

1st Annual  
“Palace Ice Festival”  
Basic Skills Competition



Hosted by Mitchell Skating Academy  
Open Competition  
9:00 am Saturday February 4<sup>th</sup>, 2017  
Mitchell Activities Center  
1001 N Minnesota St  
Mitchell, SD 57301

Snowplow Sam through USFS Preliminary



Sanction#: 24685

Dead line for ENTRIES: POSTMARK BY January 18<sup>th</sup>, 2017

We are pleased to announce the 1st Annual Basic Skills "Palace Ice Festival" Competition! The Competition is sponsored by Mitchell Skating Academy, a Learn to Skate USA program. This is a United States Figure Skating approved Basic Skills Competition series, the approvals will be posted in the arena. Please read the entire announcement for details. Questions regarding this series can be directed to the contact below:

Jessica Steidl  
Mitchell Skating Academy Basic Skills Director  
kjsteidl@hotmail.com  
605-299-6470

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

#### **ELIGIBILITY RULES FOR PARTICIPANTS**

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and those who 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 Learn to Skate USA or a member club. There will be no more than six competitors' maximum in an event and all six should receive an award.

#### **Eligibility and Test Requirements:**

Eligibility will be based on skill level as of closing date of entry. All **Snowplow Sam and Basic Skills 1-6** 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 **Pre-free skate, 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. Skaters may not compete at more than one level in the same type event at the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below his/her class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

**ENTRIES AND FEES** -All entries must be postmarked no later than January 18<sup>th</sup>, 2017. All entries must be completely and correctly filled out and signed by competitor, a parent or guardian if competitor is under the age of 18, their coach, and a club official. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is \$30.00, the second event is 15.00 and each additional event is \$7.50.

NO refunds after closing date unless event is canceled by the Watertown FSC. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to Mitchell Skating Academy. There will be a fee of \$35.00 for returned checks. The entire fee must accompany the application form. Mail completed entry forms to:

Mitchell Skating Academy  
Jessica Steidl  
1809 Quiett Lane  
Mitchell, SD 57301

Questions please phone 605-299-6470 or email [kjsteidl@hotmail.com](mailto:kjsteidl@hotmail.com)

**SCHEDULE OF EVENTS** - Will be posted on the Official Bulletin Board no later than January 28<sup>th</sup>, 2017. Information regarding groups and skating times will be emailed or mailed out prior to the beginning of competition.

**PRACTICE ICE** - Practice ice will be available on February 3<sup>rd</sup> and 4<sup>th</sup>, 2017. Sign in and pay \$5.00 at the door for a 20 minute session. A maximum of 25 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. Out of town skaters will be scheduled at later times if possible.

**REGISTRATION DESK** - The Basic Skills Competition is scheduled for Saturday February 4<sup>th</sup>, 2017 and is set to begin at 9:00am. Registration in the lobby of the Mitchell Activities Center, 1001 N Minnesota St, Mitchell, SD beginning at 6:30am. Opening Ceremonies will start at 8:45am. An event schedule with more information will be mailed out prior to the competition.

**CONFIRMATION** – A letter/email of confirmation regarding times, levels entered, and event schedule will be mailed by January 28<sup>th</sup>, 2017. If you do not receive a confirmation by this time please contact Jessica Steidl at 605-299-6470.

**LATE ENTRIES** – An additional fee of \$10.00 will be assessed. Late entries will be notified by Jessica Steidl if application was accepted by Mitchell Skating Academy.

**CONCESSIONS** - A concession stand is located in the warming room area.

**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 (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds.

**VIDEO TAPING AND PHOTOGRAPHS:** You may furnish your own video taking and photograph. Photographs can be taken of all individual skater and groups at awards station.

**REFUNDS** – NO refunds will be made unless accompanied by a medical excuse signed by your doctor, a death in the family, or cancellation of the skater's event. Refunds are subject to review and approval by Mitchell Skating Academy. A \$10.00 processing fee will be withheld.

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

It is very important to the success of the competition that all skaters are placed in the correct divisions. If the local organizing committee discovers that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done on the day of the competition. This will ensure that every event is as fair as possible to the competitors.

## **INTERPRETIVE PROGRAMS**

### **ALL LEVELS**

#### **INTERPRETIVE PROGRAM:**

##### **COMPETITION Format**

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear a selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

#### **LEVELS:**

Levels should be broken by ability with ages divided appropriately.

