



Ann Arbor Figure Skating Club  
Ann Arbor Ice Cube ♦ 2121 Oak Valley Dr ♦ Ann Arbor, MI 48103  
734-213-6768  
[www.annarborfsc.org](http://www.annarborfsc.org)

**Sunday, May 23, 2021**  
**Registration Deadline May 7, 2021**

The Ann Arbor Skills & Showcase, sponsored by the Ann Arbor Figure Skating Club will be held at the Ann Arbor Ice Cube on May 23, 2021. The ice surface measures [200 X 100] feet. This is a Compete USA approved Basic Skills Competition. The sanction will be posted on the official competition bulletin board. Questions regarding this competition should be directed to Craig Forsyth in the Ann Arbor FSC office, [aafsc.officemanager@gmail.com](mailto:aafsc.officemanager@gmail.com) (734-213-6768) or Mary Johanson, [coachmaryjohanson@gmail.com](mailto:coachmaryjohanson@gmail.com) (734-660-4442). E-mail communications are preferred.

Please Note: The Compete USA Michigan Basic Skills Series is not being held in 2021 due to the ongoing Covid-19 pandemic. This competition is NOT a part of the Michigan Basic Skills Series and no series points will be awarded this year.

**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 of event at the same competition.

This competition is separate from the Ann Arbor Springtime Invitational and has a separate registration entry through [sk8stuff.com](http://sk8stuff.com). Excel, Well Balanced and Adult (*Pre-Bronze and above*) events are offered only in the Ann Arbor Springtime Invitational 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.

**COVID-19 INFORMATION** – The Ann Arbor Figure Skating Club and Ann Arbor Ice cube will **be complying with all Federal, State and Local regulations and any additional public health notices in place at the time of the competition, including recommendations from US Figure Skating**. We thank you in advance for your full cooperation. **In the event that a cancellation is required, a FULL refund, less processing fees, will be issued**. Competition safety plans will be communicated to all participants once registration is closed.

- **All Attendees are required to properly wear face coverings** over their nose and mouth and secured under the chin while in the facility (*exception: IF approved by the facility, skaters may remove masks when on the ice*). This is not only for your protection, but for the protection of others and is applied to all attendees.
- **Social distancing must be maintained at all times**. The CDC recommends a distance of 6 feet and separate pathways will be established within the venue (*minimizing crossover or contamination*).
- **Chaperones/Spectators**: Two Chaperones and/or spectators per registered competitor will be permitted in Ann Arbor Ice Cube and must be credentialed. Chaperones and/or spectators will only be allowed in the facility immediately prior to and during their respective competitive events.



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- **All skaters will be sent out the following forms which must be completed and returned (*electronically*) at least one week prior to the event.**

- (1) AAFSC Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19
- (2) Ann Arbor Ice Cube Assumption of the Risk & Waiver of Liability Relating to COVID-19

**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 7, 2021. 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.

**It is preferred that entries be completed online thru [sk8stuff.com](http://sk8stuff.com) and paid by credit card**  
**OR**

**Entry forms may be filled out LEGIBLY and completely and mailed with a check made payable to AAFSC to:**

Craig Forsyth c/o AAFSC  
2121 Oak Valley Drive  
Ann Arbor, MI 48103

There will be a \$35 fee for returned checks.

**Awards – All competitors will receive a medal.** All events are final rounds. Due to possible Covid-19 restrictions, information regarding the awarding of medals will be forwarded to all competitors and coaches at least one week prior to the competition..

**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 in at 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. Details will 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

## THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

- Each skater will perform each element when directed by a judge/referee OR
- Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)  
 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
  - All elements must be skated in the order listed.**

| LEVEL               | TIME            | SKATING RULES/STANDARDS  |
|---------------------|-----------------|--|
| <b>SNOWPLOW SAM</b> | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>March followed by a two-foot glide and dip</li> <li>Forward swizzles, 2-3 in a row</li> <li>Forward snowplow stop</li> <li>Backward wiggles, 2-6 in a row</li> </ul>  |
| <b>BASIC 1</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>Forward two-foot glide and dip</li> <li>Forward swizzles, 6-8 in a row</li> <li>Beginning snowplow stop on one or two feet</li> <li>Backward wiggles, 6-8 in a row</li> </ul>   |
| <b>BASIC 2</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>Forward one-foot glide (no variations), either foot</li> <li>Scooter pushes, 2-3 each foot</li> <li>Moving snowplow stop</li> <li>Two-foot turn in place, forward to backward</li> <li>Backward swizzles, 6-8 in a row</li> </ul>   |
| <b>BASIC 3</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>Beginning forward stroking showing correct use of blade</li> <li>Forward half-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>   |
| <b>BASIC 4</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>Forward outside edge on a circle, clockwise or counterclockwise</li> <li>Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>Backward half-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> |
| <b>BASIC 5</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>Backward outside edge on a circle, clockwise or counterclockwise</li> <li>Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>Forward outside three-turn, right and left</li> <li>Advanced two-foot spin, minimum 4 revolutions</li> <li>Hockey stop</li> </ul>   |
| <b>BASIC 6</b>      | <b>1:00 max</b> | <ul style="list-style-type: none"> <li>Forward inside three-turn, right and left</li> <li>Mohawk, right to left and left to right</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 and entry position</li> <li>T-stop, right or left</li> </ul>   |



# 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  |
|---------------------|----------|--|
| <b>SNOWPLOW SAM</b> | 1:10 max | <ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>  |
| <b>BASIC 1</b>      | 1:10 max | <ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>   |
| <b>BASIC 2</b>      | 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 swizzles, 6-8 in a row</li> </ul>  |
| <b>BASIC 3</b>      | 1:10 max | <ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-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>   |
| <b>BASIC 4</b>      | 1:10 max | <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-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> |
| <b>BASIC 5</b>      | 1:10 max | <ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>   |
| <b>BASIC 6</b>      | 1:10 max | <ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</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 and entry position</li> <li>• T-stop, right or left</li> </ul>   |

# 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 half-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.

| LEVEL          | TIME     | SKATING RULES/STANDARDS  |
|----------------|----------|--|
| PRE-FREE SKATE | 1:15 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, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free foot position, minimum 3 revolutions</li> <li>• Mazurka – right or left</li> <li>• Waltz jump</li> </ul> |
| FREE SKATE 1   | 1:15 max | <ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>   |
| FREE SKATE 2   | 1:15 max | <ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>  |
| FREE SKATE 3   | 1:15 max | <ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>                             |
| FREE SKATE 4   | 1:15 max | <ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>  |
| FREE SKATE 5   | 1:15 max | <ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>  |
| FREE SKATE 6   | 1:15 max | <ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>   |



# 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

| LEVEL                 | TIME            | SKATING RULES/STANDARDS  |
|-----------------------|-----------------|--|
| <b>PRE-FREE SKATE</b> | <b>1:40 max</b> | <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, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions</li> <li>• Mazurka, right or left</li> <li>• Waltz jump</li> <li>• NOT ALLOWED – Waltz jump-side toe hop-waltz jump</li> </ul> |
| <b>FREE SKATE 1</b>   | <b>1:40 max</b> | <ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• NOT ALLOWED – Waltz jump-toe loop jump combination</li> </ul>   |
| <b>FREE SKATE 2</b>   | <b>1:40 max</b> | <ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin, optional entry and free foot position, maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>  |
| <b>FREE SKATE 3</b>   | <b>1:40 max</b> | <ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> <li>• NOT ALLOWED – Waltz-loop jump combination</li> </ul>   |
| <b>FREE SKATE 4</b>   | <b>1:40 max</b> | <ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> <li>• NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump combination</li> </ul>  |
| <b>FREE SKATE 5</b>   | <b>1:40 max</b> | <ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>   |
| <b>FREE SKATE 6</b>   | <b>1:40 max</b> | <ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice</li> <li>• Camel-sit spin combination spin, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>  |



