



Skate Midland 2021
Midland Figure Skating Club
Midland Civic Arena ♦ 405 Fast Ice Drive, Midland, MI
www.midlandfigureskatingclub.org

October 23, 2021

Registration Deadline: October 1, 2021

The 18th Skate Midland, sponsored by the Midland Figure Skating Club will be held at the Midland Civic Arena on October 23, 2021. The ice surface measures 200 x 100 feet. This is a United States Figure Skating approved Basic Skills Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be directed to Karen Boswell, e-mail kboswell99@gmail.com, (989) 695-4832 or Sue Bakke, e-mail suebakke@yahoo.com, (989) 631-6242. E-mail communications are preferred.

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

Eligibility - The Competition is open to ALL skaters who are current members of either Learn To Skate USA and/or those who are 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 a current registered member of Learn to Skate USA or a full member of U.S. Figure Skating. 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, Free Skate 1-6, Excel, Well Balanced, and Adult levels eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition

Rules – The competition will be conducted under the rules set forth by the US Figure Skating Learn to Skate USA "Compete USA Competition Manual" program.

COVID-19 INFORMATION – The Midland Figure Skating Club and Midland Civic Arena will comply 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.

Currently, all unvaccinated attendees are required to properly wear face coverings over their nose and mouth and secured under their chin while in a facility (exception: skaters may remove when on the ice or warming up outdoors).

U.S. Figure Skating Waivers are a requirement for ALL athletes. The online waivers must be completed via Members Only prior to the competition, instruction here.

One week prior to the competition, a virtual meeting will be held to cover safety protocols. All participants and coaches will receive an invitation to the meeting.

Entry Fees – The first event is \$50, all additional events are \$20. All entries must be postmarked no later than October 1, 2021. Late entries will be accepted at the discretion of the LOC, and are subject to a possible \$15 late fee. Entry fees are per person, U.S. dollars.

Entry – It is preferred that entries be completed on-line through sk8stuff.com and paid by credit card. Entry forms may be filled out **LEGIBLY and completely and mailed with a check made payable to MFSC – Competitions to:**

Sue Bakke
2907 Valorie Lane
Midland, MI 48640

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

Approval Code: 30124



Skate Midland 2021 - [Like us on](#)



General Business

Awards – All competitors will receive a medal. All events are final rounds. ALL awards will be made at appropriate times throughout the competition. A podium will be available for group and individual photos.

Registration – The registration table will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. ***Please register at least one hour before your competition time.***

Schedule of Events - Schedule will be posted on the Internet at the Figure Skater's Website – www.sk8stuff.com

Music - The music for all free skating programs with music will be supplied by skater should be provided on CD. The CD is to be turned into registration. 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 \$10 at the door or pre-register using the attached form.

Approval Code: 30124



Skate Midland 2021 - *Like us on*



General Business

SNOWPLOW SAM – BASIC 6 ELEMENTS

- Each skater will perform each element when directed by a judge/referee. Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Skating rules/standards
Snowplow Sam	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward 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 • 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 free leg held position and entry • T-stop, right or left

Approval Code: 30124



Skate Midland 2021 - [Like us on](#)



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

Approval Code: 30124



Skate Midland 2021 - [Like us on](#)



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"> • 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 (R & L) and forward inside spiral (R & L) 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 • 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 4 revolutions total • Waltz jump-Euler (half loop)-Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

Approval Code: 30124



Skate Midland 2021 - [Like us on](#)



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 • NOT ALLOWED -Waltz jump-side toe hop-waltz jump
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 • NOT ALLOWED – Waltz jump-toe loop jump combination
Free Skate 2	1:40 max	<ul style="list-style-type: none"> • Alternating forward outside spiral (R & L) and forward inside spiral (R & L) on a continuous axis • Beginning back spin, optional entry and free foot position, maximum 2 revolutions • Half Lutz • Salchow jump • NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop jump combination
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 • NOT ALLOWED – Waltz-loop jump combination
Free Skate 4	1:40 max	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump • NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump combination
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 ince • 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