#### **JUDGING RULES:**

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

#### **TIMING:**

##### **Music Duration**

Snowplow Sam- 30 seconds

Basic Skills 1-4 - 45 seconds

Basic Skills 5-6 – 1:00 minute

Pre-Free – Free Skate 6 – 1:15

Pre-preliminary – Preliminary 1:30

No Test, Limited Beginner and Beginner- 1:15

**COACHING RULES:** There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor

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# U.S. Figure Skating Basic Skills Competitions

## Compete USA Competitions

### **EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6**

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	1:00 max.	<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	1:00 max.	<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>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 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	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, 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>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:00 max.	<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>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



## Compete USA Competitions

### EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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.

- 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	1:10 max.	<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	1:10 max.	<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>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 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	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, 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>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:10 max.	<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>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



## Compete USA Competitions

### EVENT: Pre-Free Skate – Free Skate 6 Compulsory

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
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, clockwise and counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>

## EVENT: Pre-Free Skate – Free Skate 6 Program

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 steps and transitions should be demonstrated throughout the program.

- 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
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>





## Compete USA Competitions

### **EVENT: Introductory Levels Compulsory**

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>



## Compete USA Competitions

### EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice.
- 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	Max. 5 jump elements: <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>	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 Learn to Skate USA free skating badge tests
High Beginner  1:40 Maximum	Max. 5 jump elements: <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>	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 Learn to Skate USA free skating badge tests



## Compete USA Competitions

### EVENT: 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
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 <u>or</u> 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>
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: 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.
- 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
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <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> </ul> <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p>Max. 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 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum  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>

**WELL BALANCED PROGRAM FOR PRELIMINARY ON THE NEXT PAGE**

Preliminary	1:40 Maximum  Vocal music permitted	Maximum of 5 jump elements: <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>	Maximum of 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 of 3 revolutions</li> </ul> These spins must be of a different character (For definition see Rule 4103 (E))	One step sequenced that must use ½ of the ice surface.  Moves in the field and spiral sequences are permitted, but will not count as elements  Jumps may be included in the step sequence
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## EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 max.	Maximum of 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>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum 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 (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..	Maximum of 5 jump elements: <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>	Maximum of 2 spins: <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.



## Compete USA Competitions

### 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.

6.1 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](http://www.usfigureskating.org).

Showcase categories may include:

- Levels can 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.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6	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.



## Compete USA Competitions

### 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>





## Compete USA Competitions

### 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.	1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – Waltz jump-toe loop
No Test	1:15 max.	1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	1. Single toe loop 2. Single flip 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)

1<sup>st</sup> Annual Palace Ice Festival  
Mitchell Skating Academy  
Basic Skills Competition

(Please print clearly)

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ F \_\_\_\_\_ M \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PARENT NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
 EMAIL \_\_\_\_\_  
 BASIC SKILLS/USFS # \_\_\_\_\_  
 PROGRAM/CLUB AFFILIATION \_\_\_\_\_  
 HIGHEST LEVEL PASSED \_\_\_\_\_  
 INSTRUCTOR'S NAME \_\_\_\_\_ INSTRUCTOR'S USFS # \_\_\_\_\_  
 INSTRUCTOR'S PHONE NUMBER \_\_\_\_\_ INSTRUCTOR'S EMAIL \_\_\_\_\_

Please check the event(s) you are entering:

**Basic Elements:**

\_\_\_\_\_ Snowplow Sam  
 \_\_\_\_\_ Basic 1      \_\_\_\_\_ Basic 4  
 \_\_\_\_\_ Basic 2      \_\_\_\_\_ Basic 5  
 \_\_\_\_\_ Basic 3      \_\_\_\_\_ Basic 6

**Basic Free Skate Program:**

\_\_\_\_\_ Snowplow Sam  
 \_\_\_\_\_ Basic 1      \_\_\_\_\_ Basic 4  
 \_\_\_\_\_ Basic 2      \_\_\_\_\_ Basic 5  
 \_\_\_\_\_ Basic 3      \_\_\_\_\_ Basic 6

