



## Event #6, Skate the Gate May 11, 2019

### 2019 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 different clubs and arenas earning points for a final standing. A skater may participate in either Freeskating and/or Compulsory/Element 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 9, 2019.

#### Series Point System

Freeskating and Compulsory/Element events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. Scoring 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

Skaters must participate in at least 3 of the 14 series events to be eligible to win an award with an overall placement at the finale. Skaters receive bonus points for moving up a level during the course of the series season [bonus points only awarded once each season]. Events eligible for a series finale award are:

Element & Basic Programs w/Music Events - Learn to Skate Curriculum  
[Snowplow Sam thru Pre-Free Skate, Beginner & High Beginner]

In the event of tied total points, all skaters tied for a place will be awarded a medal, not ties will be broken.

**Points are accumulated for Compulsory and Freeskate events separately.**

Medals will be awarded [1-3 Place] in each level as highlighted in each announcement. Beyond the Basic **will NOT** be counted in the Freeskate and Elements/Compulsory Program Series for this 2019 season. Spins, Dance, Pairs, Theatre on Ice, Synchronized Teams, and Showcase Events **will NOT** be counted for this 2019 season. At the end of the 2019 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 members 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

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will have its own entry forms and specific rules. Please make sure to read the entire announcement for each competition.

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

<p>Event 1 Onyx-Suburban B/S Challenge  <b>February 2, 2019</b>  <b>Entry Deadline – January 18, 2019</b>  Suburban Ice Macomb  Macomb, MI  Contact Jeanette Daskas  Phone: 248-917-9544  <a href="mailto:jendaskas@aol.com">jendaskas@aol.com</a></p>	<p>Event 2 Tuxedo Invitational  <b>March 30, 2019</b>  <b>Entry Deadline – March 15, 2019</b>  Slater Family Ice Arena  Bowling Green, OH  Contact: Pat Rabb  Phone: 419-308-4552  <a href="mailto:perabb59@gmail.com">perabb59@gmail.com</a></p>	<p>Event 3 Arctic Basic Skills  <b>April 7, 2019</b>  <b>Entry Deadline – March 23, 2019</b>  Arctic Edge Ice Arena  Canton, MI  Contact: Elizabeth Taylor  Phone: 734-649-6662  <a href="mailto:taylor3mom@live.com">taylor3mom@live.com</a></p>
<p>Event 4 Mountain Town Classic  <b>April 13, 2019</b>  <b>Entry Deadline – March 30, 2019</b>  The I.C.E. Arena  Mt Pleasant MI  Contact: Ginni Phillips  Phone: 989-560-3871  <a href="mailto:gpsk8r@gmail.com">gpsk8r@gmail.com</a></p>	<p>Event 5 Iceland Spring Fling  <b>May 5, 2019</b>  <b>Entry Deadline – April 21, 2019</b>  Flint Iceland Arena  Flint, MI  Contact: Cristy Bosley  Phone: 810-814-1081  <a href="mailto:Chix44ever44@gmail.com">Chix44ever44@gmail.com</a></p>	<p>Event 6 Skate the Gate  <b>May 11, 2019</b>  <b>Entry Deadline – April 28, 2019</b>  Southgate Civic Arena  Southgate MI  Contact: Jennifer Godbout  Phone: 734-642-5258  <a href="mailto:jg48195@hotmail.com">jg48195@hotmail.com</a></p>
<p>Event 7 ICES Basic Skills Challenge  <b>June 1, 2019</b>  <b>Entry Deadline – May 18, 2019</b>  Troy Sports Center  Troy MI  Contact: Kim Baxi  Phone: 248-835-2732  <a href="mailto:kimsbaxi@hotmail.com">kimsbaxi@hotmail.com</a></p>	<p>Event 8 Ann Arbor Skills/Showcase  <b>June 8, 2019</b>  <b>Entry Deadline - May 24, 2019</b>  Ann Arbor Ice Cube  Ann Arbor MI  Contact: Craig Forsyth  Phone: 734-213-6768  <a href="mailto:Aafsc.officemanager@gmail.com">Aafsc.officemanager@gmail.com</a></p>	<p>Event 9 Summer Swizzle  <b>June 15, 2019</b>  <b>Entry Deadline - June 1, 2019</b>  Farmington Hills Ice Arena  Farmington Hills, MI  Contact: Daphane Lee  Phone: 248-219-6806  <a href="mailto:summerswizzle@fhfsc.org">summerswizzle@fhfsc.org</a></p>
<p>Event 10 Skate the Shores  <b>July 13, 2019</b>  <b>Entry Deadline - June 28, 2019</b>  St Clair Shores Civic Arena  St Clair Shores, MI  Contact Laura Delbarba  Phone: 586-306-2477  <a href="mailto:sk8ncoach@yahoo.com">sk8ncoach@yahoo.com</a></p>	<p>Event 11 Summer Chill Basic Skills  <b>July 20, 2019</b>  <b>Entry Deadline – July 1, 2019</b>  Novi Ice Arena  Novi, MI  Contact: Chelsea Walker  Phone: 248-719-2724  <a href="mailto:Chelseawalker17@aol.com">Chelseawalker17@aol.com</a></p>	<p>Event 12 Skate the Zoo  <b>August 2, 2019</b>  <b>Entry Deadline – July 19, 2019</b>  Wings West  Kalamazoo MI  Contact Stacy Lightfoot  Phone: 269-744-2648  <a href="mailto:stacylightfoot@sbcglobal.net">stacylightfoot@sbcglobal.net</a></p>
<p>Event 13 – Autumn Ice Fest  <b>October 5, 2019</b>  <b>Entry Deadline – Sept. 20. 2019</b>  Mike Modano Ice Arena  Westland MI  Contact Stanley Mackey  Phone: 313-478-8939  <a href="mailto:Stanleymackey95@gmail.com">Stanleymackey95@gmail.com</a></p>	<p>Event 14 Skate Midland  <b>November 9, 2019</b>  <b>Entry Deadline – October 23, 2019</b>  Midland Civic Arena  Midland MI  Contact Karen Boswell  Phone: 989-695-4832  <a href="mailto:Kboswell99@gmail.com">Kboswell99@gmail.com</a></p>	<p><b>SERIES AWARDS CEREMONY AT THE MIDLAND COMPETITION</b></p>

