



Event 8 Summer Swizzle June 15, 2024

2024 Michigan Compete USA Series Competition Mission Statement

To give our skaters a chance to develop their Learn to Skate USA basic skills in a fun competitive environment. During the competition season skaters will have the chance to compete at different clubs and arenas earning points for a final standing. A skater may participate in either Freeskating and/or Compulsory/Element events in any of the Michigan Compete USA Series Competitions to be eligible for accumulating points. Awards will be presented to skaters with the highest point totals. These awards will take place on the ice at the Midland Competition - November 3, 2024.

Series Point System

Program with Music [Freeskate] and Compulsory/Element events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. Scoring for the final award will be as follows:

1 st Place - 6 points	2 nd Place - 5 points	3 rd Place - 4 points
4 th Place - 3 points	5 th Place - 2 points	6 th Place - 1 point

Skaters must participate in at least 3 of the 14 series events to be eligible to win an award with an overall placement at the finale. Skaters receive bonus points for moving up a level during the course of the series season [bonus points only awarded once each season]. Events eligible for a series finale award are:

Element & Basic Programs w/Music Events - Learn to Skate Curriculum
[Snowplow Sam thru Pre-Free Skate, Beginner & High Beginner]

In the event of tied total points, all skaters tied for a place will be awarded a medal, no ties will be broken.

Points are accumulated for Element/Compulsory and Program with Music [Freeskate] events separately.

Medals will be awarded [1-3 Place] in each level as highlighted in each announcement. Beyond the Basic **will NOT** be counted in the Program with Music [Freeskate] and Elements/Compulsory Program Series for this 2024 season. Spins, Dance, Pairs, Theatre on Ice, Synchronized Teams, and Showcase Events **will NOT** be counted for this 2024 season. At the end of the 2024 Series Season any skaters who moved up a level will be awarded 6 bonus points [6 points only whether they move up one level or more]. All points follow the skater throughout the year.

Please Note: The Michigan Compete USA Series is sponsored equally by all the participating ice rinks and/or U.S. Figure Skating members clubs. Competition announcements will be available on www.sk8stuff.com. Each competition will have its own entry forms and specific rules. Please make sure to read the entire announcement for each competition.



16th Michigan Compete USA Series [formerly Basic Skills Series]

– Hosted by the following:

Event 1 Onyx-Suburban B/S Challenge February 3, 2024 Entry Deadline – January 19, 2024 Suburban Ice Macomb Macomb, MI Contact Jeanette Daskas Phone: 248-917-9544 jendaskas@aol.com	Event 2 Mountain Town Classic March 9, 2024 Entry Deadline – February 22, 2024 The I.C.E. Arena Mt Pleasant MI Contact: Ginni Phillips Phone: 989-560-3871 gpsk8r@gmail.com	Event 3 Tuxedo Invitational March 23, 2024 Entry Deadline – March 11, 2024 Slater Family Ice Arena Bowling Green, OH Contact: Merissa Rojas Phone: 419-345-0766 Bgsk8testcompchair@gmail.com
Event 4 Arctic Basic Skills April 21, 2024 Entry Deadline – April 8, 2024 Arctic Edge Ice Arena Canton, MI Contact Stephen Scanio Phone: 248-635-4541 stephenscanio@hotmail.com	Event 5 Iceland Spring Fling May 5, 2024 Entry Deadline – April 22, 2024 Flint Iceland Arena Flint, MI Contact Cristy Bosley Phone: 810-814-1081 Chix44ever44@gmail.com	Event 6 TAFS Basic Skills Comp June 1, 2024 Entry Deadline – May 20, 2024 Buffalo Wild Wings Arena Troy MI Contact: Lindsey Vincent Phone: 248-709-2946 glinzlinz@yahoo.com
Event 7 Ann Arbor Skills/Showcase June 8, 2024 Entry Deadline - May 24, 2024 Ann Arbor Ice Cube Ann Arbor, MI Contact: Craig Forsyth Phone: 734-213-6768 aafsc.officemanager@gmail.com	Event 8 Summer Swizzle June 15, 2024 Entry Deadline – May 31, 2024 Farmington Hills Ice Arena Farmington Hills, MI Contact: Janelle Woodruff Phone: 248-613-8122 summerswizzle@fhfsc.org	Event 9 Skate the Shores July 13, 2024 Entry Deadline - June 30, 2024 St Clair Shores Civic Arena St Clair Shores, MI Contact Lindsay O'Donoghue odonoghuelindsay@gmail.com
Event 10 Skate the Zoo July 27, 2024 Entry Deadline – July 9, 2024 Wings West Kalamazoo MI Contact: Jessica LaPorte Phone: 269-720-6370 J8houk@hotmail.com	Event 11 Summer Chill Basic Skills August 3, 2024 Entry Deadline – July 22, 2024 Novi Ice Arena Novi, MI Contact: Laura Paredes lamarlau@hotmail.com	Event 12 Skate the Lakeshore September 14, 2024 Entry Deadline August 25, 2024 Griff's Ice House West Holland MI Contact: Jacqueline Alimpich Phone: 517-518-1210 coach.iay@lefsc.org
Event 13 Skate the Gate October 6, 2024 Entry Deadline – September 15, 2024 Southgate Civic Arena Southgate MI Contact: Jackie Timm Phone: 734-771-7247 ms.j.timm@gmail.com	Event 14 Skate Midland November 9, 2024 Entry Deadline – October 22, 2024 Midland Civic Arena Midland MI Contact Karen Boswell Phone: 989-751-6603 Kboswell99@gmail.com	SERIES AWARDS CEREMONY AT THE MIDLAND COMPETITION