# 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 half-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
- *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"><li>• Toe loop jump</li><li>• Salchow jump</li><li>• One-foot upright spin, minimum 3 revolutions</li><li>• Choreographic stepsequence</li></ul>     |
| EXCEL HIGH BEGINNER | 1:15 max | <ul style="list-style-type: none"><li>• Loop jump</li><li>• Salchow-toe loop jump combination</li><li>• Sit spin, minimum 3 revolutions</li><li>• Choreographic stepsequence</li></ul> |



# 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 to one level higher

| <b>EXCEL BEGINNER — 1:40 MAX</b>  |   |   |
|---|---|---|
| <i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>  |   |   |
| <b>JUMPS</b>  | <b>SPINS</b>  | <b>STEP SEQUENCES</b>   |
| Maximum 4 jump elements:<br>Jumps with no more than one-half rotation (front to back or back to front)<br>Single rotation jumps: Salchow, toe loop only<br>Eulers (half loops) are not allowed<br>Maximum 2 jump combinations or sequences One 3-jump combination is allowed <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> Maximum 2 of any same jump | Maximum 2 spins:<br>Two upright spins<br>No change of foot<br>No flying entry<br><br>Minimum 3 revolutions<br><br>Max Level: Base | Maximum 1 Sequence:<br>Choreographic step sequence* (ChSt)<br>Must use one-half of the ice surface<br>Moves in the field and spiral sequences are allowed but will not be counted as elements<br>Jumps may be included in the step sequence |

| <b>EXCEL HIGH BEGINNER — 1:40 MAX</b>   |   |   |
|---|---|---|
| <i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>  |   |   |
| <b>JUMPS</b>  | <b>SPINS</b>  | <b>STEP SEQUENCES</b>   |
| Maximum 5 jump elements:<br>Jumps with no more than one-half rotation (front to back or back to front)<br>Single rotation jumps: toe loop, Salchow, Euler (half loop), loop<br>Flip, Lutz, and Axel NOT permitted<br>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> Maximum 2 of any same jump | Maximum 2 spins:<br>Both spins must be in a single position<br>No change of foot<br>No flying entry<br>Permitted forward spins: upright, sit, camel<br>Permitted back spins: upright<br><br>Minimum 3 revolutions<br>Max Level: Base<br><br>Both spins may be of the same character | Maximum 1 Sequence:<br>Choreographic step sequence* (ChSt)<br>Must use one-half of the ice surface<br>Moves in the field and spiral sequences are allowed but will not be counted as elements<br>Jumps may be included in the step sequence |





# Adult 1-6, Beginner-High Beginner Compulsory

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level
- 

| Level                              | Time                | Elements  |
|------------------------------------|---------------------|---|
| <b>Adult 1</b>                     | <b>1:30<br/>Max</b> | <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 on one or two feet</li> </ul>  |
| <b>Adult 2</b>                     | <b>1:30<br/>Max</b> | <ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides, both feet</li> <li>• Forward slalom</li> <li>• Backward wiggles</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>  |
| <b>Adult 3</b>                     | <b>1:30<br/>Max</b> | <ul style="list-style-type: none"> <li>• Forward stroking with proper blade use</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>   |
| <b>Adult 4</b>                     | <b>1:30<br/>Max</b> | <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>   |
| <b>Adult 5</b>                     | <b>1:30<br/>Max</b> | <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>   |
| <b>Adult 6</b>                     | <b>1:30<br/>Max</b> | <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 one foot)</li> </ul>  |
| <b>Adult<br/>Beginner</b>          | <b>1:30<br/>Max</b> | <ul style="list-style-type: none"> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• Forward beginning one-foot spin from backward crossovers (min. 2 revs.)</li> <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> |
| <b>Adult<br/>High<br/>Beginner</b> | <b>1:30<br/>Max</b> | <ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• Half 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 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
- 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

### ADULT 1 — 1:30 MAX

#### ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop, one or two feet

### ADULT 4 — 1:40 MAX

#### ELEMENTS

- 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 2 — 1:40 MAX

#### ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward wiggles
- Backward swizzles, 4-6 in a row

### ADULT 5 — 1:40 MAX

#### ELEMENTS

- 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 3 — 1:40 MAX

#### ELEMENTS

- Forward stroking with proper blade use
- 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 6 — 1:40 MAX

