



Event #5, ICES Basic Skills Challenge Saturday, May 30, 2020

2020 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, 2020.

Series Point System

Program with Music [Freeskate] 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 st Place - 6 points	2 nd Place - 5 points	3 rd Place - 4 points
4 th Place - 3 points	5 th Place - 2 points	6 th Place - 1 point

Skaters must participate in at least 3 of the 15 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, no ties will be broken.

Points are accumulated for Compulsory and Program with Music [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 Program with Music [Freeskate] and Elements/Compulsory Program Series for this 2020 season. Spins, Dance, Pairs, Theatre on Ice, Synchronized Teams, and Showcase Events **will NOT** be counted for this 2020 season. At the end of the 2020 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. Each competition will have its own entry forms and specific rules. Please make sure to read the entire announcement for each competition.

Approval Code:
29190



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14th Annual USFS Michigan Basic Skills Series – Hosted by the following:

<p>Event 1 Onyx-Suburban B/S Challenge February 1, 2020 Entry Deadline – January 17, 2020 Suburban Ice Macomb Macomb, MI Contact Jeanette Daskas Phone: 248-917-9544 jendaskas@aol.com</p>	<p>Event 2 Tuxedo Invitational March 28, 2020 Entry Deadline – March 13, 2020 Slater Family Ice Arena Bowling Green, OH Contact: Pat Rabb Phone: 419-308-4552 perabb59@gmail.com</p>	<p>Event 3 Arctic Basic Skills April 19, 2020 Entry Deadline – April 3, 2020 Arctic Edge Ice Arena Canton, MI Contact Tami Temple Phone: 810-444-7542 ttemple@wowway.com</p>
<p>Event 4 Iceland Spring Fling May 3, 2020 Entry Deadline – April 19, 2020 Flint Iceland Arena Flint, MI Contact Cristy Bosley Phone: 810-814-1081 Chix44ever44@gmail.com</p>	<p>Event 5 ICES Basic Skills Challenge May 30, 2020 Entry Deadline – May 15, 2020 Troy Sports Center Troy MI Contact: Lindsey Vincent Phone: 248-709-2946 glinzlinz@yahoo.com</p>	<p>Event 6 Ann Arbor Skills/Showcase June 6, 2020 Entry Deadline - May 22, 2020 Ann Arbor Ice Cube Ann Arbor MI Contact: Craig Forsyth Phone: 734-213-6768 Aafsc.officemanager@gmail.com</p>
<p>Event 7 Summer Swizzle June 13, 2020 Entry Deadline – May 28, 2020 Farmington Hills Ice Arena Farmington Hills, MI Contact: Ilyssa Cimmino Phone: 248-891-9153 summerswizzle@fhfsc.org</p>	<p>Event 8 Skate the Shores July 11, 2020 Entry Deadline - June 26, 2020 St Clair Shores Civic Arena St Clair Shores, MI Contact Lindsay O'Donoghue Phone: 586-774-7530 odonoghuelindsay@gmail.com</p>	<p>Event 9 Summer Chill Basic Skills July 18, 2020 Entry Deadline – June 28, 2020 Novi Ice Arena Novi, MI Contact: Laura Paredes lamarlau@hotmail.com</p>
<p>Event 10 Skate the Zoo August 1, 2020 Entry Deadline – July 15, 2020 Wings West Kalamazoo MI Contact Amanda Brott/Hanna Fussman Phone: 269-779-0321/989-560-1711 amandalbrott@gmail.com / hanna.m.fussman@wmich.edu</p>	<p>Event 11 Sunset Shores Basic Skills Series Competition August 22, 2020 Entry Deadline August 6, 2020 West Shore Ice Arena Scottville, MI Contact: Devin Carrasco Phone: 231-233-7099 westshoreblades@gmail.com</p>	<p>Event 12 Lake Effect FS September 26, 2020 Entry Deadline September 10, 2020 Griff's Ice House West Holland MI Contact: Jacqueline Alimpich Phone: 616-751-1210 jalimpich@gmail.com</p>
<p>Event 13 Skate the Gate October 17, 2020 Entry Deadline – October 1, 2020 Southgate Civic Arena Southgate MI Contact: Jennifer Godbout Phone: 734-642-5258 jg48195@hotmail.com</p>	<p>Event 14 Mountain Town Classic October 24, 2020 Entry Deadline – October 10, 2020 The I.C.E. Arena Mt Pleasant MI Contact: Ginni Phillips Phone: 989-560-3871 gpsk8r@gmail.com</p>	<p>Event 15 Skate Midland November 7, 2020 Entry Deadline – October 21, 2020 Midland Civic Arena Midland MI Contact Karen Boswell Phone: 989-695-4832 Kboswell99@gmail.com</p>

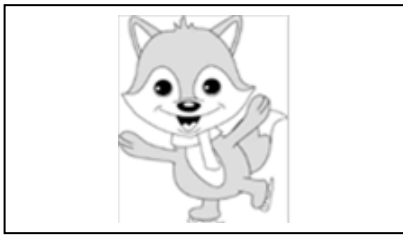
SERIES AWARDS CEREMONY AT THE MIDLAND COMPETITION

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ICES Basic Skills Challenge Competition
International Center for Excellence in Skating (Troy ICES) FSC
Troy Sports Center Arena • 1819 E Big Beaver • Troy, MI 48083
(248) 689-6600 ext 312 / www.troyicesfsc.com