Summer Swizzle – Compete USA Competition
Farmington Hills Figure Skating Club/Farmington Hills Ice Arena
35500 Eight Mile Rd □ Farmington Hills, MI 48335
248-473-1810 □ www.fhfsc.org
EVENT DATE: JUNE 15, 2024
Entry Deadline: May 31, 2024

The Summer Swizzle, sponsored by the Farmington Hills Figure Skating Club will be held at the Farmington Hills Ice Arena on June 15, 2024. The ice surface measures 85 x 200 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 Janelle Woodruff, summerswizzle@fhfsc.org or 248-613-8122. Email 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 currently eligible 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 the closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at the highest level passed or one level higher. NO official US Figure Skating tests may have been passed including Skating Skills (MIF) or individual dances. For the Pre-Free Skate, Excel, Well Balanced, and Adult levels eligibility will be based only upon the highest free skate test level passed. The Skating Skills (MIF) test level will not determine a skater's competitive level. Skaters may skate at the 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 of event at the same competition

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

Entry Fees – The first event is \$60. Each additional event after that is \$20. All entries must be postmarked no later than May 31, 2024. Late entries will be accepted at the discretion of the organizers, and are subject to a \$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 FHFSC to:

Janelle Woodruff/Summer Swizzle Chair
35500 Eight Mile Rd
Farmington Hills, MI 48335

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

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 - The schedule will be posted on the Figure Skater's Website – www.sk8stuff.com.

Music - **Music for competitors in events with music must be submitted no later than Saturday, June 8, 2024.** Music must be in the .mp3 format. The music upload link for the Summer Swizzle is on www.sk8stuff.com or you can use the QR code here. Competitors in events with music must have a CD or a digital recording at the rink in case of technical difficulties.



Practice Ice – Practice ice will be available in 20-minute sessions. Details will be provided online or via email before the competition date. Sign in and pay \$10 at the door.