#### ELEMENTS

- 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 one foot)

# **Adult Beginner – High Beginner Skate Program with Music**

## **GENERAL EVENT PARAMETERS:**

- Skaters will skate to the music of their choice; 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.

| <b>ADULT BEGINNER — 1:40 MAX</b>  |  |  |   |
|---|--|--|---|
| <b>JUMPS</b>  | <b>SPINS</b>   | <b>STEP SEQUENCES</b>  | <b>QUALIFICATIONS</b>   |
| 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 Learn to Skate USA Free Skate 1 |
| <b>ADULT HIGH BEGINNER — 1:40 MAX</b>   |  |  |   |
| <b>JUMPS</b>  | <b>SPINS</b>   | <b>STEP SEQUENCES</b>  | <b>QUALIFICATIONS</b>   |
| Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, half flip, half Lutz, half loop, toe loop, Salchow</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 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          |



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# Adaptive Skating -Special Olympics

## 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.

|  |  |
|--|--|
| <p><b>Badge 1</b></p> <ul style="list-style-type: none"> <li>Stand unassisted for five seconds</li> <li>Sit on ice or fall and stand up unassisted</li> <li>Knee dip standing still unassisted</li> <li>March forward 10 steps assisted</li> </ul>                                     | <p><b>Badge 7</b></p> <ul style="list-style-type: none"> <li>A) Backward stroking across the rink</li> <li>B) Gliding backward to forward two-foot turn</li> <li>C) T-stop (R and L)</li> <li>D) Forward two-foot turn on a circle (R and L)</li> </ul>  |
| <p><b>Badge 2</b></p> <ul style="list-style-type: none"> <li>March forward ten steps unassisted</li> <li>Swizzles, standing still — three repetitions</li> <li>Backward wiggles or march assisted</li> <li>Two-foot glide forward for distance of at least length of body</li> </ul>   | <p><b>Badge 8</b></p> <ul style="list-style-type: none"> <li>Five consecutive forward crossovers (R and L)</li> <li>Forward outside edge (R and L)</li> <li>Five consecutive backward half-swizzles on a circle (R and L)</li> <li>Two-foot spin</li> </ul>  |
| <p><b>Badge 3</b></p> <ul style="list-style-type: none"> <li>Backward wiggles or march</li> <li>Five forward swizzles covering at least 10 feet</li> <li>Forward skating across the rink</li> <li>Forward gliding dip covering at least length of body (R and L)</li> </ul>            | <p><b>Badge 9</b></p> <ul style="list-style-type: none"> <li>Forward outside three-turn (R and L)</li> <li>Forward inside edge (R and L)</li> <li>Forward lunge or shoot the duck at any depth</li> <li>Bunny hop</li> </ul>   |
| <p><b>Badge 4</b></p> <ul style="list-style-type: none"> <li>Backward two-foot glide covering at least length of body</li> <li>Two-foot jump in place</li> <li>One-foot snowplow stop (R and L)</li> <li>Forward one-foot glide covering at least length of body: (R and L)</li> </ul> | <p><b>Badge 10</b></p> <ul style="list-style-type: none"> <li>Forward inside three-turn (R and L)</li> <li>Five consecutive backward crossovers (R and L)</li> <li>Hockey stop</li> <li>Forward spiral three times length of body</li> </ul>   |
| <p><b>Badge 5</b></p> <ul style="list-style-type: none"> <li>Forward stroking across rink</li> <li>Five backward swizzles covering at least 10 feet</li> <li>Forward two-foot curves left and right across rink</li> <li>Two-foot turn front to back, in place</li> </ul>              | <p><b>Badge 11</b></p> <ul style="list-style-type: none"> <li>Consecutive forward outside edges — minimum of two on each foot</li> <li>Consecutive forward inside edges — minimum of two on each foot</li> <li>Forward inside mohawk (R and L)</li> <li>Consecutive backward outside edges — minimum of two on each foot</li> <li>Consecutive backward inside edges — minimum of two on each foot</li> </ul> |
| <p><b>Badge 6</b></p> <ul style="list-style-type: none"> <li>Gliding forward to backward two-foot turn</li> <li>Five consecutive forward half-swizzles on circle (R and L)</li> <li>Backward one-foot glide length of body (R and L)</li> <li>Forward pivot</li> </ul>                 | <p><b>Badge 12</b></p> <ul style="list-style-type: none"> <li>Waltz jump</li> <li>One foot spin, minimum of three revolutions</li> <li>Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counter clockwise</li> <li>Combination of three moves chosen from badges 9-12</li> </ul>  |

