



The Eleventh Annual Reisterstown Sportsplex Basic Skills Competition
SUNDAY, MARCH 10th 2019
~**COMPETITION ANNOUNCEMENT**~

The Eleventh Annual Reisterstown Sportsplex Basic Skills Competition sponsored by the Reisterstown Learn to Skate Program, which will be held at Reisterstown Sportsplex, 401 Mitchell Drive, Reisterstown, MD 21136 on Sunday, March 10, 2019.

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

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

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

WEBSITE: www.rtownsports.com

CHAIR PERSONS: Kirsten West/Phyllis McKenzie

DEADLINE: Entries must be postmarked no later than midnight February 11, 2019

SCHEDULE: A tentative schedule will be available approximately two weeks before the competition. Individual and group assignments with times and a tentative schedule of events will be posted at Reisterstown Sportsplex and on Reisterstown



Sportsplex website at (www.rtownsports.com). **Please arrive 1 hour before your event warm-up start.**

ENTRIES:

Entry fee must accompany application. Mailing deadline is: February 11, 2019

Make check payable to: **Reisterstown Sportsplex**

Mail to:

Reisterstown Sportsplex Attention: Kirsten West

401 Mitchell Drive

Reisterstown, Maryland 21136

ENTRY FEES:

First event: \$45.00, additional events \$20.00

*NO REFUNDS: After March 1, 2019-no refunds will be granted except for events cancelled by the referee.

*LATE ENTRIES: Late entries **may** be accepted up until 10 days before the competition and subject to a \$20.00 fee.

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

MUSIC: The music for all skating programs must be provided in MP3 format and sent by e-mail to our event chair at reisterstownskatingcompetition@gmail.com. Please have at least one back-up or duplicate CD readily available at the time of your event. Reisterstown Sportsplex assumes no responsibility or liability to damage, loss or deficient quality of music.

REGISTRATION:

Please arrive 1 hour before your event. Upon arrival, make sure you have a backup copy of your music on CD-R (not CD-RW), with your coach.



The competition is open to ALL skaters who are current eligible (ER 1.00) members of either Learn to Skate USA or those who are full members of U.S. Figure Skating. 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 competitor's maximum in an event. Skaters placed 1-3 will receive an award.

Eligibility and Test Requirements:

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 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, Excel 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 (LOC) discovers that a skater has been placed in a category that is below his/her class level, the chair 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. It is an ethical violation for coaches to sandbag an event.

COACHING CREDENTIALS:

To be credentialed at a Compete USA event, individuals coaching are required to have:

- **Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership**
- **SafeSport training completed (for coaches/instructors 18 years old and older)**
- **Background check successfully passed (for coaches/instructors 18 years old and over)**
- **Learn to Skate USA Instructor Certification completed (for coaches under 18 years old) OR U.S. Figure Skating compliant coach**



SNOWPLOW SAM – BASIC 6 ELEMENTS

FORMAT for the Elements Event:

Each skater will perform each element when directed by a judge/referee

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
- **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"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left



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.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left



PRE-FREE SKATE – FREE SKATE 1-6 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
- 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"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • 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 • Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turns, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turns, right and left • Beginning back spin- maximum 2 revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise • Advanced back spin with free foot in crossed leg position- minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum 3 revolutions • Half loop jump (Euler) • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum 3 revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump, half loop (Euler), Salchow jump combination • Beginning Axel jump



PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times 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"> • 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 • Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka • Waltz jump • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • <i>NOT ALLOWED – Waltz jump/toe loop combination</i>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin- maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Salchow/toe loop combination</i>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • <i>NOT ALLOWED – Waltz/loop combination</i>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin – minimum 3 revolutions • Half Loop jump (Euler) • Flip jump • <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin – minimum 3 revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ half-loop (Euler)/Salchow jump combination • Beginning Axel jump



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.*

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • One-foot upright spin - minimum 3 revolutions • Choreographic step sequence
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Salchow/toe loop combination • Sit spin - minimum 3 revolutions • Choreographic step sequence
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Flip jump • Loop/loop jump combination • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Flip/loop jump combination • Camel, sit combination spin – minimum 6 revolutions total • Choreographic step sequence

WELL BALANCED 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
- 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.*

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence



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.

<p>Excel Beginner Free Skate 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: Salchow, toe loop only • Eulers (half loops) are not allowed. • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry • Minimum 3 revolutions 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel High Beginner Free Skate 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop • Flip, Lutz, & Axel NOT permitted • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Both spins must be in a single position • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel Pre-Preliminary 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>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel • No single Axels, double, or higher jumps allowed • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences • Jump combinations limited to 2 jumps. One 3-jump combination is allowed • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel Preliminary 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>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel • No single Axels, double, or higher jumps allowed • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences • Jump combinations limited to 2 jumps. One 3-jump combination is allowed 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence



	<ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump 		
<p>Excel Preliminary Plus 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>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including single Axel • No double, or higher jumps allowed • 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) • Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences • All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) • Jump combinations limited to 2 jumps. One 3-jump combination is allowed • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence



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.
- **Per ISU rules, the new definition for a jump sequence will be in effect. A jump sequence consists of two jumps; beginning with any listed jump immediately followed by a waltz jump.

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



		<p>the maximum number of jump elements allowed is not exceeded</p> <ul style="list-style-type: none"> • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ 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 ○ Jump sequence is any listed jump immediately followed by a waltz jump 		step sequence
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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.
- 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 maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) <p>One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</p>	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



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.	Upright one-foot spin (3) Upright back spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3)
No Test	1:30 max.	Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3)
Pre – Preliminary	1:30 max.	Spin with one change of position and no change of foot (6) Backward sit spin (3) Camel spin (4)
Preliminary	1:30 max.	Spin with one change of foot and one change of position (min. 3 each foot) Change sit spin (min 3. each foot) One position spin – skater’s choice (upright, sit or camel) (4)

JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Jumps may be skated in any order. Connecting steps are allowed but will not be taken into consideration in scoring.
- To be skated on ½ ice

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



SHOWCASE EVENTS

- To be skated on full ice to music of skaters choice.