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Skate the Gate – Basic Skills Competition  
Southgate Figure Skating Club  
Southgate Civic Arena ♦ 14700 Reaume pkwy ♦ Southgate, MI 48195  
734-258-3035 [www.southgaterec.com](http://www.southgaterec.com)  
**May 11, 2019**  
**April 28, 2019 Deadline**

The Skate the Gate, sponsored by the Southgate Figure Skating Club will be held at the Southgate Civic Arena on May 11, 2019. The ice surface measures 20x85 feet. This is a United State Figure approved Basic Skills Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be direct to Jennifer Godbout, [jg48195@gmail.com](mailto:jg48195@gmail.com) or 734-642-5258. Email 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 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 skater 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 1-6 skaters must skate at highest level passed or one level higher. NO official US Figure Skating tests may have been passed including MIF or individual dances. For the Test Track and Well Balances levels eligibility will be based only on highest free skate test level passed. Skaters may skate at the highest level passed OR one level higher BUT not both levels in the event during the same competition.

**Rules** – The competition will be conducted under the rules set forth by the US Figure Skating Learn to Skate USA “Compete USA Competition Manual” program.

**Entry Fees** – The first event is \$50, the second event is \$20 and each additional event after that is \$10. All entries must be postmarked no later than April 28, 2019. Late entries will be accepted at the discretion of the organizers, and are subject to a possible \$15 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 SFSBC to:**

Attn: Jennifer Godbout  
14700 Reaume Pkwy  
Southgate, MI 48195

There will be a \$35 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. A podium will be available for group and individual photos.