# Spin Challenge

## GENERAL EVENT PARAMETERS:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice
- Minimum number of revolutions are noted in parentheses

| Level                  | Time            | Skating rules/standards  |
|------------------------|-----------------|--|
| <b>Beginner</b>        | <b>1:30 max</b> | Upright one-foot spin (3)<br>Upright back spin (3)<br>Sit spin (3)   |
| <b>High Beginner</b>   | <b>1:30 max</b> | Upright one-foot spin (4)<br>Upright spin with change of foot (3 each foot)<br>Sit spin (3)  |
| <b>No Test</b>         | <b>1:30 max</b> | Upright spin with change of foot (3 each foot)<br>Sit spin (3)<br>Camel spin (3)   |
| <b>Pre-Preliminary</b> | <b>1:30 max</b> | Spin with one change of position and no change of foot (6)<br>Backward sit spin (3)<br>Camel spin (4)  |
| <b>Preliminary</b>     | <b>1:30 max</b> | Spin with one change of foot and one change of position (min. 3 each foot)<br>Change sit spin (min 3. each foot)<br>One position spin, skater's choice (upright, sit or camel) (4) |
| <b>Adult Beginner</b>  | <b>1:30 max</b> | Pivot<br>Upright two-foot spin (2)   |



# Jumps Challenge

## GENERAL EVENT PARAMETERS:

- Each jump may be attempted twice; the best attempt will be counted
- To be skated on half-ice

| Level           | Time     | Skating rules/standards   |
|-----------------|----------|---|
| Beginner        | 1:15 max | Waltz jump (from backward crossovers)<br>Half flip or half Lutz<br>Single Salchow                     |
| High Beginner   | 1:15 max | Waltz jump (from backward crossovers)<br>Single Salchow<br>Jump combination: waltz jump-toe loop      |
| No Test         | 1:15 max | Single toe loop<br>Single loop<br>Jump combination: Any two half or single revolution jumps (no Axel) |
| Pre-Preliminary | 1:15 max | Single toe loop<br>Single flip<br>Jump combination: Any two half or single revolution jumps (no Axel) |
| Preliminary     | 1:15 max | Single flip<br>Single Lutz<br>Jump combination: Any single jump + single loop (may be Axel)           |
| Adult Beginner  | 1:15 max | Mazurka or ballet jump<br>Waltz jump  |



## Showcase Events

Showcase events are open to skaters in the Basic, Free Skate and limited beginner levels. 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.

Show costumes are permitted if 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 competitors within one minute on and off of the ice. A 0.1 deduction will be assessed by the referee against each judge's mark for every 10 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 loss 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. The 6.0 judging system 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 [usfigureskating.org](http://usfigureskating.org).*

## Showcase Events

| LEVEL   | ELEMENTS   | QUALIFICATIONS   | PROGRAM LENGTH |
|---|--|--|----------------|
| <b>Basic 1-6</b>                                      | Elements only from Basic 1-6 curriculum  | May not have passed any higher than Basic 6 level.                     | Time 1:00 Max  |
| <b>Free skate 1-6/<br/>Beginner/High<br/>Beginner</b> | 3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop. | May not have passed any official U.S. Figure Skating free skate tests. | Time: 1:30 Max |

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**2021 Ann Arbor Skills & Showcase**  
**Sunday May 23, 2021**



