



19th Annual Spring Splash May 14, 2022

This competition is endorsed by US Figure Skating.

The annual Basic Skills Competition sponsored by the Richmond Skating Stars will be held at the Richmond Ice Zone on Saturday, May 14, 2022.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and those who are full members of U.S. Figure Skating. To be eligible, skaters 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 Learn to Skate USA or a member club. There will be no more than six competitors maximum in an event and six will receive an award.

Eligibility and Test Requirements:

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the Pre-free skate, free skate 1-6, test track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

ENTRIES AND FEES -All entries must be postmarked no later than **April 2, 2022**. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers. Entry fees are per person, U.S. dollars. **The first event is \$60 and each additional event is \$30**. NO refunds after closing date unless event is canceled. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee. Checks can be made payable to the **Richmond Ice Zone** or a credit card number can be included on the entry form. There will be a \$40 fee for returned checks.

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first through sixth place.

SCHEDULE OF EVENTS – Will be posted on www.richmondskating.com at least one week prior to the event.

MUSIC - The music for all free skating programs and showcase must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds (unless specified).

Directions:

Directions are also available on our web site: www.richmondskating.com

From the North - Interstate 95 south to exit 79. Follow 195 south to Powhite Parkway. Follow Powhite Parkway to the Midlothian Turnpike exit. Take Midlothian Turnpike west about 4 miles to Johnston Willis Drive. Turn left between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

From the South - Interstate 95 north to Chippenham Parkway 150 North. Follow Chippenham to Midlothian Turnpike west. Take Midlothian Turnpike west about 6 miles to Johnston Willis Drive. Turn left between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

From the East - Interstate 64 west to 95 South. 95 South to the Downtown Expressway. Follow the Downtown expressway to the Powhite Parkway 76 South. Follow Powhite Parkway to the Midlothian Turnpike exit. Take Midlothian Turnpike west about 4 miles to Johnston Willis Drive. Turn left between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

From the West - Follow Rte 60 east through the village of Midlothian towards Richmond. After passing Chesterfield Town Center Mall turn right on Johnston Willis Drive, between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

Hotels:

Hampton Inn: (804) 897-2800
800 Research Road Richmond, VA 23236

Sheraton Park South: (804) 323-1144
9901 Midlothian Turnpike Richmond, VA 23235

DoubleTree by Hilton (804) 379-3800
1021 Koger Center Blvd Richmond, VA 23235

Questions? Contact Gaby Corcoran, Competition Director: (804) 378-7465 x104 gaby@richmondicezone.com



Level	Time	Skating rules/standards
Snowplow Sam	1:00 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	1:00 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	1:00 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 swizzles, 6-8 in a row
Basic 3	1:00 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	1:00 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	1:00 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	1:00 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 free leg held position and entry • T-stop, right or left

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 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

- Time: 1:15 maximum

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

- Time 1:40 max.

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, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka • 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 combination
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin- maximum 2 revolutions, optional entry and free foot position • Half Lutz • Salchow jump • NOT ALLOWED – Salchow/toe loop 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 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 (Euler) • Flip jump • NOT ALLOWED – Waltz/half-loop/Salchow sequence
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin – minimum 3 revolutions • Waltz-loop jump combination- • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps (half ice) • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ half-loop (Euler)/Salchow jump combination • Beginning Axel jump, minimum requirement is a clear attempt either stationary or moving

EXCEL COMPULSORY

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

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

LEVEL	TIME	SKATING RULES/STANDARDS
EXCEL BEGINNER	1:15 max	<ul style="list-style-type: none"> • Waltz 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 jump 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 • Camel spin, minimum 3 revolutions • Choreographic step sequence

EXCEL FREE SKATE

General event parameters:

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

EXCEL BEGINNER – 1:30 +/- 10 SECONDS

Learn to Skate USA membership OR full U.S. Figure Skating membership required

JUMPS	SPINS	STEP SEQUENCES
<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 • <u>Euler</u>s (half loops) are not allowed • Maximum 2 jump combinations or sequences. Combination jumps permitted <ul style="list-style-type: none"> • Waltz jump/toe loop and/or • Salchow/toe loop Sequence permitted <ul style="list-style-type: none"> • Waltz jump/ waltz jump (no turns or hops in between) 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 <p>Minimum 3 revolutions Max</p> <p>Level: Base</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

EXCEL HIGH BEGINNER – 1:30 +/- 10 SECONDS

Learn to Skate USA membership OR full U.S. Figure Skating membership required

JUMPS	SPINS	STEP SEQUENCES
<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, and Axel NOT permitted <p>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</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 <p>Minimum 3 revolutions Max</p> <p>Level: Base</p> <p>Both spins may be of the same character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

EXCEL PRE-PRELIMINARY – 1:30 +/- 10 SECONDS

Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test

*means required element

Learn to Skate USA membership OR full U.S. Figure Skating membership required

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel • No single <u>Axels</u>, 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 <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> • 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 <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

ADULT 1-6 PROGRAM 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.