**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 will be supplied by skater should be provided on CD. The CD is to be turned into registration. Competitors must have a spare CD at rink side to be used in case of technical difficulties.

**Practice Ice** – Practice ice will be available in 20 minutes sessions. Detail swill be provided either online or via email prior to the competition date. Sign-in and pay \$8 at the door.


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**SNOWPLOW SAM – BASIC 6 ELEMENTS**

- Each skater will perform each element when directed by a judge.. Judge/referee directed example: 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 (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Skating rules/standards
Snowplow Sam	<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>• Beginning snowplow stop on two-feet or one-foot</li><li>• Backward wiggles, 6-8 in a row</li></ul>
Basic 2	<ul style="list-style-type: none"><li>• Forward one-foot glide (no variations), 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	<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 counterclockwise, 4-6 consecutive</li><li>• Forward slalom</li><li>• Moving forward to backward two-foot turn on a circle</li><li>• Beginning backward one-foot glide, either foot</li></ul>
Basic 4	<ul style="list-style-type: none"><li>• Forward outside edge on a circle, clockwise or counterclockwise</li><li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li><li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li><li>• Backward one-foot glides (no variations), right and left</li><li>• Beginning two-foot spin, maximum 4 revolutions</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, clockwise and counterclockwise</li><li>• Forward outside three-turn, right and left</li><li>• Advanced two-foot spin, minimum 4 revolutions</li><li>• Hockey stop</li></ul>
Basic 6	<ul style="list-style-type: none"><li>• Forward inside three-turn, right and left</li><li>• Bunny Hop</li><li>• Basic forward spiral on a straight line (no variations), right or left</li><li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li><li>• T-stop, right or left</li></ul>

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**SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC**

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 with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

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 (no variations), 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 counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</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, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6		<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> </ul>

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	1:10 max.	<ul style="list-style-type: none"> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>• T-stop, right or left</li> </ul>
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**Events listed on this page are eligible for Michigan Basic Skills Series Points**

### PRE-FREE SKATE 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
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

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>• Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>

### PRE-FREE SKATE PROGRAM WITH MUSIC

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.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- 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>• Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> </ul>

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		<ul style="list-style-type: none"> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul>
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## EXCEL 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
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

<b><u>Excel Beginner/High Beginner Compulsory Events are eligible for Michigan Basic Skills Series Points</u></b>		
Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"><li>• Toe loop jump</li><li>• Salchow jump</li><li>• One-foot upright spin - minimum 3 revolutions</li><li>• Choreographic step sequence</li></ul>
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"><li>• Loop jump</li><li>• Salchow/toe loop combination</li><li>• Sit spin - minimum 3 revolutions</li><li>• Choreographic step sequence</li></ul>
<b><u>Excel Pre-Preliminary/Preliminary Compulsory Events are NOT eligible for Michigan Basic Skills Series Points</u></b>		
Level	Time	Skating rules/standards
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"><li>• Flip jump</li><li>• Loop/loop jump combination</li><li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li><li>• Choreographic step sequence</li></ul>
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"><li>• Lutz jump</li><li>• Flip/loop jump combination</li><li>• Camel, sit combination spin – minimum 6 revolutions total</li><li>• Choreographic step sequence</li></ul>

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## EXCEL FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same 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 one level higher.

<b><u>Excel Beginner and Excel High Beginner Free Skate are eligible for Michigan Basic Skills Series Points</u></b>			
<b>Excel Beginner Free Skate</b> 1:40 Max.  <u>Must not</u> have passed higher than Learn to Skate USA Free Skate 2	<b>Maximum 4 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: Salchow, toe loop only</li> <li>• Half Loops are not allowed.</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same jump</li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> </ul>	<b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>
<b>Excel High Beginner Free Skate</b> 1:40 Max.  <u>Must not</u> have passed higher than Learn to Skate USA Free Skate 4	<b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: toe loop, Salchow, half-loop, loop</li> <li>• Flip, Lutz, &amp; Axel NOT permitted</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same jump</li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>