Events listed on this page ARE ELIGIBLE for Michigan Compete with Us Series Points

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	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 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 swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • 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, 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 half-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, clockwise and counterclockwise, 4-6 consecutive • Backward half-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, clockwise and counterclockwise, 4-6 consecutive • 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 and entry position • T-stop, right or left



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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 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 swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • 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 half-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, clockwise and counterclockwise, 4-6 consecutive • Backward half-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, clockwise and counterclockwise, 4-6 consecutive • 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 free leg and entry position • T-stop, right or left



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ASPIRE COMPULSORY

Simple program form, using limited connecting steps, skating order of required elements optional

- Skated on ½ ice / no music
- Deduction for each element from a higher level

Level	Time	Skating rules/standards
Aspire 1	1:15 max.	<ul style="list-style-type: none"> ● Waltz jump ● ½ Flip ● One-foot upright spin – minimum 3 revolutions ● Choreographic step sequence
Aspire 2	1:15 max.	<ul style="list-style-type: none"> ● Single Salchow ● Single toe loop ● Sit spin – minimum 3 revolutions ● Choreographic step sequence
Aspire 3	1:15 max.	<ul style="list-style-type: none"> ● Single Loop ● Salchow/Toe Loop jump combination ● Forward upright to back upright Spin – minimum 3 revolutions ● Choreographic step sequence
Aspire 4	1:15 max.	<ul style="list-style-type: none"> ● Single Flip ● Waltz Jump-Euler-Salchow jump combination ● Camel, sit combination spin – ● Choreographic step sequence



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Aspire 1 Free Skate – 1:40 MAX		
Maximum 5 jump elements- Permitted jumps: <ul style="list-style-type: none"> • Waltz Jump • ½ Flip • ½ Lutz Max 1 jump sequence – Waltz jump/waltz jump with no turns or hops in between	Maximum 2 spin: <ul style="list-style-type: none"> • Two-foot spin • Forward 1 foot spin [optional free foot] 	Maximum 1 Sequence: Choreographic Step Sequence [ChSt] <ul style="list-style-type: none"> • ½ of the ice
Aspire 2 Free Skate – 1:40 MAX		
Maximum 5 jump elements- Permitted jumps: <ul style="list-style-type: none"> • Any jump from Aspire 1 • Single sallchow • Single toe loop Max 2 jump combinations or 1 combination & 1 sequence – Waltz jump/waltz jump with no turns or hops in between	Maximum 2 spin: <ul style="list-style-type: none"> • Any spin from Aspire 1 • Back upright spin • Sit spin] 	Maximum 1 Sequence: Choreographic Step Sequence [ChSt] <ul style="list-style-type: none"> ½ of the ice
Aspire 3 Free Skate – 1:40 MAX		
Maximum 5 jump elements- Permitted jumps: <ul style="list-style-type: none"> • Any jump from Aspire 1 & 2 • Euler [1/2 loop] • Single loop Max 2 jump combinations or 1 combination & 1 sequence	Maximum 2 spin: Required – Forward upright to back upright spin combo Permitted: Any spin from Aspire 1 & 2; Camel Spin	Maximum 1 Sequence: Choreographic Step Sequence [ChSt] <ul style="list-style-type: none"> ½ of the ice
Aspire 4 Free Skate – 1:40 MAX		
Maximum 5 jump elements- Permitted jumps: <ul style="list-style-type: none"> • Any jump from Aspire 1, 2 & 3 • Single Flip • Single Lutz Max 2 jump combinations or 1 combination & 1 sequence	Maximum 2 spin: Required – Forward camel to sit spin combo Permitted: Any spin from Aspire 1, 2 & 3	Maximum 1 Sequence: Choreographic Step Sequence [ChSt] <ul style="list-style-type: none"> ½ of the ice

CLARIFICATIONS

Jumps:

All levels – max 2 of any same jump
Aspire 1 & 2 – Euler is not permitted

Jump Sequence:

Aspire 3 & 4 – Consists of 2 or 3 jumps in which the second and/or third jump is a waltz jump with a direct step from the landing curve of the first/second jump

Jump Combinations:

Aspire 3 & 4 – Jump combinations & sequences Limited to 2 jumps except one jump combo or one Jump sequence may include 3 jumps

Spins:

All levels
*Minimum 3 revolutions
*No flying entry
*A spin may not be repeated
*Basic positions only

Aspire 3 & 4

*One spin must be the required spin
*Second spin must a spin in one position

Step Sequence:

All Levels
*Jumps may be included
*MIF & spirals allowed but not counted as elements



SPECIAL OLYMPICS EVENTS ARE ELIGIBLE FOR
MICHIGAN COMPETE WITH US 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



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*

Excel Pre-Preliminary/Preliminary Compulsory Events are NOT eligible for Michigan Compete with Us Series Points

Level	Time	<ul style="list-style-type: none"> ● Skating rules/standards
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 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

EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR Michigan Compete with Us Series Points

EXCEL FREE SKATE

- 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 determined by highest Free Skate test passed. Skater may compete at that level or one level higher.

