

# ALABAMA GRAND PRIX USFS BASIC SKILLS SERIES COMPETITION

Skate your Dreams...  
Journey through Alabama



ALABAMA GRAND PRIX


# USFS BASIC SKILLS SERIES COMPETITION

## Skate your Dreams... Journey through Alabama

We are pleased to announce the 3<sup>rd</sup> Annual Alabama Grand Prix Basic Skills Competition Series; an exciting skating opportunity for the basic skills level skater. The Alabama Grand Prix Basic Skills Competition Series is sponsored equally by the Huntsville Skating School & Training Academy and the Skating Club of Huntsville, Point Mallard Figure Skating Club, and the Pelham Skating School and the Birmingham Figure Skating Club. This is a United States Figure Skating approved Basic Skills Competition Series with the approval posted in each participating arena. Competition announcements and packages are available through all participating figure skating clubs and/via the club websites. Each competition has its own entry forms – so please make sure to read the entire announcement for details. Questions regarding this series can be directed to any of the contacts listed below.

**MISSION STATEMENT:** The purpose of this competition is to promote an enjoyable, introductory, competitive experience for the beginning skater and develop their USFS basic skills in a fun environment.

### EVENTS TO TAKE PLACE AT:

<p style="text-align: center;"><b>EVENT #1</b> <b>Blades in Bama</b></p> <p style="text-align: center;"></p> <p style="text-align: center;"><b>Date: Saturday, February 28, 2015</b></p> <p style="text-align: center;"><a href="http://www.bhamfsc.org">www.bhamfsc.org</a> 500 Amphitheater Road, Pelham AL, 35214 Contacts: Michelle @ 256-603-5074 Or email <a href="mailto:suprsk8r@hotmail.com">suprsk8r@hotmail.com</a></p> <p style="text-align: center;"><b>Competition Application Deadline: February 13, 2015</b></p> <p style="text-align: center;">Pelham Civic Complex 500 Amphitheater Road, Pelham AL, 35214 Rink Measures: 200 ft x 85 ft</p>	<p style="text-align: center;"><b>EVENT #2</b> <b>Blades in Decatur</b></p> <p style="text-align: center;"></p> <p style="text-align: center;"><b>Date: Saturday, March 14, 2015</b></p> <p style="text-align: center;"><a href="http://www.pointmallardfsc.com">www.pointmallardfsc.com</a></p> <p style="text-align: center;">PO Box 1275, Decatur AL, 35602 Contacts: Heidi @ 256-654-3330 Or <a href="mailto:heidilangham@gmail.com">heidilangham@gmail.com</a></p> <p style="text-align: center;"><b>Competition Application Deadline: March 2, 2015</b></p> <p style="text-align: center;">Point Mallard Ice Complex 2901 Point Mallard Drive Southeast, Decatur, AL Rink Measures: 200 ft x 85 ft</p>
<p style="text-align: center;"><b>EVENT #3</b> <b>Rocket City Junior Classic</b></p> <p style="text-align: center;"></p> <p style="text-align: center;"><b>Date: Saturday, April 11, 2015</b></p> <p style="text-align: center;"><a href="http://www.hsviceplex.org">www.hsviceplex.org</a> <a href="http://www.schsv.com">www.schsv.com</a></p> <p style="text-align: center;">3185 Leeman Ferry Rd, Huntsville AL, 35801 Contacts: Lisa @ 256-830-0930 or email <a href="mailto:scfhuntsville@gmail.com">scfhuntsville@gmail.com</a></p> <p style="text-align: center;"><b>Competition Application Deadline: March 28, 2015</b></p> <p style="text-align: center;">Wilcoxon Municipal Ice Complex 3185 Leeman Ferry Rd, Huntsville AL, 35801 Rink Measures: 200 ft x 85 ft</p>	

**Entry into the Series is optional and not a requirement to participate by any of the hosting clubs competitions.** However, to be included in the Series and season end awards ceremony you must be a Series participant. You may enter the Series at any point during the season however.

**FREE SKATE AND ELEMENTS/COMPULSORY PROGRAM SERIES POINT SYSTEM:** A skater must be registered with the Alabama Grand Prix Basic Skills Competition Series to be eligible for accumulating points. Each event will have a maximum of six skaters.