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**Excel Pre-Preliminary, Excel Preliminary and Excel Preliminary Plus Free Skate are NOT eligible for Michigan Basic Skills Series Points**

<p><b>Excel Pre-Preliminary</b> 1:40 Max.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre- preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel</li> <li>• No single Axels, double, or higher jumps allowed</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or jump sequences</li> <li>• Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequences are limited to a maximum of 3 single jumps</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>
<p><b>Excel Preliminary</b> 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel</li> <li>• No single Axels, double, or higher jumps allowed</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or jump sequences</li> <li>• Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequences are limited to a maximum of 3 single jumps</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>
<p><b>Excel Preliminary Plus</b> 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel</li> <li>• No double, or higher jumps allowed</li> <li>• Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>• Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or jump sequences</li> <li>• All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>• Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>

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**WELL BALANCED FREE SKATE PROGRAM**

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same 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 one level higher.

Level	Jumps	Spins	Step Sequences
No-Test  Time: 1:40 Max	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel <ul style="list-style-type: none"> <li>◦ No single Axels, double, triple or quadruple jumps allowed</li> <li>◦ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> </ul> </li> </ul> <p>Jump sequences limited to a maximum of 3 single jumps</p>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>◦ Must use one-half the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>◦ Jumps may be included in the step sequence</li> </ul> </li> </ul>
Pre-Preliminary  Time: 1:40 Max	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> <li>◦ No double, triple or quadruple jumps allowed</li> <li>◦ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (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> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <ul style="list-style-type: none"> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>◦ Must use one-half the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>◦ Jumps may be included in the step sequence</li> </ul> </li> </ul>
Preliminary  Time: 1:40 Max	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> <li>◦ Double flip, double Lutz, double Axel, triple and quadruple jumps 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 a jump sequence or jump combination</li> <li>◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>◦ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed <ul style="list-style-type: none"> <li>• Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>◦ Must use one-half the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>◦ Jumps may be included in the step sequence</li> </ul> </li> </ul>

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**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. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten 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](http://www.usfigureskating.org).

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- 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.

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**SHOWCASE EVENTS**

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/ Adult Beginner/Adult High Beginner	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 or free dance tests.	Time: 1:30 max.
No Test	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.	Time: 1:30 max.
Pre-Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.	Time: 1:30 max.
Adult Pre-Bronze	No prescribed or restricted elements.	Must have passed no higher than Adult pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.
Preliminary/ Adult Bronze	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.

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**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 30<sup>th</sup> – July 2<sup>nd</sup>), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> 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 <sup>st</sup> – March 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
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

**ADULT 1-6, BEGINNER-BRONZE COMPULSORY**

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, ½ ice.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Elements
Adult 1 Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2 Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3. Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4 Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Hockey stop, both directions</li> <li>• Backward one-foot glides, right and left</li> </ul>
Adult 5 Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Backward outside edge and backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin (min 2 revs)</li> </ul>
Adult 6 Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns – <u>utilizing only ½ sheet of ice surface</u></li> <li>• Backward stroking with crossover end patterns – <u>utilizing only ½ sheet of ice surface</u></li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>
Adult Beginner	<ul style="list-style-type: none"> <li>• Bunny hop</li> <li>• Mazurka</li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> </ul>

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Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward moving inside open Mohawk (right and left) – heel to instep</li> <li>• Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult High Beginner Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• Forward upright spin – minimum 3 revolutions</li> <li>• Backward outside three- turn, right and left</li> <li>• Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult Pre- Bronze Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• Forward upright spin - minimum 3 revolutions</li> <li>• Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Salchow jump</li> <li>• Waltz jump – toe loop combination jump</li> <li>• Backward Upright Spin – entry optional (Min. 3 revolutions)</li> <li>• Backward inside three-turn, right and left</li> <li>• Spiral sequence (Minimum 2 spirals)- must change edge or foot</li> </ul>

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**ADULT 1-6 FREE SKATE WITH MUSIC**

General event parameters:

- 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.
- 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 (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:40 Max	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:40 Max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
Adult 5	1:40 Max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
Adult 6	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>


