



Skate the Gate – Basic Skills & Showcase Competition

Southgate Figure Skating Club - Southgate Ice Arena

14700 Reaume Parkway - Southgate, MI 48195

October 23, 2021

Entry Deadline October 1, 2021

The Skate the Gate Basic Skills & Showcase Competition, sponsored by the Southgate Figure Skating Club will be held at the Southgate Civic Arena on October 23, 2021. The ice surface measures 20 X 85 feet. This is a United State Figure Skating approved Basic Skills Competition. Questions regarding this competition should be direct to Jackie Timm at ms.j.timm@gmail.com.

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

COVID-19 INFORMATION- The Southgate Figure Skating Club and Southgate Ice Arena will be complying with all Federal, State, and Local regulations and any additional public health notices in place at the time of the Skate the Gate Basic Skills and Showcase.

- All skaters will be sent out the following forms which must be completed and returned (electronically) at least one week prior to the event.
 - o (1) SFSC Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19
 - o (2) Southgate Civic Arena Assumption of the Risk & Waiver of Liability Relating to COVID-19

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, and Well Balanced levels eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition

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 **October 1st, 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.

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

Attn: Jackie Timm

14700 Reaume Pkwy

Southgate, MI 48195

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

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

Registration – The registration table will be open one 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. Competitors must have a spare CD at rink side to be used in case of technical difficulties.

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

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

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice with music.
- The skater may use elements from a previous level.
A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

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

PRE-FREE SKATE 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.

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.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none">• Waltz jump• 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 counter clockwise.• Basic one-foot upright spin, optional entry and free-foot position - minimum three revolutions• Mazurka• Waltz jump• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>

EXCEL COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

Skaters may have the option to skate one level higher in compulsories than free skate program.

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	Toe loop jump Salchow jump One-foot upright spin - minimum 3 revolutions Choreographic step sequence
Excel High Beginner	1:15 max.	Loop jump Salchow/toe loop combination Sit spin - minimum 3 revolutions Choreographic step sequence
Level	Time	Skating rules/standards
Excel Pre- Preliminary	1:15 max.	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.	Lutz jump Flip/loop jump combination Camel, sit combination spin – minimum 6 revolutions total Choreographic step sequence

EXCEL FREE SKATE

General event parameters:

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

Skaters will skate to the music of their choice.

Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

Skaters will skate to the music of their choice.

Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

<p style="text-align: center;">Excel Beginner Free Skate</p> <p style="text-align: center;">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> <p>Jumps with no more than one -half rotation (<i>front to back or back to front</i>)</p> <p>Single rotation jumps: Salchow, toe loop only</p> <p>Eulers (<i>half loops</i>) are not allowed.</p> <p>Maximum 2 jump combina- tions or sequences. One 3-jump combination is allowed.</p> <p>[<i>Jump sequence is any listed jump immediately followed by a waltz jump</i>]</p> <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <p>Two upright spins No change of foot No flying entry Minimum 3 revolutions</p>	<p>Maximum 1 Se- quence:</p> <p>Choreographic Step Sequence* (ChSt)</p> <p>Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>
<p style="text-align: center;">Excel High Beginner Free Skate</p> <p style="text-align: center;">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> <p>Jumps with no more than one -half rotation (<i>front to back or back to front</i>)</p> <p>Single rotation jumps: toe loop, Salchow, Euler (<i>half loop</i>), loop</p> <p>Flip, Lutz, & Axel NOT permitted</p> <p>Maximum 2 jump combina- tions or sequences. One 3-jump combination is allowed [<i>Jump sequence is any listed jump immedi- ately followed by a waltz jump</i>]</p> <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <p>Both spins must be in a single position [<i>no change of foot</i>]</p> <p>No flying entry Permitted forward spins: upright, sit, camel</p> <p>Permitted back spins: upright</p> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p>	<p>Max. 1 Sequence:</p> <p>Choreographic Step Sequence* (ChSt)</p> <p>Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>

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	Max 5 Jump Elements All single jumps allowed except for the single Axel 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 Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence Step Sequence 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	Max 5 Jump Elements All single jumps, including the single Axel, allowed 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 Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence Step Sequence 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	Max 5 Jump Elements 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) 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 Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence Step Sequence 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

SPECIAL OLYMPICS BADGE 1-12

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

Badge 1

- A. Stand unassisted for five seconds
- B. Sit on ice or fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

Badge 2

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

Badge 3

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: left and right

Badge 4

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

Badge 5

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot turn front to back, on the spot

Badge 6

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

Badge 7

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

Badge 8

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward $\frac{1}{2}$ swizzles on a circle: left and right
- 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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SHOWCASE EVENTS

Skaters must enter at the same level as their free skate event or one level higher

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided competitors within one minute on and off.

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 suffi-

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Showcase 1 Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Showcase 2 Pre-Free Skate/Beginner/ High Beginner	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate or free dance tests.	Time: 1:30 max.
Showcase 3 No Test/Pre-Preliminary	No Axels or Double Jumps	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.	Time: 1:30 max.
Showcase 4 Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.

Event #13 Skate the Gate Skills & Showcase

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 _____

\$50 for First Event; \$20 for Second Event; \$10 for Each Additional Event							
Basic Compulsory		Compulsory		Special Olympics		Showcase	
Snowplow Sam*		Pre Free Skate*		Badge 1*		Showcase 1	
Basic 1*		Excel Beginner*		Badge 2*		Showcase 2	
Basic 2*		Excel High Beg*		Badge 3*		Showcase 3	
Basic 3*		Excel Pre-Prelim		Badge 4*		Showcase 4	
Basic 4*		Excel Preliminary		Badge 5*			
Basic 5*		Free Skate		Badge 6*			
Basic 6*		Pre Free Skate*		Badge 7*			
		Excel Beginner*		Badge 8*			
Basic Prog w/Music		Excel High Beg*		Badge 9*			
Snowplow Sam*		Excel Pre-Prelim		Badge 10*			
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					

Male _____ Female _____ Name of Parent/Guardian _____

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
Oct. 1, 2021**

Mail form and fees to:

Attn: Jackie Timm, 14700 Reaume Pkwy,
Southgate, MI 48195

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

Certification of Competitor

Competitor Name: _____

The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the Southgate FSC and Southgate Civic Arena harmless from any and all liability either during practice or the competition, from any and all liability for damages to or loss of property.

As a participant, or parent/guardian of a minor participant, in the Skate the Gate Basic Skills and Showcase/Basic Skills Series, I understand that the Skate the Gate Basic Skills and 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 at Skate the Gate Basic Skills and 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 Skate the Gate Basic Skills and 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

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 _____

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

CHECKLIST [please be sure the following is included]:

____ Entry form with USFSA Number

____ Club Officer/Program Director Signature

____ Check payable to **SFSBC**

____ Events to be entered checked properly