

# Skate the Shores July 10, 2021



Basic Skills Competition  
**St. Clair Shores FSC**

St. Clair Shores Civic Arena ♦ 20000 Stephens ♦ St. Clair Shores, MI ♦ 48080

**July 10<sup>th</sup>, 2021**

**Deadline: June 25, 2021**

Skate the Shores hosted by the St. Clair Shores Figure Skating Club, will be held at the St. Clair Shores Civic Arena on July 10, 2021. The ice surface measures 85 x 200 feet. This is a United State Figure Skating approved Basic Skills Competition. Questions regarding this competition should be directed to Tekla Warezak, [teklamarie9@gmail.com](mailto:teklamarie9@gmail.com) or Lindsay O'Donoghue [odonoghuelindsay@gmail.com](mailto:odonoghuelindsay@gmail.com)

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

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

**Eligibility** - The Competition is open to ALL skaters who are current eligible [ER 100] members of either the Basic Skills Program and/or full members of US Figure Skating. To be eligible skater must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club. Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher. NO official US Figure Skating tests may have been passed including MIF or individual dances. For the Excel and Well Balances levels eligibility will be based only on highest free skate test level passed. Skaters may skate at the highest level passed OR one level higher BUT not both levels in the event during 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.

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2021 Michigan Basic Skills Series - Like us on



**COVID-19 INFORMATION** – The St. Clair Shores Figure Skating Club and Civic Arena will be complying with all Federal, State and Local regulations and any additional public health notices in place at the time of the competition, including recommendations from US Figure Skating. We thank you in advance for your full cooperation. In the event that a cancellation is required, a FULL refund, less processing fees, will be issued.

**All attendees are always 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). This is not only for your protection, but for the protection of others and is applied to all attendees.

- **Social distancing must be maintained at all times.** The CDC recommends a distance of 6 feet and separate pathways will be established within the venue (minimizing crossover and contamination).

- **Chaperones/Spectators/Coaches:** Due to COVID restrictions each skater will be allowed two adult chaperones and one coach at this time.

**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](#).

**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 **June 25, 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 SCSFSC**

Name: SCSFSC

Address: 20000 Stephens

St. Clair Shores, MI 48080

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

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

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

**Schedule of Events** - Schedule will be posted on the Internet at the Figure Skater's Website – [www.sk8stuff.com](http://www.sk8stuff.com)

**Music** - The music for all free skating programs with music will be supplied by skater should be provided on CD. The CD is to be turned 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. Detail will be provided either online or via email prior to the competition date. Sign-in and pay \$8 at the door.

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2021 Skate the Shores Basic Skills Competition

## SNOWFLOW SAM – BASIC 6 ELEMENTS

- Each skater will perform each element when directed by a judge. 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 Snowflow Sam skaters by level (1-4), if registrations warrant
- All elements must be skated in ordered listed

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

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2021 Skate the Shores Basic Skills Competition

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

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

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2021 Skate the Shores Basic Skills Competition

## PRE-FREE SKATE COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>

## PRE-FREE SKATE PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul>

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## EXCEL COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

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

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## EXCEL FREE SKATE

General event parameters:

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

### **Excel Beginner and Excel High Beginner Free Skate**

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

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## **Excel Pre-Preliminary, Excel Preliminary and Excel Preliminary Plus**

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

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# 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
<b>No-Test</b>  Time: 1:40 Max	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel                             <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> </ul> </li> </ul> Jump sequences limited to a maximum of 3 single jumps  *Jump sequence is any listed jump immediately followed by an axel type jump(waltz jump)	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<b>Pre-Preliminary</b>  Time: 1:40 Max	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed                             <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>○ 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"> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<b>Preliminary</b>  Time: 1:40 Max	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)                             <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ 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</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ 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"> <li>• Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>

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2021 Skate the Shores Basic Skills Competition

## ADULT 1-6, BEGINNER-BRONZE COMPULSORY

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, ½ ice.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

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

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2021 Skate the Shores Basic Skills Competition

## ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

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

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

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2021 Skate the Shores Basic Skills Competition

# 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"> <li>• Jumps limited to bunny hop, mazurka, ballet and Waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	<p>Max. 2 spins</p> <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating 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"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	<p>Max 2 spins:</p> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	<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:</p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences</li> </ul> <p>*1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. *Jump sequence is any listed jump immediately followed by an axel type jump</p> <ul style="list-style-type: none"> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No single Lutz, single Axel or double or triple jumps are allowed</li> </ul>	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> </ul>	<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"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Jump sequence is any listed jump immediately followed by an axel type jump</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence</li> </ul> <p>Must use at least ½ ice surface</p> <p>May include Moves in the Field and spirals</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate</p>

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2021 Skate the Shores Basic Skills Competition

**SPECIAL OLYMPICS EVENTS ARE ELIGIBLE FOR**  
**MICHIGAN BASIC SKILLS SERIES POINTS**

**SPECIAL OLYMPICS BADGE 1-12**

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

**Badge 1**

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

**Badge 2**

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

**Badge 3**

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

**Badge 4**

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

**Badge 5**

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

**Badge 6**

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

**Badge 7**

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

**Badge 8**

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

**Badge 9**

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

**Badge 10**

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

**Badge 11**

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

**Badge 12**

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

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**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 St. Clair Shores Figure Skating Club and the St. Clair Shores 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 the Shores /Basic Skills Series, I understand that the Skate the Shores /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 Shores /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 Shores /Basic Skills Series purpose, including dissemination and distribution of the same; and further waive any right to approve or object to any finished, modified or derivative product or media
3. I have read the Concussion Awareness Information located on [www.sk8stuff.com](http://www.sk8stuff.com) and by signing below, I am agreeing to the terms and conditions.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Club Officer/Program Director \_\_\_\_\_

Title \_\_\_\_\_ Date \_\_\_\_\_

COMPETITOR SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

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

**CHECKLIST [please be sure the following is included]:**

\_\_\_\_ Entry form with USFSA Number

\_\_\_\_ Club Officer/Program Director Signature

\_\_\_\_ Check payable to (SCSFSC)

\_\_\_\_ Events to be entered checked properly

Approval Code:





