

Big River Basic Skills Competition



Saturday March 19, 2016

***** Pre-Pre and Preliminary, Adult, and Artistic events*****

St. Mary's Ice Arena
700 Terrace Heights Winona, MN 55987

The annual Basic Skills Competition is growing each year and promises to be a great experience for all who enter. This competition caters to early skaters from Snowplow Sam and Basic Skills classes up through USFSA Preliminary level competitors. Every participant receives an award.

Entries must be Postmarked
No Later than February 15th, 2016

The 3rd annual Big River Basic Skills Competition sponsored by Winona Figure Skating Club, Winona, MN 55987 will be held at St. Mary's University Ice Arena, 700 Terrace Heights, Winona, MN on March 19, 2016.

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 SNOWFLOW 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 MIF 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 – The first event is \$45.00 and each additional event is \$ 15.00. NO refunds after closing date unless event is canceled by Winona Figure Skating. Registrations will be open to the first 100 registrations. All entry fees are per person in U.S. dollars and registration forms must be filled out completely. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers.

Secure online registration will be available at <http://winonafigureskating.org> through Entryeze. Charges will show up as Winona Figure Skating. Those contesting charges will be assessed a \$30.00 fee. An online processing fee also applies. Entries received after February 15th will be considered late and assess a late fee of \$25.00.

Paper entries must be postmarked no later than February 10, 2016. PAPER ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to Winona Figure Skating. There will be a \$30.00 fee for returned checks. There is an additional \$10 processing fee for paper registrations.

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to all places. ALL awards will be made at appropriate times throughout the competition.

SCHEDULE OF EVENTS - Will be posted on the Official Bulletin Board no later than March 12, 2016. Information regarding groups and skating times will be emailed out prior to the beginning of competition.

PRACTICE ICE - Practice ice will be available on March 18th in the evening and March 19th in 20 minutes increments. Fees are \$10 for pre-registered skaters and \$15 for registrations at the door. A maximum of 15 skaters 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 CD's by the skater. CD's 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.

VIDEO TAPING AND PHOTOGRAPHS – Videotaping will not be available for the competition. Action photos will be available online at purchased at winonafigureskating.smugmug.com



ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

All singles athletes begin with the U.S. Figure Skating Basic Skills program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.

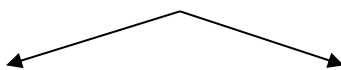
U.S. FIGURE SKATING BASIC SKILLS PROGRAM
Competition levels for singles skaters within the Basic Skills program include: Snowplow Sam 1-3 Basic 1-8, Adult 1-4, Hockey 1-4 Free Skate 1-6



Once skaters have completed the levels within the Basic Skills curriculum, they advance to the "introductory levels," which are an introduction to competitive figure skating.

Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Test requirements for both categories are the same, it is completely the choice of the athlete which track to follow.

<table border="1" style="width: 100%;"> <tr><td>Beginner</td></tr> <tr><td>High Beginner</td></tr> <tr><td>No Test</td></tr> </table>	Beginner	High Beginner	No Test	}	INTRODUCTORY LEVELS
Beginner					
High Beginner					
No Test					



TEST TRACK FREE SKATE

- | |
|-----------------|
| Pre-Preliminary |
| Preliminary |
| Pre-Juvenile |
| Juvenile |
| Intermediate |
| Novice |
| Junior |
| Senior |

Skaters may choose, at any point, which track to follow. They may also move between the tracks at different nonqualifying competitions. They may *not*, however, enter both events at the same competition.

WELL BALANCED PROGRAM FREE SKATE

- | |
|--------------------|
| Pre-Preliminary |
| Preliminary |
| Pre-Juvenile |
| Juvenile/Open Juv. |
| Intermediate |
| Novice |
| Junior |
| Senior |



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	1:10 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	1:10 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	1:10 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	1:10 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	1:10 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	1:10 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	1:10 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	1:10 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	1:10 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 max

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 1:40 max.