ADULT 1 – 1:40 MAX

ELEMENTS

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

ADULT 4 – 1:40 MAX

ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, right and left
- Hockey stop, both directions

ADULT 2 – 1:40 MAX

ELEMENTS

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

ADULT 5 – 1:40 MAX

ELEMENTS

- Backward outside edge on a circle, right and left
- Backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin

ADULT 3 – 1:40 MAX

ELEMENTS

- Forward stroking using the blade properly
- 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 chases on a circle, clockwise and counterclockwise
- Backward snowplow stop, Right and Left

ADULT 6 – 1:40 MAX

ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)

ADULT INTRODUCTORY – BRONZE FREE SKATE PROGRAM

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.

ADULT BEGINNER – 1:40 MAX			
JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements <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 	Max 2 Spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any <u>U.S. Figure Skating Free Skate tests</u>
ADULT HIGH BEGINNER – 1:40 MAX			
JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 Spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any <u>U.S. Figure Skating Free Skate tests</u>
ADULT PRE-BRONZE – 1:40 MAX			
JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> o 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps o Jump sequence is any listed jump immediately followed by an <u>Axel-type jump</u> • 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 (<u>half flip and half lutz are permitted</u>) • No single Lutz, single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see <u>U.S. Figure Skating rule 4103 E</u>) • Min 3 revs • Spins with a flying entry are not permitted • 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 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than <u>U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate</u>

SHOWCASE EVENTS

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. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five 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 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: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
PRE-FREE SKATE - FREE SKATE 6/ BEGINNER/HIGH BEGINNER/ADULT 1-6/ ADULT BEGINNER/ADULT HIGH BEGINNER	3 jump maximum. Half-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 or 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

2022 SPRING SPLASH BASIC SKILLS COMPETITION ENTRY FORM



Skater's Name _____ Age _____ Gender _____

Address _____ City _____ State _____ Zip _____

Area Code/Phone # _____ Birth Date _____

Email Address _____ U.S. Figure Skating Number _____

Highest Level Passed _____ Program/Club Affiliation _____

Instructor's Name/email/Phone number _____

Please check the event(s) you are entering:

Basic Compulsories:

_____ Snowplow Sam _____ Basic 4
 _____ Basic 1 _____ Basic 5
 _____ Basic 2 _____ Basic 6
 _____ Basic 3

Basic Free Skate Program:

_____ Snowplow Sam _____ Basic 4
 _____ Basic 1 _____ Basic 5
 _____ Basic 2 _____ Basic 6
 _____ Basic 3

Free Skate Compulsories:

_____ Pre Free Skate
 _____ Free Skate 1
 _____ Free Skate 2
 _____ Free Skate 3
 _____ Free Skate 4
 _____ Free Skate 5
 _____ Freeskate 6

Free Skate Program:

_____ Pre Freeskate
 _____ Free Skate 1
 _____ Free Skate 2
 _____ Free Skate 3
 _____ Free Skate 4
 _____ Free Skate 5
 _____ Free Skate 6

Adult Freeskate:

_____ Adult 1 _____ Beginner
 _____ Adult 2 _____ High Beginner
 _____ Adult 3 _____ Pre Bronze
 _____ Adult 4
 _____ Adult 5
 _____ Adult 6

Excel Compulsories:

_____ Beginner
 _____ High Beginner
 _____ Pre -Preliminary

Excel Free Skate Program:

_____ Beginner
 _____ High Beginner
 _____ Pre Preliminary

Showcase:

*Please circle: **Dramatic** **Light Entertainment***

_____ Basic 1 - 6
 _____ Pre Freeskate/FS 1 -6/Beginner/High Beginner
 _____ No Test
 _____ Pre Preliminary
 _____ Preliminary
 _____ Adult Pre Bronze
 _____ Adult Bronze
 _____ Duet – Partner Name _____

Hockey Events (includes both **Elements & Skills Challenge**)

_____ Hockey 1 _____ Hockey 3 _____ 8U _____ 12U
 _____ Hockey 2 _____ Hockey 4 _____ 10U _____ 14U
 _____ Adult _____ 16U _____ 18U

ENTRY FEE IS \$60 FIRST EVENT (Duet \$30.00 per person) \$25 PER EACH ADDITIONAL EVENT

First Event \$ _____ Additional Event(s) \$25 x _____ = \$ _____ **Total: \$ _____**

Credit Card # _____ Exp. Date _____

Name on Card _____ Signature _____

Mail Entries to: Richmond Ice Zone 636 Johnston Willis Dr. N Chesterfield, VA 23236 Attn: Gaby Corcoran

The completed entry form, with fees, must be postmarked no later than April 2, 2022.