The system for scoring points for the series awards will be as follows:

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

A skater will earn three points toward their overall standing for each level of advancement throughout the duration of the series. In order to be awarded the extra three points he/she must compete in that level in at least one competition. The points for skaters moving up divisions will be awarded at the end of the series in Huntsville at the conclusion of Rocket City Junior Classic on April 11, 2015. You need not be present at the season end ceremony to receive your award. If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points. All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level.

Series awards will be awarded 1<sup>st</sup> through 6<sup>th</sup> place in each level from Snowplow Sam through test levels. The series awards will be awarded to the skaters at their level as of the last competition in the series. (Also see "Awards" below).

**ELIGIBILITY RULES FOR PARTICIPANTS:** The Competition is open to ALL skaters who are current eligible (ER.100) members of either the Basic Skills Program and/or 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 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 Skills Skaters through Basic 8 must skate at highest level passed and NO official U.S. figure skating tests may have been passed including MIF or Individual Dances.** For the 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 will be broken into groups by age to all extents possible. Males and females may, or may not, be placed in the same group.

**RULES:** The competition will be conducted under the rules set forth by the US Figure Skating "Basic Skills Competition Manual" program. :

**ENTRIES AND FEES:** All entries must be postmarked no later than the deadline date noted for each event (see cover page of this announcement and/or individual registration forms per site). Space may be limited by site so please get your registrations in early. Late entries will be accepted if space permits, with a \$25 late penalty. Entry fees are per person, U.S. dollars. The first event is \$40, and the second event \$20. For the team events, Theater On Ice and Synchronized Skating, the fees are \$65 per team and \$3 per person. NO refunds after closing date unless event is cancelled by the hosting club. Each site has its own registration form and one must be completed for each of the site competitions being entered.

**AWARDS:** All competitors will receive an award at each of the three hosting sites. All events are final rounds with awards handed out at appropriate times throughout the competition and a podium available for group and individual photos.

During the competition season, skaters will have the chance to compete at three different arenas and earn points for a final standing. Skaters' points from their top three performances will be calculated to determine Series placement. Series awards will be awarded at the conclusion of the 2015 Alabama Grand Prix Basic Skills Competition Series to the skaters with the highest point totals.

**SCHEDULE OF EVENTS:** Information regarding groups and skating times will be emailed to you *or* mailed if you provide a self-addressed stamped envelope. Event schedules will be posted on each hosting clubs website within a week prior to the competition.

**PRACTICE ICE:** Practice Ice will be available at each of the hosting sites. Details are provided by site on the attached registration forms and/or will be provided by email, in a mailing, or on the hosts' website prior to each of the competition dates.

**MUSIC:** The music for all free skating programs and showcase must be provided on CD's by the skater. CD's should contain only one track of the competition music, be clearly marked with the name of the skater, event entered and length of music (not skating time). Due to compatibility and reliability reasons re-recordable (**CD/RW**) discs will not be accepted. The official competition music must be turned in at the registration table at the time of check-in. Time duration is always  $\pm 10$  seconds. CDs must be clean and in a jewel case. A duplicate tape/CD should be readily available at all event times requiring music. Music may be picked up at the registration table following each event **AND NOT BEFORE**. Competition CDs may not be "borrowed" from Registration for practice ice. Every reasonable care will be taken, but hosting clubs cannot be responsible for CDs left at the end of the competition.

**VIDEO TAPING AND PHOTOGRAPHS:** Personal photography and videotaping may be done of your skater(s). No parents/spectators will be allowed within the judges' area of the rink.