<p>EXCEL PRE-PRELIMINARY – 1:40 MAX Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test - <i>* means required element</i> Learn to Skate USA membership 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 <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the 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* <ul style="list-style-type: none"> ○ No flying entry ○ Minimum 3 revolutions • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
<p>EXCEL PRELIMINARY – 2:00 +/- 10 SECONDS Must not have passed higher than U.S. Figure Skating preliminary free skate test - <i>* means required element</i> 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 <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the 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* <ul style="list-style-type: none"> ○ No flying entry ○ Minimum 3 revolutions • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
<p>EXCEL PRELIMINARY PLUS – 2:00 +/- 10 SECONDS Must not have passed higher than U.S. Figure Skating preliminary free skate test - <i>* means required element</i> 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 <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ Single Axel and all other single jumps may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum two of any same jump) • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps, except one three-jump sequence is allowed ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • 1 spin with only one foot position* <ul style="list-style-type: none"> ○ No change of foot ○ No flying entry ○ Minimum 3 revolutions <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> ○ Must be clearly visible



EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES POINTS

WELL BALANCED FREE SKATE PROGRAM

- 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.

PRE-PRELIMINARY — 1:40 MAX		
JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed <ul style="list-style-type: none"> o No double, triple or quadruple jumps allowed o Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) o 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"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • One spin MUST be in one position • One Spin 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>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> o Must use one-half 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 <p>If IJS is used, then CphSq</p>

PRELIMINARY — 2:00 +/- 10 SECONDS		
JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <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"> o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed o An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination o 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"> o 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 o Jump sequence is any listed jump immediately followed by an Axel-type jump 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • One spin MUST be in one position • One Spin 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>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step sequence o Choreographic step sequence full ice <ul style="list-style-type: none"> 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 <p>If IJS is used, then pChSq</p>



**EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR
MICHIGAN COMPETE WITH US SERIES POINTS**

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"> ● 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 ● Forward slalom ● Backward skating ● Backward swizzles, 4-6 in a row
Adult 3. Time: 1:30 Max.	<ul style="list-style-type: none"> ● Forward stroking using the blade properly ● 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 – <u>utilizing only ½ sheet of ice surface</u> ● Backward stroking with crossover end patterns – <u>utilizing only ½ sheet of ice surface</u> ● 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



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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"> • 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 skating • Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	<ul style="list-style-type: none"> • 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 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)



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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	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 tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <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. 	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.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: Max 2 combinations or sequences <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 	Max 2 Spins: <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) • No flying entry spins • 2-foot spin permitted and considered of a different character 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: <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/sequence may consist of three jumps, and the other may have only two 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 	Max 2 Spins: <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 	Max 1 Sequence: 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) Additional moves spiral and step sequences will not be counted as elements but will be counted as transitions and marked as	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate



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Showcase Events

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.

Show costumes are permitted if 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 judge's mark for every 10 seconds over 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 loss 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. The 6.0 judging system will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

<i>LEVEL</i>	<i>ELEMENTS</i>	<i>QUALIFICATIONS</i>	<i>LENGTH</i>
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
ASPIRE 1-4 / 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: 1:20 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: 1:20 max
PRELIMINARY	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze free skate or free dance test; see National Showcase guidelines for more specific information regarding adults	Time: 1:30 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



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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 30–July 2), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the second quarter).
- Skaters will complete both 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 dance groupings.