Make check payable to **Richmond Ice Zone** (or include credit card number) and mail to:

Richmond Ice Zone Attn: Gaby Corcoran 636 Johnston Willis Dr N Chesterfield, VA 23236.

For additional information contact: Gaby Corcoran, gaby@richmondicezone.com or 804-378-7564 x104

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Richmond Skating Stars/Richmond Ice Zone harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____ **Date** _____

Instructor/Coach Signature _____ **Date** _____

Program Director/Club Officer _____ **Date** _____

Team Entry

Team Name _____

Home Rink _____ Rink Phone # _____

Coach _____ Phone # _____

Email _____

Compete USA TOI Level _____

Circle Event: Compete USA TOI Mini Production Ensemble Production Ensemble

Entry Fee \$15.00 per skater

Entry Total: \$ _____

Name	Age	USFS #	Name	Age	USFS #
1.			21.		
2.			22.		
3.			23.		
4.			24.		
5.			25.		
6.			26.		
7.			27.		
8.			28.		
9.			29.		
10.			30.		
11.			31.		
12.			32.		
13.			33.		
14.			34.		
15.			35.		
16.			36.		
17.			37.		
18.			48.		
19.			39.		
20.			40.		

*****All entries are due by April 12, 2022***** Please make check payable to: Richmond Ice Zone

Credit Card # _____ Exp. Date _____

Name on Card _____ Signature _____

Mail Entries to: Richmond Ice Zone 636 Johnston Willis Dr. N Chesterfield, VA 23236 Attn: Gaby Corcoran

THEATRE ON ICE

Compete USA programs are choreographic exercises intended to introduce skaters to choreographic processes, themes and movements, as well as to begin to develop a movement vocabulary that skaters can utilize throughout their skating career.

While intended to model a traditional choreographic exercise, skaters are not required to wear black; teams may wear any color, as long as the team is uniform and matching.

Detailed information, including requirements, program lengths and elements, is available on the Theatre On Ice web page at usfigureskating.org/skate/skating-opportunities/theatreonice. For additional information, refer to the current Theatre On Ice Guidelines.

Hockey 1-4 Elements and Skills Challenge

Ages will be divided by 8 and under, 10 and under, 12 and under, 14 and under, 16 and under, 18 and under and adult. These age groups may be combined based upon number of entries.

HOCKEY 1-4 ELEMENTS:

Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: All skaters perform first element before moving on to the next and so on OR each skater performs all the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- All elements must be skated in the order listed
- Time: 1:00 or less

- 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

- 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

HOCKEY 3

- Forward C-cuts (half-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- and two-foot V-stop

HOCKEY 4

- Quick starts using forward V-start
- Backward one-foot glide, right and left
- Forward crossovers on a circle, clockwise and counter-clockwise
- Backward crossovers on a circle, clockwise and counter-clockwise
- Hockey stops (to right and left, with speed)

HOCKEY SKILLS CHALLENGE:

Skaters will complete each of the five following skills competitions. Set up each station according to the descriptions below. Skaters earn points upon placement in each station (First place - 5 points, second place - 4 points, third place - 3 points, fourth place - 2 points, fifth place - 1 point). Highest combined total wins.

1. Shooting: Using a "shooter tutor," give each skater 10 pucks to shoot into the five holes. Alternate each shot into the different holes in the tutor. Most number of hits wins.

2. **Fastest Skater:** Starting at the center red line, have skaters complete one lap around all of the dots and behind the nets. Set up cones on each red dot to outline to course. Two to four skaters can race at a time at different sides of the red line. Use stopwatch. Fastest skater wins.
3. **Stick Handling:** Place two rows of staggered cones down the length of ice. Have skaters stick handle through the cones down one length and back again. Shortest time wins. A missed cone is a five-second penalty.
4. **Agility:** Set up an obstacle course with cones for forward and backward skating, turns and stops. Fastest skater wins.
5. **Passing:** Set up stationary targets (i.e. cones, bucket, mini net) 25 feet away from starting line. Give each skater 10 pucks to try to hit each target. Highest number of hits wins.