Approval Code: 30124



Skate Midland 2021 - [Like us on](#)



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

WELL BALANCED LEVELS COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

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

Approval Code: 30124



Skate Midland 2021 - [Like us on](#)



EXCEL FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

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

Approval Code: 30124



Skate Midland 2021 - Like us on



General Business

<p>Excel Pre-Preliminary 1:40 Max.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre- preliminary free skate test</p> <p>*means required element</p> <p>Learn to Skate OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position with no change of foot* One spin may change feet or position, but not both No flying entry Minimum 3 revolutions Spins must be of a different character <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
<p>Excel Preliminary 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be a camel or layback spin with no change of foot and no change of position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
<p>Excel Preliminary Plus 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, including single Axel No double, or higher jumps allowed Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position* No change of foot One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence

Approval Code: 30124



Skate Midland 2021 - Like us on



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 <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <p>Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump)</p>	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
Pre-Preliminary Time: 1:40 Max	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
Preliminary Time: 1:30 +/- 10 sec. max	Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed <ul style="list-style-type: none"> • Jump sequence is any listed jump followed immediately by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence

Approval Code: 30124



Skate Midland 2021 - [Like us on](#)



General Business

ADULT 1-6, BEGINNER-BRONZE COMPULSORY

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

Approval Code: 30124



Skate Midland 2021 - [Like us on](#)



ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:30 Max	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward wiggles • Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	<ul style="list-style-type: none"> • 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 4	1:40 Max	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:40 Max	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:40 Max	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)

Approval Code: 30124



Skate Midland 2021 - [Like us on](#)



ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	<p>Max. 4 jump elements</p> <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and Waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	<p>Max. 2 spins</p> <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than Learn to Skate USA Free Skate 1</p>
Adult High Beginner 1:40 Maximum	<p>Max 4 jump elements:</p> <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ loop, ½ flip, ½ Lutz, toe loop, Salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	<p>Max 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed any U.S. Figure Skating Free Skate tests</p>
Adult Pre-Bronze 1:40 Maximum	<p>Max 4 Jump Elements: Max 2 combinations or sequences</p> <ul style="list-style-type: none"> • 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps • Jump sequence is any listed jump immediately followed by an Axel-type jump • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted • No single Lutz, single Axel, double or triple jumps are permitted 	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Min 3 revs • A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin 	<p>Connecting steps throughout the program are required</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate</p>
Adult Bronze 1:50 maximum	<p>Max 4 Jump Elements:</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences [Jump sequence is any listed jump immediately followed by an Axel-type jump]; • 1 combination may contain 3 jumps, and the other may contain only 2 jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> • 1 Choreographic Step Sequence, fully utilizing at least half of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such 	<p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate</p>

Approval Code: 30124



Skate Midland 2021 - [Like us on](#)



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 wiggles 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 10 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, in place

Badge 6

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

Badge 7

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

Badge 8

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward ½ swizzles on a circle: left and right
- D. Two-foot spin

Badge 9

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

Badge 10

- A. Forward inside three-turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

Badge 11

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

Badge 12

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12

Approval Code: 30124

Additional Event: Aspire Pairs

Intro to Pairs Class

PARTNERED MOVES – Compete USA Challenge

Exciting event to compete with a friend, improve your Singles, Pairs, Dance and Synchro skills!
Two competitors per team, composed of any combination Male and Female (F/F, M/M, M/F).
Recommended to be Pre-Free Skate to Free Skate 6

- No Music.
- Use of full Ice.
- Total Program time, all levels, Maximum 2:10.
- 5 couples per warm-up with 5:00 warm up.

