



Livonia Basic Skills and Showcase

Compete USA

August 21, 2021

Snowplow Sam thru Basic 6;
Pre-Free Skate thru Free Skate 6.
Excel Beginner thru Excel Preliminary
Showcase
Registration Deadline: July 15, 2021

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

Contact Information: Livoniafigureskatingclub@gmail.com



COVID-19 INFORMATION:

The Livonia Figure Skating Club and Livonia Civic Arenas and the Eddie Edgar 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 Livonia Basic Skills and Showcase**, including recommendations from US Figure Skating. Masks will be required for entry to the facility. Additional requests concerning health screening and limiting spectators may be necessary and that will be communicated to the competitors and coaches within 1 week of the event.

- **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 always maintained.** The CDC recommends 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 Eddie Edgar Ice Arena and must be credentialed. Chaperones and/or spectators will only be allowed in the facility immediately prior to and during their respective competitive events.
- **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) LFSC Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19
 - (2) Eddie Edgar Assumption of the Risk & Waiver of Liability Relating to COVID-19

ELIGIBILITY/TEST LEVEL: Test level: Competition level is the highest test passed as of the entry deadline; in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

ENTRY FEES: Entry fees are per person – All events are \$50.00 for the first event and each additional event is \$20.00.

ENTRY: It is preferred that entries to be completed online thru sk8stuff.com and paid by credit card OR Entry forms may be filled out legibly and completely and mailed with a check made payable for Livonia Figure Skating Club to:

Lindsay Bakken- LFSC
33841 Lyndon
Livonia, MI 48154

- 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.

SCHEDULE: Competitors may be scheduled on any day or time for the announced dates of the competition. Notification of competition and practice ice times will be available via EMA (members only) website.

FACILITIES: The competition will be held at the Eddie Edgar Ice Arena , 33841 Lyndon Livonia, MI 48154.

MUSIC: The music for all free skating programs with music will be supplied by skater. Music should be on a 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.

LIABILITY: U.S. Figure Skating, the Livonia Figure Skating Club and the Eddie Edgar Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition- in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM: The 6.0 Judging System will be used for all events.

REGISTRATION: The registration desk will be open one hour before the first event and run through the last event of the day. All competitors are asked to arrive at the arena at least 45 minutes prior to their event. The registration table will be in the arena lobby. Please register promptly upon arrival.

SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. 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.**

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 • Mohawk, right to left and left to right • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

- To be skated on ½ ice.

- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

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

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

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

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

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.

<p>Excel Beginner</p> <p>1:40 Max.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 4 jump elements: 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</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Two upright spins No change of foot No flying entry</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) 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>
<p>Excel High Beginner</p> <p>1:40 Max.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: 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</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Both spins must be in a single position <u>No change of foot</u> No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) 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>
<p>Excel Pre-Preliminary</p> <p>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>Learn to Skate USA membership <u>OR</u> full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins: One spin must be in a single position <u>with no change of foot*</u> One spin may change feet or position, <u>but not both</u> No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) 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>
<p>Excel Preliminary</p> <p>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: All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins: <u>One spin must be a camel or layback spin with no change of foot and no change of position*</u> One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) 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>

<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: 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</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins: One spin must be in a single position* <u>No change of foot</u> <u>No flying entry</u> One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) 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>
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SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

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

JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

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

