



**Event # 7**  
**ICES Basic Skills Challenge**  
**Saturday, June 4, 2016**

**2016 Michigan Basic Skills Series Competition Mission Statement**

To give our skaters a chance to develop their USFS Basic Skills in a fun competitive environment. During the competition season - skaters will have the chance to compete at many different clubs and arenas and earn points for a final standing.

A skater may participate in either Freeskating and/or Compulsory/Elements events in any of the Michigan Basic Skills Series Competitions to be eligible for accumulating points. Awards will be presented to skaters with the highest point totals. These awards will take place - on the ice - at the Midland Competition - November 5, 2016

**Series Point System**

The Freeskating events and the Compulsory/Elements events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

1 <sup>st</sup> Place	6 points
2 <sup>nd</sup> Place	5 points
3 <sup>rd</sup> Place	4 points
4 <sup>th</sup> Place	3 points
5 <sup>th</sup> Place	2 points
6 <sup>th</sup> Place	1 point

In the event of tied total points, all skaters tied for a place will be awarded a medal, no ties will be broken.

**Points are accumulated for Compulsory and Free Skate events separately.**

Medals will be awarded (1-3 Place) in each level as highlighted in each announcement. Beyond the Basics **will NOT** be counted in the Freeskate and Elements/Compulsory Program Series for this 2016 season. Spins, Dance, Pairs, Theatre On Ice, Synchronized Teams, and Showcase Events **will NOT** be counted for this 2016 season.

At the end of the 2016 Series Season any skaters who moved up a level will be awarded 6 bonus points [6 points only whether they move up one level or more]. All points follow the skater throughout the year.

Please Note: The USFS Michigan Basic Skills Series is sponsored equally by all the participating ice rinks and/or USFS member clubs. Competition announcements and packages will be available at all participating ice rinks and/via the club or rink websites as well as [www.sk8stuff.com](http://www.sk8stuff.com). Each competition will have its own entry forms and specific rules - so please make sure to read the entire announcement for each competition.

Approval Code: BSC #23025



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# 10<sup>th</sup> Annual USFS Michigan Basic Skills Series – Hosted by the following:

<p>Event 1 Onyx-Suburban B/S Challenge  <b>February 20, 2016</b>  <b>Entry Deadline – February 1, 2016</b>                  Suburban Ice Macomb                  Contact: Jeanette Daskas                  Phone: 248-917-9544  <a href="mailto:jendaskas@aol.com">jendaskas@aol.com</a></p>	<p>Event 2 – Mountain Town Classic  <b>April 9, 2016</b>  <b>Entry Deadline – March 21, 2016</b>                  The I.C.E. Arena                  Contact: Ginni Phillips                  Phone: 989-560-3871  <a href="mailto:gpsk8r@gmail.com">gpsk8r@gmail.com</a></p>	<p>Event 3 - Arctic Basic Skills  <b>April 17, 2016</b>  <b>Entry Deadline – March 28, 2016</b>                  Arctic Edge Ice Arena                  Contact: Robin Liberatore                  Phone: 734-634-3410  <a href="mailto:liberatoremom@gmail.com">liberatoremom@gmail.com</a></p>
<p>Event 4 – Skate the Zoo  <b>April 30, 2016</b>  <b>Entry Deadline – April 11, 2016</b>                  Wing's West                  Contacts: Stacy Lightfoot                  Phone: <a href="tel:269-744-2648">269-744-2648</a>  <a href="mailto:stacylightfoot@sbcglobal.net">stacylightfoot@sbcglobal.net</a></p>	<p><b>NOTE: EVENT 7 HAS A NEW DATE</b>                  Event 7 ICES Basic Skills Challenge  <b>June 4, 2016</b>  <b>Entry Deadline – May 13, 2016</b>                  Troy Sports Center                  Contact: Kim Baxi                  Phone: 248-835-2732  <a href="mailto:kimsbaxi@hotmail.com">kimsbaxi@hotmail.com</a></p>	<p>Event 5 Ann Arbor Skills/Showcase  <b>June 11, 2016</b>  <b>Entry Deadline: May 21, 2016</b>                  Ann Arbor Ice Cube                  Craig Forsyth / Kristina Hakansson                  Ph: 734-213-6768 / 734-369-3095  <a href="mailto:aafsc.officemanager@gmail.com">aafsc.officemanager@gmail.com</a> /  <a href="mailto:kicki@umich.edu">kicki@umich.edu</a></p>
<p>Event 6 – Summer Swizzle  <b>June 18, 2016</b>  <b>Entry Deadline: May 28, 2016</b>                  Farmington Hills Ice Arena                  Mike Cooper / Daphane Lee                  248-885-5428 / 248-219-6806  <a href="mailto:summerswizzle@fhfsc.org">summerswizzle@fhfsc.org</a> /  <a href="mailto:itsdlee@gmail.com">itsdlee@gmail.com</a></p>	<p>Event 8 Skate the Shores  <b>July 16, 2016</b>  <b>Entry Deadline : June 27, 2016</b>                  St Clair Shores Civic Arena                  Laura Delbarba                  Phone: 586-445-5350  <a href="mailto:Sk8ncoach@yahoo.com">Sk8ncoach@yahoo.com</a></p>	<p>Event 9 Summer Chill Basic Skills  <b>July 23, 2016</b>  <b>Entry Deadline: June 30, 2016</b>                  Novi Ice Arena                  Contacts: Chelsea Walker                  Phone: 248-719-2724  <a href="mailto:chelseawalker17@aol.com">chelseawalker17@aol.com</a></p>
<p>Event 10 – I.C.E. Basic Skills Comp.  <b>August 6, 2016</b>  <b>Entry Deadline – July 16, 2016</b>                  Flint Iceland Arena                  Contact: Hillary Rubin                  Phone: 810-953-0345  <a href="mailto:icefscoffice@yahoo.com">icefscoffice@yahoo.com</a></p>	<p>Event 11 Journey on the River Raisin  <b>August 13, 2016</b>  <b>Entry Deadline – July 25, 2016</b>                  Monroe Multi-Sports Complex                  Louis Lombardo III                  Phone: 734-457-4219  <a href="mailto:louis@monroemultisports.com">louis@monroemultisports.com</a></p>	<p>Event 12 Coliseum Freeze                  Coliseum FSC, Arctic Coliseum  <b>September 17, 2016</b>  <b>Entry Deadline– August 30, 2016</b>                  Contact: Kayleah Crosby-Rowley                  Phone: 517-581-0014  <a href="mailto:Kayleah.crosby@gmail.com">Kayleah.crosby@gmail.com</a></p>
<p>Event 13 – Skate Elite  <b>September 24, 2016</b>  <b>Entry Deadline: September 5, 2016</b>                  Crystal Fieldhouse                  Contact: Jacklinn Brayan                  Phone: 810-814-1744  <a href="mailto:eliteskatingacademy@gmail.com">eliteskatingacademy@gmail.com</a></p>	<p>Event 14 – Dearborn Basic Skills Comp  <b>October 8, 2016</b>  <b>Entry Deadline: Sept 20, 2016</b>                  Dearborn Ice Skating Center                  Contact: Nicole Cornett                  Phone: 313-333-5648  <a href="mailto:ncornett15@comcast.net">ncornett15@comcast.net</a></p>	<p>Event 15 - Tuxedo Invitational  <b>October 16, 2016</b>  <b>Entry Deadline: September 25, 2016</b>                  Bowling Green State University                  Contact: Pat Rabb                  Phone: 419-308-4552  <a href="mailto:perabb59@gmail.com">perabb59@gmail.com</a></p>
<p>Event 16 - Plymouth Spooktacular  <b>October 22, 2016</b>  <b>Entry Deadline: October 8, 2016</b>                  USA Hockey Arena                  Contact: Ellen Elliott                  Phone: 734-233-1529  <a href="mailto:jeimelliott@aol.com">jeimelliott@aol.com</a></p>	<p>Event 17 - Skate Midland  <b>November 5, 2016</b>  <b>Entry Deadline: October 15, 2016</b>                  Midland Civic Arena                  Contact: Karen Boswell                  Phone: 989-695-4832  <a href="mailto:kboswell99@gmail.com">kboswell99@gmail.com</a></p>	<p><b>SERIES AWARDS CEREMONY ON THE ICE AT THE MIDLAND COMPETITION</b></p>



The 2016 Basic Skills Day Camp will be held at the Novi Ice Arena on Sunday July 24th.

