

Please specify your program affiliation: \_\_\_\_\_

USFS# \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Male or Female: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

**THE ENTRY FEE IS \$35 for the first event and \$15 FOR EACH ADDITIONAL EVENT**

First Event:	\$35.00 _____
Add'l Event:	\$15.00 _____
Add'l Event:	\$15.00 _____
Add'l Event:	\$15.00 _____
<b>TOTAL:</b>	<b>\$ _____</b>

The completed entry forms, with fees, must be postmarked no later than March 1, 2016. Make check payable to Reisterstown Sportsplex and mail to: BASIC SKILLS COMPETITION, Reisterstown Sportsplex, 401 Mitchell Drive, Reisterstown, MD 21136 Attn: Kirsten West. For additional Information call: Kirsten West at 410-429-4242.

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS THE EVENT IS CANCELLED!!**

Continued on next page...

**Accidents (CR 15.01)** The USFS and the clubs or organizers undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration to 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, the USFSA, the club holding the competition, and against its officers, and their entries shall be accepted only on such condition.

**Certification of Competitor:** The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Reisterstown Sportsplex and Rink Management harmless from any and all liability, either during practice or the competition and from any and all liability for damages to or loss of property.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Competitor Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor/Coach Signature \_\_\_\_\_ Date \_\_\_\_\_

Program Director/Club Officer \_\_\_\_\_ Date \_\_\_\_\_

**Authorization for Emergency Medical Treatment** In the event I am unavailable, I hereby give permission for any emergency medical diagnosis, treatment or procedure for the above-named entrant.

Signed \_\_\_\_\_ Relationship to Skater \_\_\_\_\_

Date \_\_\_\_\_ Telephone Number \_\_\_\_\_