**REGISTRATION:** The registration table at each location will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. *Please register at least 30 minutes before your competition time.*

*It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee discovers that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.*

**QUESTIONS ?:** Your questions and concerns are important to us so please feel free to get in touch with any of the contacts listed regarding individual competitions or participation in the Series. You can contact any of the following Series organizers:

**Rocket City Junior Classic:**

Lisa Boyer 256-830-0930  
or email [scofhuntsville@gmail.com](mailto:scofhuntsville@gmail.com)

**Blades in Decatur:**

Heidi Langham 256-654-3330  
or email [heidilangham@gmail.com](mailto:heidilangham@gmail.com)

**Blades in Birmingham:**

Brittany Layton 734-634-5653  
or email [bcarlton8@aol.com](mailto:bcarlton8@aol.com)

Tracy Spradling 205-987-4634  
Or email [sprad5@bellsouth.net](mailto:sprad5@bellsouth.net)





**Rocket City Junior Classic  
An Alabama Grand Prix  
U.S. Basic Skills Series Competition**

Referee Events include: Dance, Snowplow Sam, Basic 1-8, Bridge FS 1-6, Beginner, Pre-Preliminary, Preliminary, Theater On Ice, Synchronized, Hockey, Special Olympics

**April 11, 2015**

**Test Session:**  
Pre-Preliminary and Up  
**Saturday, April 11, 2015**  
After the competition

Referee  
Heather Schonrock

Benton H. Wilcoxon Municipal Ice Complex  
3185 Leeman Ferry Road  
Huntsville, AL 35801  
256-883-3773  
[www.hsviceplex.org](http://www.hsviceplex.org)

For more information contact Chairperson:

Lisa Boyer  
(256) 830-0930  
[scofhuntsville@gmail.com](mailto:scofhuntsville@gmail.com)



# The Huntsville Skating School & Training Academy, & The Skating Club of Huntsville

## ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or 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 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 Skills 1-8 skaters must skate at the highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dance.

For the Free Skate 1-6, Test Track and Well Balanced levels, eligibility will be based upon highest free skate test level passed (moves in the field test level will not determine skater's competition level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

It is very important to the success of the competition that skaters be placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below their class level, the chairman and the referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

All entries must be postmarked no later than **March 28, 2015**. Late entries will be charged a late fee and accepted only if the limit has not been reached. Entry fees are per person. The first event is \$40 and additional events are \$20. For the team events, Theater On Ice and Synchronized Skating, the fees are \$65 per team and \$3 per person. **NO REFUNDS** after closing dates unless the Chief Referee cancels the event. Entry forms must be completely filled out and returned with fees attached. Checks may be out to HSSTA. There will be a \$30 fee for returned checks. You may mail your entries or drop off at:

Huntsville Skating School & Training Academy  
3185 Leeman Ferry Road  
Huntsville, Alabama 35801  
Attention: Lisa Boyer

## CONTACT

The Competition Chairperson is Lisa Boyer 256-830-0930 or email [scofhuntsville@gmail.com](mailto:scofhuntsville@gmail.com)

## SCHEDULE OF EVENTS

Information regarding groups and skating times will be posted on the Skating Club of Huntsville website, [www.schsv.com](http://www.schsv.com) and the Municipal Ice Complex Facility website, [www.hsvicoplex.org](http://www.hsvicoplex.org). A competition schedule will be posted and available during the competition.

## PRACTICE ICE

Practice ice will be available the morning of Saturday, April 11<sup>th</sup>, times to be announced. Pre-registration is \$11 for 30 minutes. Walk-ons are subject to availability at a cost of \$14 for a 30-minute session.

## MUSIC

Music must be provided on CD's by the skater and handed in at the competition registration desk. CD's should be clearly marked with the name of the skater and duration of music. Competition music is to be turned at the time of registration.

## BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format choice of the host: Each skater will perform one element at a time in the order listed below (no excessive connecting steps).

- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**

Level	Time	Skating Rules/Standards
<b>Snowplow Sam 1-3</b>	1:00 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>
<b>Basic 1</b>	1:00 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>• Forward snowplow stop</li> <li>• Backward wiggles 6-8 in a row</li> </ul>
<b>Basic 2</b>	1:00 Max	<ul style="list-style-type: none"> <li>• Forward one foot glide - either foot</li> <li>• Forward alternating ½ swizzle pumps, in a straight line – 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>
<b>Basic 3</b>	1:00 Max	<ul style="list-style-type: none"> <li>• Forward stroking</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Backward one foot glide - either foot</li> <li>• Two foot spin – minimum 3 revolutions</li> </ul>
<b>Basic 4</b>	1:00 Max	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn - R &amp; L</li> <li>• Forward outside edge on a circle clockwise or counter clockwise</li> <li>• Forward crossovers 4-6 consecutive both directions</li> <li>• Backward stroking - 4-6 strokes</li> <li>• Backward snowplow stop - R or L</li> </ul>
<b>Basic 5</b>	1:00 Max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle clockwise or counterclockwise</li> <li>• Backward crossovers 4-6 consecutive - both directions</li> <li>• Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>• Side toe hop -either direction</li> <li>• Hockey stop</li> </ul>
<b>Basic 6</b>	1:00 Max	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn - R &amp; L</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line - R or L</li> <li>• Lunge - R or L</li> <li>• T-stop - R or L</li> </ul>
<b>Basic 7</b>	1:00 Max	<ul style="list-style-type: none"> <li>• Standstill forward inside open Mohawk - R to L and L to R</li> <li>• Ballet Jump - either direction</li> <li>• Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>• Forward inside pivot</li> </ul>
<b>Basic 8</b>	1:00 Max	<ul style="list-style-type: none"> <li>• Moving forward outside or forward inside three-turns R &amp; L</li> <li>• Waltz jump</li> <li>• Mazurka - either direction</li> <li>• Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>• Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ul>

## BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed.

- To be skated on full ice
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

Level	Time	Skating Rules/Standards
<b>Snowplow Sam 1-3</b>	1:00 ±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>
<b>Basic 1</b>	1:00 ±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>• Forward snowplow stop</li> <li>• Backward wiggles 6-8 in a row</li> </ul>
<b>Basic 2</b>	1:00 ±10 max.	<ul style="list-style-type: none"> <li>• Forward one foot glide - either foot</li> <li>• Forward alternating ½ swizzle pumps, in a straight line – 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>
<b>Basic 3</b>	1:00 ±10 max.	<ul style="list-style-type: none"> <li>• Forward stroking</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Backward one foot glide - either foot</li> <li>• Two foot spin – minimum 3 revolutions</li> </ul>
<b>Basic 4</b>	1:00 ±10 max.	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn - R &amp; L</li> <li>• Forward crossovers 4-6 consecutive both directions</li> <li>• Backward stroking - 4-6 strokes</li> <li>• Backward snowplow stop - R or L</li> </ul>
<b>Basic 5</b>	1:00 ±10 max.	<ul style="list-style-type: none"> <li>• Backward crossovers 4-6 consecutive - both directions</li> <li>• Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>• Side toe hop -either direction</li> <li>• Hockey stop</li> </ul>
<b>Basic 6</b>	1:00 ±10 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn - R &amp; L</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line - R or L</li> <li>• Lunge - R or L</li> <li>• T-stop - R or L</li> </ul>
<b>Basic 7</b>	1:00 ±10 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside open Mohawk - R to L and L to R</li> <li>• Ballet Jump - either direction</li> <li>• Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>• Forward inside pivot</li> </ul>
<b>Basic 8</b>	1:00 ±10 max.	<ul style="list-style-type: none"> <li>• Moving forward outside or forward inside three-turns R &amp; L</li> <li>• Waltz jump</li> <li>• Mazurka - either direction</li> <li>• Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>• Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ul>



**EVENT: FREE SKATE 1-6 COMPULSORY**

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Level	Time	Skating Rules/Standards
<b>Freestyle 1 Compulsory</b>	1:15 Max	<ul style="list-style-type: none"> <li>• Advanced forward stroking - 4-6 consecutive</li> <li>• Backward outside three-turns R &amp; L</li> <li>• One-foot upright scratch spin from backward crossovers-minimum three revolutions</li> <li>• Waltz jump from backward crossovers</li> <li>• Half flip jump</li> </ul>
<b>Freestyle 2 Compulsory</b>	1:15 Max	<ul style="list-style-type: none"> <li>• Forward outside or inside spiral - R or L</li> <li>• Waltz Three's - R or L, 2-3 sets</li> <li>• Beginning back spin - entry optional – minimum two revolutions</li> <li>• Waltz jump, side toe hop, waltz jump sequence</li> <li>• Toe loop jump</li> </ul>
<b>Freestyle 3 Compulsory</b>	1:15 Max	<ul style="list-style-type: none"> <li>• Forward crossovers in a figure 8</li> <li>• Backward inside three-turns, R &amp; L</li> <li>• Back spin- minimum three revolutions</li> <li>• Salchow jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
<b>Freestyle 4 Compulsory</b>	1:15 Max	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets-R or L</li> <li>• Sit spin- minimum three revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/loop jump combination</li> </ul>
<b>Freestyle 5 Compulsory</b>	1:15 Max	<ul style="list-style-type: none"> <li>• Camel spin- minimum three revolutions</li> <li>• Forward upright spin to back upright spin minimum three revolutions, each foot</li> <li>• Loop/loop jump combination</li> <li>• Flip jump</li> </ul>
<b>Freestyle 6 Compulsory</b>	1:15 Max	<ul style="list-style-type: none"> <li>• Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Split jump or stag jump</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Lutz jump</li> </ul>