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ICES Basic Skills Challenge Competition  
International Center for Excellence in Skating (ICES)  
Troy Sports Center Arena ♦ 1819 E Big Beaver ♦ Troy, MI 48083  
(248) 689-6600 ext 312 / [www.troysports.com](http://www.troysports.com)

**EVENT #7 - Saturday, June 4, 2016**  
**Entry Deadline: May 13, 2016**

The ICES Basic Skills Challenge, sponsored by the International Center for Excellence in Skating (ICES) Figure Skating Club will be held at the Troy Sports Center on June 4, 2016. The ice surface measures 200 x 85 feet. This is a United States Figure Skating approved Basic Skills Competition. The sanctions will be posted on the official competition bulletin board. Questions regarding this competition should be directed to Kimberly Baxi, [kimsbaxi@hotmail.com](mailto:kimsbaxi@hotmail.com) or 248-835-2732 cell/text. E-mail communications are preferred.

**Mission Statement** – The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

**Eligibility** - The Competition is open to ALL skaters who are current eligible (ER.100) members of either the Basic Skills Program and/or full members of US 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 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

**Rules** – The competition will be conducted under the rules set forth by the US Figure Skating “Basic Skills Competition Manual” program.

**Entry Fees** – The first event is \$50.00, the second event is \$20 and each additional event after that is \$10.00. All entries must be postmarked no later than Friday, May 13, 2016. Late entries will be accepted at the discretion of the organizers, and are subject to a possible \$15.00 late fee. Entry fees are per person, U.S. dollars.

**Entry forms must be filled out legibly and completely** and mailed with a check made payable to ICES to:

Kimberly Baxi, ICES  
55 East Long Lake Rd #461, Troy, MI 48085

There will be a \$35.00 fee for returned checks.

**Awards** – All competitors will receive a medal. All events are final rounds. ALL awards will be made at appropriate times throughout the competition.

**Registration** – The registration table will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. ***Please register at least one hour before your competition time.***

**Schedule of Events** – Schedule will be posted on the Internet at the Figure Skater's Website, [www.sk8stuff.com](http://www.sk8stuff.com).

**Music** – The music for all free skating programs with music supplied by skater should be provided on CD. The CD is to be turned in at registration. ***1. Competitors must have a spare CD at rink side to be used in case of technical difficulties.***  
***2. Competitors/Coaches must have a copy of music on cell phone at rink side to be used in case of technical difficulties.***

**Practice Ice** – Practice Ice will be available. Time and price will be announced along with other details in a email to all competitors prior to the competition date. Please be prepared to sign-in and pay at the door.

Awards will be handed out and a podium will be available for group and individual photos.

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## BASIC ELEMENTS: SNOWPLOW SAM – BASIC 8

### Events listed on this page eligible for Michigan Basic Skills Series Points

- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed.** Each skater will perform each element only when directed by a judge or referee. Skaters are allowed one retry per element. If skater wants to retry, she/he should raise their hand immediately. If the skater attempts a retry, only the retry will count for that element.

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

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## BASIC PROGRAM W/MUSIC: SNOWPLOW SAM – BASIC 8

### Events listed on this page eligible for Michigan Basic Skills Series Points

- 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.
- To be skated on full ice
- The skater may use elements from a previous level.
- A .2 deduction will be taken **for each** element performed from a higher level
- Time: 1:10 max

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

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## INTRODUCTORY LEVEL COMPULSORY EVENTS

### **Events listed on this page eligible for Michigan Basic Skills Series Points**

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>

## INTRODUCTORY LEVEL FREE SKATE PROGRAMS

### **Events listed on this page eligible for Michigan Basic Skills Series Points**

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 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with no 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>	<i>Max. 2 spins:</i> <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
High Beginner 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with no 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>	<i>Max. 2 spins:</i> <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
No-Test 1:40 Maximum	<i>Max. 5 jump elements:</i> <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>	<i>Max. 2 spins:</i> <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.</li> <li>• Spins must be of a different character (For definition see rule 4103E)</li> </ul>	<ul style="list-style-type: none"> <li>• Step sequence*</li> <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>	

# SPECIAL OLYMPICS BADGE PROGRAM

## Events listed on this page eligible for Michigan Basic Skills Series Points

The Special Olympics Sports Skills Program is designed for people with intellectual disabilities who may exhibit any number of physical impairments. The Special Olympics Badge Program allows skaters to learn skills in a progressive order and earn badges at each