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### **ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC**


General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and Waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins <ul style="list-style-type: none"> <li>• Two forward 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 Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</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 any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>• 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No single Lutz, single Axel or double jumps are allowed</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> </ul>	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic Step Sequence</li> </ul> Must use at least ½ ice surface  May include Moves in the Field and spirals	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

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**SPECIAL OLYMPICS EVENTS ARE ELIGIBLE FOR**  
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**SPECIAL OLYMPICS BADGE 1-12**

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

**Badge 1**

- A. Stand unassisted for five seconds
- B. Sit on ice or 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
- D. Two-foot spin

**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 three-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

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**Skate the Gate Event #6**  
**Entry Form [PLEASE PRINT CLEARLY]**

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

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

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

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

**Home Club** \_\_\_\_\_ **USFSA #** \_\_\_\_\_ **Highest Level Passed** \_\_\_\_\_

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

**\$50 for First Event; \$20 for Second Event; \$10 for Each Additional Event**

Basic Compulsory	Compulsory	SPEC.OLYMPICS	Adult Compulsory	Adult Prog w/Music
Snowplow Sam*	Pre Free Skate*	Badge 1*	Adult 1	Adult 1
Basic 1*	Excel Beginner*	Badge 2*	Adult 2	Adult 2
Basic 2*	Excel High Beg*	Badge 3*	Adult 3	Adult 3
Basic 3*	Excel Pre-Prelim	Badge 4*	Adult 4	Adult 4
Basic 4*	Excel Preliminary	Badge 5*	Adult 5	Adult 5
Basic 5*	<b>Free Skate</b>	Badge 6*	Adult 6	Adult 6
Basic 6*	Pre Free Skate*	Badge 7*	Adult Beginner	Adult Beginner
	Excel Beginner*	Badge 8*	Adult High Beg	Adult High Beg
<b>Basic Prog w/Music</b>	Excel High Beg*	Badge 9*	Adult Pre-Bronze	Adult Pre-Bronze
Snowplow Sam*	Excel Pre-Prelim	Badge 10*	Adult Bronze	Adult Bronze
Basic 1*	Excel Preliminary	Badge 11*		
Basic 2*	Excel Prelim Plus	Badge 12*		
Basic 3*				
Basic 4*				
	<b>Well-Balanced FS</b>	<b>Dance</b>	<b>Show Case</b>	
			Basic 1-6	
			Pre Free Skate-	
			FS6/Beg/High	
			Beg	
			No Test	
Basic 5*			Pre-Preliminary	
Basic 6*				
	No Test	Preliminary		
	Pre-Preliminary	Pre Bronze		
	Preliminary			

*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 \$ \_\_\_\_\_

**2019**

Additional Event \$ \_\_\_\_\_

Additional Event \$ \_\_\_\_\_

Additional Event \$ \_\_\_\_\_

Join USFSA \$ \_\_\_\_\_

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

**ENTRIES MUST BE POST MARKED BY April 28,**

Mail form and fees to: Attn: Jennifer Godbout

14700 Reaume Pkwy, Southgate, MI 48195

Make check or money order payable **to SFSBC**

Approval Code:



2019 Michigan Basic Skills Series - Like us on



**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 **Southgate Figure Skating Club & Southgate Civic Arena** 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 **Skate the Gate**/Basic Skills Series, I understand that the **Skate the Gate** /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 **Skate the Gate** /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 **Skate the Gate** /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 SFSBC

\_\_\_\_ Events to be entered checked properly

2019 Michigan Basic Skills Series - Like us on

Approval Code: \_\_\_\_\_

## HAPPY AD ADVERTISING FORM

[Put an encouraging note to your skater or entire club in our program]

**Ad sizes available:** Ads are available in business card size only however you may purchase more than one ad to make a larger tribute to your skater.

\_\_\_\_\_ # of Business Card ads X \$5 = \$\_\_\_\_\_

Please include payment with your copy

Contact Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Insert Ad copy here or attach camera-ready artwork to this form.