Level	Elements	Qualifications	Program Length
Basic 1-6	Elements only through 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	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.
Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Free Dance test.	Time: 1:40 max

Showcase categories offered:

- **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.



***NOTE: Competition officials reserve the right to combine or separate Dramatic entertainment and Light entertainment groups (within same level) based on competition registration.

Showcase events are open to skaters in Basic, Free Skate and Limited Beginner through Preliminary. Groups will be divided by number of entries and ages if needed. Skaters must enter at the same level as their free skate event or highest test level of skater's in the duet 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 if items unintentionally fall on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off. 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.



INTERPRETIVE EVENTS

Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the 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.

Level	Elements	Program Length
-Pre-Free Skate-Free Skate 6/ Beginner/ High Beginner/ No-Test	No Axels or double jumps permitted.	Time: 1:15 max.
-Pre-Preliminary/ Preliminary	No Axels or double jumps permitted.	Time: 1:15 max.

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.

Coaching: 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.

***The organizing committee reserves the right to combine No-Test, Pre-Preliminary and Preliminary levels depending on the number of skaters registered for each level.



ENTRY FORM:

Skater Name: _____ Age: _____ Sex: _____
Last First

Please write skaters name as pronounced (ex. Joe Siegel- Joe SEA-gull) _____

Parents Name: _____

Address: _____ City _____

State _____ Zip _____ Email Address: _____

Area Code/Phone # _____ Birth Date: _____

Learn to Skate USA # OR USFS # _____ Highest Level Passed: _____

Program/Club Affiliation: _____

Director's/Instructor's Name Printed: _____

Director's/Instructor's Signature: _____

Please check the event(s) you are entering. COACHES: Review for accuracy/sign above:

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:

- Pre-Free Skate
- Free Skate 1
- Free Skate 2
- Free Skate 3
- Free Skate 4
- Free Skate 5
- Free Skate 6

Free Skate Program:

- Pre-Free Skate
- Free Skate 1
- Free Skate 2
- Free Skate 3
- Free Skate 4
- Free Skate 5
- Free Skate 6

Excel Compulsory:

- Excel Beginner
- Excel High Beginner
- Excel Pre-Preliminary
- Excel Preliminary

Well Balanced Compulsory:

- No-Test
- Pre-Preliminary
- Preliminary

Excel Free Skate Program:

- Excel Beginner Excel Preliminary Plus
- High Beginner
- Excel Pre-Preliminary
- Excel Preliminary

Well Balanced Free Skate Program:

- No-Test
- Pre-Preliminary
- Preliminary



Test Track Freeski Program

Pre-Preliminary
 Preliminary

Spins Challenge Events:

Beginner Pre-Preliminary
 High Beginner Preliminary
 No-Test

Jumps Challenge Events:

Beginner Pre-Preliminary
 High Beginner Preliminary
 No-Test

Showcase Events:

Basic 1-6
 Pre-Freeski-Freeski 6/
Beginner/High Beginner
 No-Test
 Pre-Preliminary
 Preliminary

Interpretive Events:

Pre-Freeski-Freeski 6/
Beginner/High Beginner/No-Test Pre-Preliminary
 Preliminary

ENTRY FEE IS \$50 FIRST EVENT, \$20 PER EACH ADDITIONAL EVENT

First Event \$ _____
Additional Event \$ _____
Additional Event \$ _____
Late Fee (after Feb _____) \$20.00
If not a current U.S. Figure Skating Learn to Skate USA Member – add \$17.00
Total: \$ _____

Release Waiver: (MUST be signed by a parent/guardian before competing)

Reisterstown Sportsplex

ICE SKATING RINK PARTICIPANT

READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the **Learn to Skate Program**, related events and activities at **Reisterstown Sportsplex**, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISK, both known and unknown of my participation in **ICE SKATING**, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation in **LEARN TO SKATE**, however, I observe any unusual significant hazard during



my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,

4. I, for myself, and on behalf on my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE **Rink Management Services Corporation and the Reisterstown Sportsplex**, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors advertisers, and if applicable, owners and lesser or premises to conduct the event ("Releases").
5. **Arbitration:** In further consideration of allowing me to participate in the aforementioned activities, I hereby agree to submit to binding arbitration and all claims which I believe I may have against the facility arising from my activities at the facility. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitrators shall apply the Federal Rules of Evidence to all proceedings.

Arbitration shall be commenced within one (1) year from the date on which any alleged claim first arose. Further, the arbitration shall be held in the town where the Arena is located, unless otherwise mutually agreed to by all the parties. The submission to the American Arbitration Association shall be unlimited and the arbitration award may be enforced by any court of competent jurisdiction.

IF OVER 18:

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNIARLY WITHOUT AND INDUCEMENT.

X _____ DateSigned: _____ Age: _____

***** FOR PARENTS/GUARDIANS OF PARTICIPANTS OF
MINORITY AGE *****
(UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify, that I, as parent/guardian with legal responsibility for this participant , do consent and agree to his/her release as provided above all the Releases, and, for myself, my heirs, assigns, and next of kin. I release and agree to indemnity and hold harmless the Release from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ Date Signed: _____
PARENT/GUARDIAN SIGNATURE

EMERGENCY PHONE
NUMBER(S) _____