### Badge 1

- A. Stand unassisted for five seconds
- B. Fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

### Badge 2

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

### Badge 3

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: left and right

### Badge 4

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

### Badge 5

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot turn front to back, on the spot

### Badge 6

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

### Badge 7

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

### Badge 8

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward  $\frac{1}{2}$  swizzles on a circle: left and right

### Badge 9

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

### Badge 10

- A. Forward inside 3 turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

### Badge 11

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

### Badge 12

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12



**Events listed on page NOT eligible for Michigan Basic Skills Series Points**

**Adult 1-6, Pre-Bronze and Bronze  
COMPULSORY/ELEMENTS MOVES (No Music):**

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.

- Music is not 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></p> <ul style="list-style-type: none"> <li>• Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test.</li> <li>• Time: 1:40 maximum</li> <li>• Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</li> </ul>	<p><b>Adult Bronze:</b></p> <ul style="list-style-type: none"> <li>• Must have passed no higher than adult bronze free skate test or the preliminary free skate test.</li> <li>• Time: 1:50 maximum</li> <li>• Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</li> </ul>



## Events listed on page NOT eligible for Michigan Basic Skills Series Points

### Adult 1-6, Pre-Bronze and Bronze FREE SKATE Program with MUSIC:

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></p> <ul style="list-style-type: none"> <li>• Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test.</li> <li>• Time: 1:40 maximum</li> <li>• Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</li> </ul>	<p><b>Adult Bronze:</b></p> <ul style="list-style-type: none"> <li>• Must have passed no higher than adult bronze free skate test or the preliminary free skate test.</li> <li>• Time: 1:50 maximum</li> <li>• Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</li> </ul>

## Events listed on page NOT eligible for Michigan Basic Skills Series Points

### 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	1:15 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>

### 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 non qualifying 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.
- The 6.0 judging system will 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](http://www.usfigureskating.org), under “Technical Information,” then “Singles/Pairs”.

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 Max  Vocal music permitted	<p><i>Maximum of 5 jump elements:</i></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><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Spins must be of a different nature.</li> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul>	One step sequenced that must use ½ of the ice surface.
Preliminary	1:40 Max  Vocal music permitted	<p><i>Maximum of 5 jump elements:</i></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><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Spins must be of a different nature.</li> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul>	One step sequenced that must use ½ of the ice surface.

**Events listed on page NOT eligible for Michigan Basic Skills Series Points**

## Test Track (TT) 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 non-qualifying 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 1:40 max.	<p><i>Maximum of 5 jump elements:</i></p> <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>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 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.
Preliminary 1:40 max..	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels)</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Minimum 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.

**Events listed on page NOT eligible for Michigan Basic Skills Series Points**

**EVENT: Jumps Challenge**

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. 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>

## Events listed on page NOT eligible for Michigan Basic Skills Series Points

### EVENT: Spins Challenge

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>

# ICES BASIC SKILLS CHALLENGE

## EVENT #7, Sat, June 4, 2016

### Entry Form [PLEASE PRINT CLEARLY]



Name \_\_\_\_\_ Age \_\_\_\_\_ **Birth Date** \_\_\_\_\_  
 Last First

**E-Mail Address** \_\_\_\_\_

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

State \_\_\_\_\_ Zip \_\_\_\_\_ Area Code/Phone # \_\_\_\_\_

**Home Club** \_\_\_\_\_ **USFSA #** \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Name of Parent/Guardian \_\_\_\_\_