## EVENT: FREE SKATE 1-6 PROGRAM

Format: The skating order of the required elements is optional. The elements are not restricted as 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. Vocal music is allowed.

- 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
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30±10sec

Level	Time	Skating Rules/Standards
<b>Freestyle 1</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Advanced forward stroking - 4-6 consecutive</li> <li>• One-foot upright scratch spin from backward crossovers-minimum three revolutions</li> <li>• Waltz jump from backward crossovers</li> <li>• Half flip jump</li> </ul>
<b>Freestyle 2</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Forward outside spiral - R or L</li> <li>• Beginning back spin - entry optional – minimum two revolutions</li> <li>• Waltz jump, side toe hop, waltz jump sequence</li> <li>• Toe loop jump</li> </ul>
<b>Freestyle 3</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Forward crossovers in a figure 8</li> <li>• Back spin- minimum three revolutions</li> <li>• Salchow jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
<b>Freestyle 4</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets-R or L</li> <li>• Sit spin- minimum three revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/loop jump combination</li> </ul>
<b>Freestyle 5</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Camel spin- minimum three revolutions</li> <li>• Forward upright spin to back upright spin minimum three revolutions, each foot</li> <li>• Loop/loop jump combination</li> <li>• Flip jump</li> </ul>
<b>Freestyle 6</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Split jump or stag jump</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Lutz jump</li> </ul>

## EVENT: Beyond Basics

### Test Track and Well Balanced Compulsory Event

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 is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A .2 deduction will be taken for each element performed from a higher level.
- A skater may have the option to skate one level higher in compulsories than their free skate program.

Level	Time	Skating Rules/Standards
<b>Beginner (Formerly Limited Beginner) Compulsory</b>	1:15 Max	<ul style="list-style-type: none"><li>• Waltz jump</li><li>• ½ jump of choice</li><li>• Forward two foot or one foot spin, minimum three revolutions (free leg position optional)</li><li>• Forward or backward spiral</li></ul>
<b>High Beginner Compulsory</b>	1:15 Max	<ul style="list-style-type: none"><li>• Toe loop jump</li><li>• Salchow jump</li><li>• Forward scratch spin- minimum three revolutions</li><li>• Forward or backward spiral</li></ul>
<b>No Test Compulsory</b>	1:15 Max	<ul style="list-style-type: none"><li>• Loop jump</li><li>• Jump combination to include a toe loop (may not use a loop or Axel)</li><li>• Solo spin- sit or camel spin – minimum three revolutions</li><li>• Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included.</li></ul>
<b>Pre-Preliminary Compulsory</b>	1:15 Max	<ul style="list-style-type: none"><li>• Single Flip</li><li>• Jump combination: single/single (No Axel)</li><li>• Sit spin or camel spin: min., 3 revolutions</li><li>• Spiral sequence with 1 forward spiral and 1 backward spiral (any edge)</li></ul>
<b>Preliminary Compulsory</b>	1:15 Max	<ul style="list-style-type: none"><li>• Single Lutzs</li><li>• Jump Combination: single/single (may include Axel)</li><li>• Back upright spin: min., 3 revolutions</li><li>• Forward inside spiral</li></ul>