**Free Skate Elements/Compulsories:**

\_\_\_\_\_ Pre-Freeskate  
 \_\_\_\_\_ Free Skate 1      \_\_\_\_\_ Beginner  
 \_\_\_\_\_ Free Skate 2      \_\_\_\_\_ High Beginner  
 \_\_\_\_\_ Free Skate 3      \_\_\_\_\_ No Test  
 \_\_\_\_\_ Free Skate 4      \_\_\_\_\_ Pre-preliminary  
 \_\_\_\_\_ Free Skate 5      \_\_\_\_\_ Preliminary  
 \_\_\_\_\_ Free Skate 6

**Free Skate Program:**

\_\_\_\_\_ Pre-Freeskate      \_\_\_\_\_ Beginner  
 \_\_\_\_\_ Freeskate 1      \_\_\_\_\_ High Beginner  
 \_\_\_\_\_ Freeskate 2  
 \_\_\_\_\_ Freeskate 3  
 \_\_\_\_\_ Freeskate 4  
 \_\_\_\_\_ Freeskate 5  
 \_\_\_\_\_ Freeskate 6

**Test Track Free Skate Program:**

\_\_\_\_\_ Pre-Preliminary  
 \_\_\_\_\_ Preliminary

**Well Balanced Free Skate Program:**

\_\_\_\_\_ No Test Free Skate  
 \_\_\_\_\_ Pre-Preliminary Free Skate  
 \_\_\_\_\_ Preliminary Free skate

**Spins Challenge:**

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

**Jumps Challenge:**

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

**Showcase:**

\_\_\_\_\_ Dramatic Entertainment \_\_\_\_\_ Light Entertainment  
 \_\_\_\_\_ Mini production ensembles \_\_\_\_\_ Production ensembles  
 \_\_\_\_\_ Basic 1-6 \_\_\_\_\_ Pre-Free Skate – Free Skate 6/ Beginner/High Beginner  
 \_\_\_\_\_ No Test/Pre-Preliminary \_\_\_\_\_ Preliminary

**Interpretive**

_____ Snow Plow Sam	_____ Pre-Freeskate		
_____ Basic 1	_____ Free Skate 1	_____ Beginner	_____ Pre-preliminary Test
_____ Basic 2	_____ Free Skate 2	_____ High Beginner	_____ Preliminary Test
_____ Basic 3	_____ Free Skate 3	_____ No Test	
_____ Basic 4	_____ Free Skate 4	_____ Pre-preliminary	
_____ Basic 5	_____ Free Skate 5	_____ Preliminary	
_____ Basic 6	_____ Free Skate 6		

**\$5.00 Practice Ice:**

Friday February 3<sup>rd</sup>: 7:00pm \_\_\_\_\_ 7:20pm \_\_\_\_\_ 7:40pm \_\_\_\_\_ TOTAL- \$ \_\_\_\_\_  
 Saturday February 4<sup>th</sup>: 7:00am \_\_\_\_\_ 7:20am \_\_\_\_\_ 7:40am \_\_\_\_\_ TOTAL- \$ \_\_\_\_\_

**ENTRY FEE IS \$30.00 For 1st EVENT, \$15.00 for 2<sup>nd</sup> EVENT, and \$7.50 PER subsequent event EACH ADDITIONAL EVENT**

First Event		\$ _____
Second Event		\$ _____
Additional Event(s)	Number of events _____ X \$7.50 =	\$ _____
Practice Ice(s)	Number of sessions _____ X \$5.00 =	\$ _____

**Total:** \$ \_\_\_\_\_

\$15.00 Basic Skills fee **if not registered** with any other Learn to Skate Program or USFS Club \$ \_\_\_\_\_

\$15.00 Palace Ice Festival long sleeve shirt: circle one YS YM YL AS AM AL AXL A2XL \$ \_\_\_\_\_

**TOTAL ALL EVENTS/FEE/SHIRTS \$ \_\_\_\_\_**

Please make all checks payable to: Mitchell Skating Academy

\_\_\_\_\_ Please check here if we can confirm via email address. Be sure email address is included.

Mail fee & completed form to:

Mitchell Skating Academy –

Jessica Steidl

1809 Quiett Lane

Mitchell, SD 57301

**DEAD LINE FOR ENTRIES: Postmarked by January 18<sup>th</sup>, 2017**

The undersigned approve of the entry and agrees to hold harmless Mitchell Skating Academy, Mitchell Activities Center and the City of Mitchell, from any and all damages and/or injury that may be sustained by the entrant in any manner while participating in any activity of said competition.

**Parent/Guardian Signature:** \_\_\_\_\_

**Skating Coach Signature and USFS number Date:** \_\_\_\_\_