<b>\$50 First Event; \$20 for Second Event; \$10 for Each Additional Event</b>					
<b>Basic Compulsory</b>		<b>Compulsory</b>		<b>SPECIAL OLYMPICS</b>	
Snowplow Sam*		Beginner *		Badge 1*	Beginner
Basic 1 *		High Beginner *		Badge 2*	High Beginner
Basic 2 *		No Test *		Badge 3*	No Test
Basic 3 *		Pre-Preliminary		Badge 4*	Pre-Preliminary
Basic 4 *		Preliminary		Badge 5*	Preliminary
Basic 5 *		<b>Free Skate</b>		Badge 6*	
Basic 6 *		Beginner *		Badge 7*	<b>SPINS</b>
Basic 7 *		High Beginner *		Badge 8*	Beginner
Basic 8 *		No Test *		Badge 9*	High Beginner
		Pre-Preliminary TT		Badge 10*	No Test
<b>Basic Prog w/ Music</b>		Preliminary TT		Badge 11*	Pre-Preliminary
Snowplow Sam*				Badge 12*	Preliminary
Basic 1 *		<b>WELL - BALANCED</b>			
Basic 2 *		<b>Free Skate</b>		<b>Adult Compulsory</b> (no music)	<b>Adult Free Skate</b> w/Music
Basic 3 *				Adult 1	Adult 1 FS
Basic 4 *		Pre-Preliminary		Adult 2	Adult 2 FS
Basic 5 *		Preliminary		Adult 3	Adult 3 FS
Basic 6 *				Adult 4	Adult 4 FS
Basic 7 *				Adult 5	Adult 5 FS
Basic 8 *				Adult 6	Adult 6 FS
				Pre Bronze	Pre Bronze FS
				Bronze	Bronze FS

*Events listed above with an \* after them will be eligible for Michigan Basic Skills Series Points*

*Entry Fees are not refundable after the entry deadline unless an event is cancelled.*

*If you are not a USFSA member add \$15 to fee / enter through our Basic Skills Program*

First Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Join USFSA \$ \_\_\_\_\_

**TOTAL:** \$ \_\_\_\_\_

**ENTRIES MUST BE POST MARKED BY**  
**Friday, May 13, 2016**

Mail form and fees to: **Kimberly Baxi, ICES**  
**55 East Long Lake Rd #461,**  
**Troy, MI 48085**



**Certification of Competitor**

Competitor Name: \_\_\_\_\_

1. The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the **International Center for Excellence in Skating (ICES) Figure Skating Club AND Troy Sports Center** harmless from any and all liability either during practice or the competition, from any and all liability for damages to or loss of property.
2. As a participant, or parent/guardian of a minor participant, in the **ICES Basic Skills Challenge/Basic Skills Series**, I understand that the **ICES Basic Skills Challenge/Basic Skills Series**, or its agents, may take photographs, video and/or film of my, my minor's and/or my family's involvement, participation, viewing or interaction at **ICES Basic Skills Challenge/Basic Skills Series** scheduled ice time, activities, classes or events. I hereby authorize the taking and use of such photographs, video, film or likeness of myself, my minor child (or children), and/or my family in all forms and media and in all manners, including composite or other representations, for any lawful and legitimate **ICES Basic Skills Challenge/Basic Skills Series** purpose, including dissemination and distribution of the same; and further waive any right to approve or object to any finished, modified or derivative product or media
3. I have read the Concussion Awareness Information located on [www.sk8stuff.com](http://www.sk8stuff.com) and by signing below, I am agreeing to the terms and conditions.

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

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

Title \_\_\_\_\_ Date \_\_\_\_\_

COMPETITOR SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_  
Please print clearly

Registered on USFS Coaches Registry for the current season? Yes  USFS # \_\_\_\_\_

If you are not registered, go to [www.usfigureskating.org](http://www.usfigureskating.org), click on the Coaches Registration button and follow the instruction for registration.

**COACHES WILL BE REQUIRED TO CHECK IN AT REGISTRATION AT EACH EVENT**

Phone \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Please print clearly

**CHECKLIST [please be sure the following is included]:**

\_\_\_\_ Entry form with USFSA Number      \_\_\_\_ Club Officer/Program Director Signature

\_\_\_\_ Check payable to **ICES**      \_\_\_\_ Events to be entered checked properly





## MICHIGAN BASIC SKILLS SERIES PERFORMANCE CAMP

**Novi Ice Arena**  
**July 24, 2016**

This camp is opened to anyone 14 years or younger. Basic Skills skaters up to the Preliminary Free Skate test are eligible for this camp. We recommend that skaters can skate across the ice without assistance. Camp includes on & off ice instructions.

Parents Education Seminar has been revised. We will be having free Parent mini sessions throughout the day. You may attend one, two or all of them. Topics and Presenters will be determined at a later date.

For more information please contact Suzy Malloure - [suzymalloure@gmail.com](mailto:suzymalloure@gmail.com) .