Saturday, May 30, 2020

Entry Deadline: May 15, 2020

The ICES Basic Skills Challenge Competition, sponsored by the International Center for Excellence in Skating (Troy ICES) will be held at the Troy Sports Center on Saturday, May 30, 2020. The ice surface measures 200 X 80 feet. This is a United State Figure Skating approved Basic Skills Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be direct to Lindsey Vincent, glinzlinz@yahoo.com or 248-709-2946. 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 is open to ALL skaters who are current eligible [ER 100] members of either the Basic Skills Program and/or full members of US Figure Skating. To be eligible 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 Pre-Free Skate, Excel, Well Balanced, and Adult 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

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 May 15, 2020. Late entries will be accepted at the discretion of the organizers, and are subject to a \$15 late fee.** Entry fees are per person, U.S. dollars. **Entry fees will not be refunded after entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals.**

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

**Attention: Lindsey Vincent
6365 Walker Dr
Troy, MI 48085**

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

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. **1. Competitors must have a spare CD at rink side to be used in case of technical difficulties.**
2. Competitors/Coaches must have a copy of music on cell phone at rink side to be used in case of technical difficulties.

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

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

SNOWPLOW SAM – BASIC 6 ELEMENTS

- 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
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Skating rules/standards
Snowplow Sam	<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	<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	<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	<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	<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	<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	<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

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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"> • 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

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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">• 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

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">• 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>

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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.*

<u>Excel Beginner/High Beginner Compulsory Events are eligible for Michigan Basic Skills Series Points</u>		
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
<u>Excel Pre-Preliminary/Preliminary Compulsory Events are NOT eligible for Michigan Basic Skills Series Points</u>		
Level	Time	Skating rules/standards
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Skating rules/standards • 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

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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.

Excel Beginner and Excel High Beginner Free Skate are eligible for Michigan Basic Skills Series Points

<p style="text-align: center;">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. One 3-jump combination is allowed [Jump sequence is any listed jump immediately followed by a waltz jump] • 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 style="text-align: center;">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. One 3-jump combination is allowed [Jump sequence is any listed jump immediately followed by a waltz jump] • 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 change of foot] • 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

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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>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 an Axel-type 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 • Jump sequence is any listed jump immediately followed by an Axel-type jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be a camel or layback spin with no change of foot and no change of 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 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 an Axel-type 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

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**EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR
MICHIGAN BASIC SKILLS SERIES POINTS**

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	<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 <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p>	<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 Time: 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 <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by an Axel-type 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 Time: 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 the maximum number of jump elements allowed is not exceeded • 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 <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by an Axel-type 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

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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"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2 Time: 1:30 Max.	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3. Time: 1:30 Max.	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left
Adult 4 Time: 1:30 Max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Adult 5 Time: 1:30 Max.	<ul style="list-style-type: none"> • Backward outside edge and backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs)
Adult 6 Time: 1:30 Max.	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns – <u>utilizing only ½ sheet of ice surface</u> • Backward stroking with crossover end patterns – <u>utilizing only ½ sheet of ice surface</u> • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner Time: 1:30 Max.	<ul style="list-style-type: none"> • Waltz Jump • Mazurka • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • 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)
Adult High Beginner Time: 1:30 Max.	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Forward upright spin – minimum 3 revolutions • Backward outside three- turn, right and left • 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)
Adult Pre- Bronze Time: 1:30 Max.	<ul style="list-style-type: none"> • Single Toe loop jump • Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin - minimum 3 revolutions • 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 • Forward spiral (any edge)
Adult Bronze Time: 1:30 Max.	<ul style="list-style-type: none"> • Single Salchow jump • Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence • Solo spin with no change of foot (min. 3 revolutions) • Backward inside three-turn, right and left • Spiral sequence (Minimum 2 spirals)- must change edge or foot

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MICHIGAN BASIC SKILLS SERIES POINTS**

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

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EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN BASIC SKILLS SERIES POINTS

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"> • Jumps limited to bunny hop, mazurka, ballet and Waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max. 2 spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ loop, ½ flip, ½ Lutz, toe loop, salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: Max 2 combinations or sequences <ul style="list-style-type: none"> • 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps • Jump sequence is any listed jump immediately followed by an Axel-type jump • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted • No single Lutz, single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) 	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"> • Max 2 combinations or sequences [Jump sequence is any listed jump immediately followed by an Axel-type jump]; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	Max 1 Sequence: <ul style="list-style-type: none"> • Choreographic Step Sequence 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 ½ 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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Event #5, ICES Basic Skills Challenge Competition, Saturday, May 30, 2020
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*	Free Skate	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
Basic Prog w/Music	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*	Well-Balanced FS			
Basic 5*	No Test			
Basic 6*	Pre-Preliminary			
	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 \$ _____
 Additional Event \$ _____
 Additional Event \$ _____
 Additional Event \$ _____
 Join USFSA \$ _____
TOTAL: \$ _____

ENTRIES MUST BE POST MARKED BY May 15, 2020

Mail form and fees to: Lindsey Vincent

6365 Walker Dr. Troy, MI 48085

Make check or money order payable to: **ICES**

NO CREDIT CARD ACCEPTED

CONTACT: **Lindsey Vincent, 248-709-2946**
glinzlinz@yahoo.com

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Certification of Competitor

Competitor's Name: _____

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

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

Phone _____ E-mail Address: _____

Please print clearly

CHECKLIST [please be sure the following is included]:

- ____ Entry form with USFSA Number
- ____ Club Officer/Program Director Signature
- ____ Check payable to **ICES**
- ____ Events to be entered checked properly

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