## EVENT: Test Track Freeskate

### General Event Parameters

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skater will skate to the music of their choice. Vocal music is permitted.
- 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.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
<b>Beginner</b> <i>(Formerly Limited Beginner)</i>  Time: 1:30 ± 10	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one half rotation (front to back or back to front).</li> <li>• Max 2 jump sequences</li> <li>• Max 2 of any same jump</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.
<b>High Beginner</b> <i>(Formerly Beginner)</i>  Time: 1:30 ± 10	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max 2 jump combinations or sequences</li> <li>• Max 2 of any same type jump</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.
<b>Pre-Preliminary</b>  Time: 1:30 ± 10	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max 2 jump combinations or sequences (using above jumps only)</li> <li>• Max 2 of any same type jump</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Pre-preliminary free skate test.
<b>Preliminary</b>  Time: 1:30 ± 10	Max 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max 2 jump combinations or sequences</li> <li>• Max 2 of any same type jump</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot, no flying entry. (Min 3 revs)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating Pre-preliminary free skate test but may not have passed tests higher than the Preliminary free skate test

## EVENT: Well-balanced Program

### (U.S. Figure Skating rulebook requirements)

#### General Event Parameters

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non qualifying competition.
- Skater will skate to the music of their choice. Vocal music is permitted.
- 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.

LEVEL	JUMP ELEMENTS	SPINS	STEPS
<p><b>No Test</b></p> <p>Times Vary 1:30 ±10</p>	<p>Max 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Single Jumps (no Axel).</li> <li>• Max 2 combos or sequences.</li> <li>• Combos limited to 2 jumps</li> <li>• Number of jumps in sequence is limited to a max of 3 single jumps (half-loop is not considered a single jump).</li> </ul>	<p>Max 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins must be a different nature.</li> <li>• Minimum three revolutions each.</li> <li>• Spins may change feet, position and start with a fly.</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>
<p><b>Pre-preliminary</b></p> <p>Time: 1:30 ±10</p>	<p>Max 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Any single jumps, including Axel, allowed.</li> <li>• Max 2 jump combination or sequences</li> <li>• Jump combinations are limited to 2 jumps.</li> <li>• Number of jumps in a jump sequence is limited to a max. of 3 single jumps. (1/2 loop is not considered a single jump).</li> <li>• Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels</li> <li>• Double or triple jumps are not allowed.</li> </ul>	<p>Max 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins must be a different nature.</li> <li>• Spins may change feet and/or position.</li> <li>• Spin may start with a fly.</li> <li>• Minimum three revolutions each.</li> </ul>	<p>One step sequenced that must use ½ of the ice surface.</p>
<p><b>Preliminary</b></p> <p>Time: 1:30 ±10</p>	<p>Max 5 jump elements:</p> <ul style="list-style-type: none"> <li>• One must be an Axel or Waltz jump.</li> <li>• Max. 2 jump combinations or sequences.</li> <li>• Jump combinations limited to 2 jumps</li> <li>• Number of jumps in a jump sequence is limited to a max. of 3 single jumps. (1/2 loop is not considered a single jump)</li> <li>• Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop)</li> <li>• Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences</li> <li>• Maximum of 2 Axels or any double jump.</li> <li>• Double flips, double Lutzes, double Axels or triple jumps are not allowed.</li> </ul>	<p>Max 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins must be a different nature.</li> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum three revolutions each.</li> </ul>	<p>One step sequenced that must use ½ of the ice surface.</p>

## ADULT EVENTS

### Adult 1-6 Free Skate, Pre-Bronze and Bronze:

The skating order of the required elements is optional. The elements are not restricted as 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.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30±10 sec unless otherwise noted