<i>Elements may be skated in <u>any</u> order:</i>	Neither partner passed any move test but working towards.	One partner passed no higher than Pre-Preliminary moves	One partner passed no higher than Preliminary moves
One solo jump Skated side by side	Single Jump Waltz jump, Salchow or Toe Loop	Single Jump Loop, Flip and Lutz jump may be performed at this level	Single Axel Any single jump may be performed including axel
A skating skills sequence	Full circle of crossovers “connected” max. 5 Forward Crossovers, both directions	Full circle in unison max. 5 Backward Crossovers, both directions	Full circle in unison or mirrored-unison, max. 5 Forward to Backward Crossovers both directions
A pair / dance partnered spin	Min. 3 Revolutions Two feet No position changes	Min. 4 Revolutions Two feet allowed If on one foot, no change of feet	Min. 3 Revolutions One foot No change of feet
A side by side solo spin	Spin in One Basic Position min. 3 revolutions No Change of feet No Difficult Variations	Spin with minimum one change of position min. 5 revolutions No Difficult Variations No change of feet	Spin with all 3 basic positions min. 6 revolutions No Difficult Variations With or without change of feet
One jump combination or jump sequence, skated side by side	Single Jumps Waltz jump, Salchow or Toe Loop	One jump must be a Loop, Flip or Lutz Three-Jump Combinations allowed	One jump must be Loop, Flip, Lutz or Axel Three-Jump Combinations allowed
Choreographic Step Sequence	Must use one-half of the ice surface; Moves in the field and spiral sequences are allowed but will not be counted as elements	Must use one-half of the ice surface; Moves in the field and spiral sequences are allowed but will not be counted as elements	Must use full ice surface; Moves in the field and spiral sequences are allowed but will not be counted as elements

Approval Code: 30124



Skate Midland 2021 - Like us on



Additional Event: 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.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright back spin (3) • Sit spin (3)
High Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (4) • Upright spin with change of foot (3 each foot) • Sit spin (3)
No Test	1:30 max.	<ul style="list-style-type: none"> • Upright spin with change of foot (3 each foot) • Sit spin (3) • Camel spin (3)
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> • Spin with one change of position and no change of foot (6) • Backward sit spin (3) • Camel spin (4)
Preliminary	1:30 max.	<ul style="list-style-type: none"> • 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)
Adult Beginner	1:30 max.	<ul style="list-style-type: none"> • Pivot • Upright Two-foot spin (2)
Adult Pre-Bronze	1:30 max.	<ul style="list-style-type: none"> • Upright One-foot spin (3) • Upright Two-foot spin (3)
Ault Bronze	1:30 max.	<ul style="list-style-type: none"> • Upright One-foot spin (3) • Solo spin with no change of foot (3) – must be different from the upright spin – may not fly

Approval Code: 30124



Skate Midland 2021 - Like us on



Additional Event: 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.	<ul style="list-style-type: none"> • Waltz jump (from backward crossovers) • ½ flip or ½ Lutz • Single Salchow
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump (from backward crossovers) • Single Salchow • Jump combination – Waltz jump-toe loop
No Test	1:15 max.	<ul style="list-style-type: none"> • Single toe loop • Single loop • Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ul style="list-style-type: none"> • Single toe loop • Single flip • Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Single flip • Single Lutz • Jump combination – Any single jump + single loop (may be Axel)
Adult Beginner	1:15 max.	<ul style="list-style-type: none"> • Mazurka or ballet jump • Waltz jump
Adult Pre-Bronze	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:15 max.	<ul style="list-style-type: none"> • Salchow • Toe loop • Any single jump plus a toe loop combination (no Axels allowed)

Approval Code: 30124



Skate Midland 2021 - Like us on



General Business

Additional Event: Showcase

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. 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. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judges' mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

* For specific guidelines regarding the conduct of Showcase or Artistic competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up.
- **Dramatic Entertainment:** Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- **Light Entertainment:** Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- **Duets:** Theatrical/artistic performances by any competitors.

Approval Code: 30124



Skate Midland 2021 - Like us on



Additional Event: Showcase (continued)

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

Approval Code: 30124



Skate Midland 2021 - Like us on



Additional Event: Solo Pattern Dance

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

1. Preliminary: Rhythm Blues
Dutch Waltz

2. Pre-Bronze: Swing Dance
Cha-Cha

Additional Event: HOCKEY 1-4 Elements Events

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee.