Level	Time	Skating rules/standards
Free Skate 1	1:40 max	<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	1:40 max.	<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	1:40 max	<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	1:40 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	1:40 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	1:40 max.	<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 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <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 	<p><i>Max. 2 spins:</i></p> <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 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<p><i>Max. 2 spins:</i></p> <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 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) • No single Axels, double jumps or triple jumps 	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. • Spins must be of a different character (For definition see rule 4103E) 	<ul style="list-style-type: none"> • Step sequence* • Must use one-half the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements. • Jumps may be included in the step sequence 	



U.S. Figure Skating Basic Skills Competitions

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	1:15 max.	<ul style="list-style-type: none">• Toe Loop jump• 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	1:15 max.	<ul style="list-style-type: none">• Lutz jump• 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	<p><i>Maximum of 5 jump elements:</i></p> <ul 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 (½ 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. 	<p><i>Maximum of 2 spins:</i></p> <ul 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 ½ of the ice surface.
Preliminary	1:40 Maximum Vocal music permitted	<p><i>Maximum of 5 jump elements:</i></p> <ul 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 (½ 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. 	<p><i>Maximum of 2 spins:</i></p> <ul 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 ½ of the ice surface.



U.S. Figure Skating Basic Skills Competitions

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 1:40 max.	<p><i>Maximum of 5 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test.
Preliminary 1:40 max..	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.



U.S. Figure Skating Basic Skills Competitions Additional Events

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

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



U.S. Figure Skating Basic Skills Competitions Suggested Additional Events

HOCKEY EVENTS: Hockey 1-4 Elements and Skills Competition

Hockey 1-4 participants plus members of the local hockey association are invited to a challenging skills competition. Ages should be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult. These age groups may be combined based upon number of entries.

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: 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
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p>Hockey 1</p> <ul style="list-style-type: none"> • Proper forward and backward stance • March forward across the ice, 8-10 steps • March forward with two foot glides and dips • Stationary Snowplow Stop • Forward swizzles (2-4 in a row) 	<p>Hockey 3</p> <ul style="list-style-type: none"> • One foot Snowplow Stop-introduce hips with ¼ turn twist to hockey stop • Full strides using 45 degree V-push with good recovery using alternating arm drive • Shuffle stride - explosive powerful alternating heel pushes • Backward c-cuts or power pushes on circle/backward outside edge glide on a circle
<p>Hockey 2</p> <ul style="list-style-type: none"> • Alternating forward c-cuts on a straight line • Scooting or skateboard push, on circle (right and left) • Backwards march then glide on two feet • Backward swizzles (2-4 in a row) • Alternating backward c-cuts in a straight line 	<p>Hockey 4</p> <ul style="list-style-type: none"> • Forward crossovers on circle (right and left) • Forward alternating crossovers down the length of the ice with wide step transitions • Hockey Stops • Backward crossovers on circle (right and left) • Backward alternating crossovers down ice with wide step transitions



U.S. Figure Skating Basic Skills Competitions Additional Events

SHOWCASE EVENTS:

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

Show costumes are permitted, as long as they do not touch or drag on the ice. 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 Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Showcase categories may include:

- Levels will be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.

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.



U.S. Figure Skating Basic Skills Competitions Additional Events

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

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

EVENT: Solo Pattern Dance

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	January 1 st – March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-Bronze	1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

BASIC SKILLS COMPETITION ENTRY FORM

Name _____ Age _____ Sex _____
Last First

Address _____ City _____

State _____ Zip _____ Email Address _____

Area Code/Phone # _____ Birth Date _____

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

Program/Club Affiliation _____

Director's/Instructor's Name _____

Please check the event(s) you are entering:

Basic Elements:

_____ 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

Test Track Free Skate Program:

_____ Pre-preliminary Test
 _____ Preliminary Test

Well Balanced Free Skate Program:

_____ No Test Free Skate
 _____ Pre-Preliminary Free Skate
 _____ Preliminary Free skate

Additional Events:

***Circle any additional events here.
 Specify levels and age groups.***
 Jumps Spins Showcase

ENTRY FEE IS \$40 PER EVENT, \$15 PER EACH ADDITIONAL EVENT

First Event \$ _____

Additional Event \$ _____

Additional Event \$ _____

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

Total: \$ _____

The completed entry form, with fees, must be postmarked no later than February 10th.

Make check or money order payable to **Winona Figure Skating Club** and mail to: **Holly Jacobs**. For additional information call: **Holly Jacobs at 507-951-1538**.

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 (NAME OF PROGRAM/ CLUB/ARENA) 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 _____