Level	Time	Skating Rules/Standards
<b>Adult 1</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Falling and Recovery</li> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle</li> <li>• Moving Snowplow Stops</li> </ul>
<b>Adult 2</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Forward stroking showing correct use of the blade</li> <li>• Forward ½ swizzles on a circle (clockwise and counterclockwise)</li> <li>• Forward one-foot glides</li> <li>• Slalom</li> <li>• Backward swizzles, (4-6 in a row, clockwise and counterclockwise)</li> </ul>
<b>Adult 3</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Forward outside and inside edges on a circle, (clockwise and counterclockwise)</li> <li>• Forward crossovers, (clockwise and counterclockwise)</li> <li>• Backward ½ swizzle pumps on a circle (4 to 6 in a row consecutive, clockwise and counterclockwise)</li> <li>• Moving forward to backward and backward to forward two-foot turn</li> <li>• Beginning two-foot spin</li> </ul>
<b>Adult 4</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Basic forward outside and forward inside consecutive edges.</li> <li>• Backward edges on a circle, (outside and inside, clockwise and counterclockwise).</li> <li>• Backward crossovers, (clockwise and counterclockwise, 5 consecutive).</li> <li>• Forward outside 3-turns, right and left</li> <li>• Forward outside swing rolls to a count of 6</li> </ul>
<b>Adult 5</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Forward and backward crossovers in a figure 8 pattern.</li> <li>• Forward outside to inside change of edge on a line.</li> <li>• T-stop, right or left.</li> <li>• Beginning one foot spin.</li> </ul>
<b>Adult 6</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Forward perimeter stroking with crossover end patterns.</li> <li>• Backward crossovers to a backward outside edge glide (landing position).</li> <li>• Lunge</li> <li>• Spiral</li> <li>• Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat).</li> </ul>
<b>Adult Pre-Bronze</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test.</li> <li>• Refer to the current U.S Figure Skating Rulebook #4600 for specific requirements.</li> </ul>
<b>Adult Bronze</b>	Time: 1:30 ±10	<ul style="list-style-type: none"> <li>• Must have passed no higher than adult bronze free skate test or preliminary free skate test.</li> <li>• Refer to the current U.S Figure Skating Rulebook #4590 for specific requirements.</li> </ul>

## EVENT: Artistic/Showcase

Artistic and 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 age 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 skaters within two minutes for set up and two minutes for removal. A .2 deduction will be assessed by the referee against each judges' mark for five seconds in excess of time allowed for the performance, for handling props and scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical and artistic qualities. Technical skating skills and difficulty will not be awarded as such: however, skating skills 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 the skater'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 on ice.

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

\* For specific guidelines regarding the conduct of Showcase or Artistic competitions, refer to the Non-qualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

Artistic/Showcase categories may include:

- Artistic events: Showcase program utilizing emotional qualities from either dramatic or light entertainment or a combination of both.
- 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 two skaters.
- Mini production ensembles: Theatrical performance by three to seven competitors.
- Production ensembles: Theatrical performance 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
<b>Basic 1-8</b>	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time: 1:00 Max
<b>Free skate 1-6, Beginner, High Beginner, Adult 1-4</b>	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 Max
<b>No Test, Pre-preliminary, Adult Pre-Bronze</b>	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 Max
<b>Preliminary, Adult Bronze</b>	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 Max

**EVENT: Spins Challenge**

General event parameters:

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

Time 1:30 max

Level	Skating rules / standards
Beginner	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
High Beginner	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
No Test	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
Pre – Preliminary	Upright one-foot spin (3) Upright back-scratch spin (3) Sit spin (3)
Preliminary	Forward scratch to back scratch spin (3) Combination spin with no change of foot (4) Sit spin (3)

**EVENT: Jumps Challenge**

General event parameters:

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

Time 1:15 Max

Level	Skating rules / standards
Beginner	1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – Waltz jump-toe loop
No Test	1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1. Single flip 2. Single Lutz



**EVENT: Theatre On Ice (TOI) Events – Basic Skills Levels**

Format: The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement.

- Programs should contain skating skills from the Basic Skills program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Basic Skills Instructor’s Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.

Time 1:30 ± 10 seconds

Please refer to the Basic Skills Instructor’s Manual for more detailed information on Theatre On Ice 1-4.

**Eligibility Rules:** All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills Program. It is strongly suggested that teams register with U.S. Figure Skating, but this is not required. Members of other organizations are eligible to compete, but must be registered with a Basic Skills program or as full members of U.S. Figure Skating.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than the pre-preliminary Moves in the Field or adult pre-bronze test in any discipline.

**Age/Number of Skaters:** Skaters may not have reached 18 years of age as of September 1 of the current skating season. Teams should be comprised of 8 – 16 skaters.