- To be skated on 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p>Hockey 1</p> <ul style="list-style-type: none"> • Proper basic hockey stance, forward and backward • March forward across the ice, 8-10 steps • Two-foot glides and dips from forward marching • Forward swizzles/double C-cuts (4-6 in a row) • Stationary Snowplow Stop 	<p>Hockey 2</p> <ul style="list-style-type: none"> • Forward strides using 45 degree V-push, focus on good recovery and alternating arm drive • Forward C-cuts: single leg and alternating feet in a straight line • Backward hustle or march, then glide on two feet • Backward swizzles/double C-cuts (4-6) • Two-foot moving Snowplow stop
<p>Hockey 3</p> <ul style="list-style-type: none"> • Forward C-cuts (1/2 swizzle pumps) on a circle, both directions • Forward outside edges on half circles, alternating feet on the axis • Forward inside edges on half circles, alternating feet on the axis • Backward C-cuts on a circle, both directions • Backward snowplow stops, one foot and two feet V-stop 	<p>Hockey 4</p> <ul style="list-style-type: none"> • Quick starts using forward V-Start • Backward one-foot glide, right and left • Forward crossovers on a circle, clockwise and counterclockwise • Backward crossovers on a circle, clockwise and counterclockwise • Hockey stops (to right and left, with speed)

Approval Code: 30124



Skate Midland 2021 - Like us on



Skate Midland Entry Form [PLEASE PRINT CLEARLY]

Name _____ Age _____ **Birth Date** _____
 Last First
E-Mail Address _____
 Address _____ City _____
 State _____ Zip _____ Area Code/Phone # _____
Home Club _____ **USFSA #** _____ **Highest Level Passed** _____
 Male _____ Female _____ Name of Parent/Guardian _____

\$50 First Event; \$20 for Each Additional Event						
Basic Elements		EXCEL Compulsory		SPECIAL OLYMPICS		
Snowplow Sam		Excel Beginner		Badge 1	Beginner	
Basic 1		Excel High Beginner		Badge 2	High Beginner	
Basic 2		Excel Pre-Prelim		Badge 3	No Test	
Basic 3		Excel Preliminary		Badge 4	Pre-Preliminary	
Basic 4		EXCEL Free Skate		Badge 5	Preliminary	
Basic 5		Excel Beginner		Badge 6	Adult Beginner	
Basic 6		Excel High Beginner		Badge 7	Ad. Pre-Bronze	
Pre-Free/Free Skate Compulsory		Excel Pre-Prelim		Badge 8	Ad. Bronze	
Pre-Free Skate		Excel Preliminary		Badge 9	SPINS Challenge	
Free Skate Level		Excel Prelim Plus		Badge 10	Beginner	
		ADULT Comp/Free		Badge 11	High Beginner	
Basic Program w/Music		Adult 1		Badge 12	No Test	
Snowplow Sam		Adult 2		Pre-Free/Free Skate with music		
Basic 1		Adult 3		Pre-Free Skate	Preliminary	
Basic 2		Adult 4		Free Skate Level	Adult Beginner	
Basic 3		Adult 5		WELL BALANCED Compulsory		
Basic 4		Adult 6		No Test	Ad. Bronze	
Basic 5		Adult Beginner		Pre-Preliminary		
Basic 6		Ad. Hi Beginner		Preliminary		
SHOWCASE Single/Duet		Ad. Pre-Bronze		DANCE (select level as an added event)		
Basic 1-6		Ad. Bronze		PRELIMINARY		Pre-Bronze
Pre-Free/ Beg/Hi Beg /Ad 1-6/ Ad Hi Beg		HOCKEY Elements		Rhythm Blues Dutch Waltz	Swing Dance Cha-Cha	
No Test		Hockey 1		WELL BALANCED FREE		ASPIRE PAIRS
Pre-Preliminary		Hockey 2		No Test	No Test	
Ad. Pre-Bronze		Hockey 3		Pre-Preliminary	Pre-Preliminary	
Prelim/Adult Bronze		Hockey 4		Preliminary	Preliminary	