PRELIMINARY

PRE-BRONZE

Canasta Tango	January 1 to March 31	Cha-Cha	January 1 to March 31
Rhythm Blues	April 1 to June 30	Fiesta Tango	April 1 to June 30
Canasta Tango	July 1 to September 30	Cha-Cha	July 1 to September 30
Rhythm Blues	October 1 to December 31	Fiesta Tango	October 1 to December 31



SUMMER SWIZZLE EVENT 8
Entry Form [PLEASE PRINT CLEARLY]

Skater Name _____ Age _____ Birth Date _____

E-Mail Address _____

Address _____ City _____ State _____ Zip _____

Area Code/Phone # _____ Home Club _____ Member # _____

Highest Level Passed _____ Male Female Name Parent/Guardian _____

Circle the events you wish to register for:

\$60 for First Event; \$20 Each Additional Event				
Basic Elements	Aspire Compulsory	Special Olympics	Adult Compulsory	Adult Prog w/Music
Snowplow Sam*	Aspire 1	Badge 1*	Adult 1	Adult 1
Basic 1*	Aspire 2	Badge 2*	Adult 2	Adult 2
Basic 2*	Aspire 3	Badge 3*	Adult 3	Adult 3
Basic 3*	Aspire 4	Badge 4*	Adult 4	Adult 4
Basic 4*		Badge 5*	Adult 5	Adult 5
Basic 5*	Aspire Free Skate	Badge 6*	Adult 6	Adult 6
Basic 6*	Aspire FS 1	Badge 7*	Adult Beginner	Adult Beginner
	Aspire FS 2	Badge 8*	Adult High Beg	Adult High Beg
Basic Prog w/Music	Aspire FS 3	Badge 9*	Adult Pre-Bronze	Adult Pre-Bronze
Snowplow Sam*	Aspire FS 4	Badge 10*	Adult Bronze	Adult Bronze
Basic 1*		Badge 11*		
Basic 2*	Excel Compulsory	Badge 12*		Solo Dance
Basic 3*	Excel Pre-Prelim			Preliminary
Basic 4*	Excel Preliminary			Pre-Bronze
Basic 5*		Showcase Events		
Basic 6*	Excel Free Skate	Basic 1-6	Adult High Begin	
	Excel Pre-Prelim	ASPIRE 1-4	Pre-Preliminary	Well-Balanced FS
	Excel Preliminary	Adult 1-6	Preliminary	Pre-Preliminary
	Excel Prelim Plus	Adult Beginner	Adult Pre-Bronze	Preliminary

*Events listed above with * will be eligible for Michigan Compete with Us Series Points.*

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

If you are not a U.S. Figure Skating member add \$15 to fee / enter through our Basic Skills Program.

First Event \$ _____
 Additional Event \$ _____
 Additional Event \$ _____
 Additional Event \$ _____
 Join USF/S \$ _____
TOTAL: \$ _____

ENTRIES MUST BE POST MARKED BY MAY 31

Mail form and fees to:

Janelle Woodruff/Summer Swizzle Chair

35500 Eight Mile Rd; Farmington Hills, MI 48335

Make check/money order payable to **FHFSC**

Pay by Venmo: **@fhfsc_treasurer** **Be sure to note WHO and WHAT the payment is for. (DO NOT tag your transaction as a good or service. If you do, and Venmo takes a percentage and adds a fee, you will need to make another payment to cover the difference.)

CONTACT: summerswizzle@fhfsc.org

Circle payment method: **Check** **Venmo**

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 Farmington Hills Figure Skating Club and the Farmington Hills Ice 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 Summer Swizzle/Basic Skills Series, I understand that the Summer Swizzle/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 Summer Swizzle/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 Summer Swizzle/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 Name: _____ Signature: _____

Phone _____ E-mail Address: _____

Registered on U.S. Figure Skating Coaches Registry for the current season? Yes # _____

If you are not registered, go to www.usfigureskating.org , click on the Coaches Registration button and follow the instruction for registration.

COACHES WILL BE REQUIRED TO CHECK IN AT REGISTRATION AT EACH EVENT

CHECKLIST [please be sure the following is included]:

____ Entry form with U.S. F/S Number

____ Club Officer/Program Director Signature

____ Check payable to FHFSC (or Venmo)

____ Events to be entered checked properly