**Entry Form [PLEASE PRINT CLEARLY]**

Name \_\_\_\_\_  
*First Last*

Age \_\_\_\_\_ **Birth Date** \_\_\_\_\_

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

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

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

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

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

| <b>\$50 for First Event; \$20 for Second Event; \$10 for Each Additional Event</b> |                     |                                  |                                  |   |  |
|--|---------------------|----------------------------------|----------------------------------|---|--|
| <b>Basic Compulsory</b>  | <b>Compulsory</b>   | <b>SPEC.OLYMPICS</b>             | <b>Adult Compulsory</b>          | <b>Adult Prog w/Music</b>                         |  |
| Snowplow Sam*  | Pre Free Skate*     | Badge 1*                         | Adult 1                          | Adult 1   |  |
| Basic 1*   | Free Skate 1        | Badge 2*                         | Adult 2                          | Adult 2   |  |
| Basic 2*   | Free Skate 2        | Badge 3*                         | Adult 3                          | Adult 3   |  |
| Basic 3*   | Free Skate 3        | Badge 4*                         | Adult 4                          | Adult 4   |  |
| Basic 4*   | Free Skate 4        | Badge 5*                         | Adult 5                          | Adult 5   |  |
| Basic 5*   | Free Skate 5        | Badge 6*                         | Adult 6                          | Adult 6   |  |
| Basic 6*   | Free Skate 6        | Badge 7*                         | Adult Beginner                   | Adult Beginner                                    |  |
|  | Excel Beginner      | Badge 8*                         | Adult High Beg                   | Adult High Beg                                    |  |
| <b>Basic Prog w/Music</b>  | Excel High Beginner | Badge 9*                         |                                  |   |  |
| Snowplow Sam*  |                     | Badge 10*                        |                                  |   |  |
| Basic 1*   | <b>Free Skate</b>   | Badge 11*                        |                                  | <b>Artistic Showcase</b><br>(4 additional events) |  |
| Basic 2*   | Pre Free Skate*     | Badge 12*                        |                                  | Basic 1-6   |  |
| Basic 3*   | Free Skate 1        | <b>Jumps (additional events)</b> | <b>Spins (additional events)</b> | Free Skate 1-6                                    |  |
| Basic 4*   | Free Skate 2        | Beginner                         | Beginner                         | Beginner  |  |
| Basic 5*   | Free Skate 3        | High Beginner                    | High Beginner                    | High Beginner                                     |  |
| Basic 6*   | Free Skate 4        | No-Test                          | No-Test                          |   |  |
|  | Free Skate 5        | Pre-Preliminary                  | Pre-Preliminary                  |   |  |
|  | Free Skate 6        | Preliminary                      | Preliminary                      |   |  |
|  | Excel Beginner      |                                  |                                  |   |  |
|  | Excel High Beginner |                                  |                                  |   |  |

*Entry Fees are not refundable after the entry deadline unless an event is cancelled.*

*If you are not a LTS USA or USFSA member add \$15 to fee / enter through our Basic Skills Program*

First Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Join LTS USA \$ \_\_\_\_\_  
**TOTAL:** \$ \_\_\_\_\_

**ENTRIES MUST BE POST MARKED BY May 7, 2021**

Mail form and fees to: Craig Forsyth c/o AAFSC  
 2121 Oak Valley Drive, Ann Arbor, MI 48103

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

INTERESTED IN PAYING BY CREDIT CARD?

<https://form.jotform.com/aafsc/annarbor-skills-showcase>

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**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 Ann Arbor Figure Skating Club and The Ann Arbor Ice Cube 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 Ann Arbor Skills & Showcase/Basic Skills Series, I understand that the Ann Arbor Skills & Showcase/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 Ann Arbor Skills & Showcase/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 Ann Arbor Skills & Showcase /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 <input type="checkbox"/> USFS # _____   |                       |
| If you are not registered, go to <a href="http://www.usfigureskating.org">www.usfigureskating.org</a> , click on the Coaches Registration button and follow the instruction for registration. |                       |
| <b><u>COACHES WILL BE REQUIRED TO CHECK IN AT REGISTRATION AT EACH EVENT</u></b>  |                       |
| 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 AAFSC       | ____ Events to be entered checked properly   |



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## 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.