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

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

First Event \$ _____
 Additional Event \$ _____
 Additional Event \$ _____
 Additional Event \$ _____
 Join USFSA \$ _____
TOTAL: \$ _____

ENTRIES MUST BE POSTMARKED BY October 1, 2021

Mail form and fees to: Sue Bakke
 2907 Valorie Lane
 Midland, MI 48640

Make check or money order payable to **MFSC Competitions**.
 Interested in paying by credit card? Contact Karen Boswell
 processing fee to be included. 989-695-4832

Approval Code: 30124



Skate Midland 2021 - Like us on



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 Midland Figure Skating Club and the Midland 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.
2. As a participant, or parent/guardian of a minor participant, in the SKATE MIDLAND 2021/Basic Skills Series, I understand that the SKATE MIDLAND 2021/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 MIDLAND 2021/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 MIDLAND 2021/Basic Skills Series purpose, including dissemination and distribution of the same; and further waive any right to approve or object to any finished, modified or derivative product or media
3. I have read the Concussion Awareness Information located on www.sk8stuff.com and by signing below, I am agreeing to the terms and conditions.

Parent/Guardian Signature _____ Date _____

Club Officer/Program Director _____

Title _____ Date _____

COMPETITOR SIGNATURE _____ Date _____


Coach Signature: _____	Print Name: _____
	Please print clearly
Registered on USFS Coaches Registry for the current season? Yes <input type="checkbox"/> USFS # _____	
If you are not registered, go to www.usfigureskating.org , click on the Coaches Registration button and follow the instruction for registration.	
<u>COACHES WILL BE REQUIRED TO CHECK IN AT REGISTRATION AT EACH EVENT</u>	
Phone _____	E-mail Address: _____
	Please print clearly

CHECKLIST [please be sure the following is included]:

- | | |
|---|---|
| ___ Entry form (if not completed on-line) | ___ Club Officer/Program Director Signature |
| ___ Payment to MFSC Competitions | ___ Events to be entered checked properly |
| ___ Practice Ice/Happy Ad Form (optional) | |

Approval Code: 30124



Skate Midland 2021 - Like us on 

Skate Midland 2021 Basic Skills Competition
Midland Figure Skating Club
Midland Civic Arena ♦ 405 Fast Ice Drive ♦ Midland, MI 48642
Competition to be held on October 23, 2021

PRACTICE ICE: Practice Ice will be available on Saturday prior to the start of the competition and mid-day. Practice ice for those competing in events eligible for the Michigan Basic Skills Series points will be scheduled for practice ice prior to the start of the competition. The cost is \$10 for 20 minutes of ice time. Please reserve a spot for practice ice below. Only one (1) session may be reserved per skater. Practice ice will also be sold the day of the competition on a first come first serve basis.

Practice Ice Reservation (\$10 for 20 minutes of ice time)

Skater's Name: _____ E-mail: _____

Include payment for practice ice: \$10.00

HAPPY AD in Competition Program: Send a message to a fellow skater, a special thank you to your coach, or just a fun message to support your skater. You may submit .jpeg ready artwork electronically in business card size (2"x3") (e-mail: suebakke@yahoo.com) or add two lines of message below. You may purchase more than one ad to make a larger tribute.

_____ # of Business Card ads X \$5 = \$_____ **(must be submitted by October 1, 2021)**

Line 1: _____ (25 characters)

Line 2: _____ (25 characters)

Contact Name _____

Phone Number _____

Practice Ice: \$ _____

Happy Ad: \$ _____

Total: \$ _____ Check or Money Order payable to **MFSC-Competitions**

Mail check for Practice Ice Reservation and/or Happy Ad form to:

Sue Bakke
2907 Valorie Lane
Midland, MI 48640

Postmarked by October 1, 2021. This form may be submitted with entry forms

Approval Code: 30124



Skate Midland 2021 - Like us on