**Program Duration:** Teams will skate a program to music of their choice (vocals are allowed) 1 ½ min. ±10 sec. There are no restrictions or requirements on music choice but each level has a different THEME, CHOREOGRAPHIC PROCESS and MOVEMENT or GESTURE (see program requirements).

Level	Test, Team Size and Age Requirements
TOI/CE 1	<ul style="list-style-type: none"><li>• Theme: Joy</li><li>• Choreographic process: Repetition</li><li>• Movement or gesture: Rapid movement</li></ul> Skaters should demonstrate elements from the Basic Skills program levels 1 through 4. Elements from higher levels are not allowed.
TOI/CE 2	<ul style="list-style-type: none"><li>• Theme: Fear</li><li>• Choreographic process: Cascade</li><li>• Movement or gesture: Round movement</li></ul> Skaters should demonstrate elements from the Basic Skills program levels 5 through 8. Elements from higher levels are not allowed.
TOI/CE 3	<ul style="list-style-type: none"><li>• Theme: Anger</li><li>• Choreographic process: Mirror</li><li>• Movement or gesture: Sharp movement</li></ul> Skaters should demonstrate elements from the Basic Skills Free Skate 1 through 3. Elements from higher levels are not allowed.
TOI/CE 4	<ul style="list-style-type: none"><li>• Theme: Growth</li><li>• Choreographic process: Canon</li><li>• Movement or gesture: Slow movement</li></ul> Skaters should demonstrate elements from the Basic Skills Free Skate 4 through 6. Elements from higher levels are not allowed.

**EVENT: BEGINNER SYNCHRONIZED SKATING**

The beginner competition program is also part of the U.S. Figure Skating Basic Skills program. The beginner competition program is for Basic Skills level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Beginner teams compete at Basic Skills competitions and nonqualifying synchronized skating competitions around the country.

**The emphasis of the Beginner competition is on mastering the “basic skills” of synchronized skating:**

- Control of rotation in wheels and circles.
- Unison and use of skills such as guiding and shadowing.
- Straight lines in lines, blocks and intersections.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

**Restrictions in Beginner 1 & 2:**

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Beginner 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Beginner 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

**Restrictions in Beginner 3:**

- No traveling within elements (change of configuration and rotational direction are allowed).

**Restrictions in all levels:** All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook .

Required elements – Each level has specific required elements that must be completed: <b>LEVEL</b>	<b>CIRCLE</b>	<b>LINE</b>	<b>BLOCK</b>	<b>WHEEL</b>	<b>INTERSECTI ON</b>
<b>BEGINNER 1</b> 8-16 skaters, majority under 9 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must contain a 2-foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4- spoke or 3-spoke with backward pumps.	One intersection: Two lines facing each other, 2- foot glide at point of intersection.

<p><b>BEGINNER 2</b> 8-16 skaters , majority 9 – 11 years old 1 ½ - 2 minutes +/- 10 seconds</p>	<p>One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1 foot glide (held for at least 2 counts), back pump, 1 backward crossover, FI stroke (1 direction only, don't need to repeat)</p>	<p>One line, which must cover the ice and may include forward and backward skating.</p>	<p>One block, which must cover the ice and must have 1 or 2 configurations.</p>	<p>One wheel of the team's choice with backward pumps.</p>	<p>One intersection: Two lines facing each other, 2- foot or 1-foot glide at point of intersection.</p>
<p><b>BEGINNER 3</b> 8-16 skaters, majority at least 12 years old 2 – 2 ½ minutes +/- 10 seconds</p>	<p>Circle element, which must include the combination move from Basic 8. (1 direction only, don't need to repeat)</p>	<p>Line element, which must cover the ice and must include forward and backward skating.</p>	<p>One block, which must cover the ice and must have 2 or 3 configurations.</p>	<p>Wheel element of the team's choice with backward pumps, chasses, or crossovers.</p>	<p>One intersection: Two lines facing each other, 1- foot glide or forward lunge at point of intersection.</p>

**EVENT: Hockey 1-4 Elements and Skills Competition**

Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & 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 of 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

<p>Hockey 1</p> <ul style="list-style-type: none"> <li>• Proper forward and backward stance</li> <li>• March forward across the ice, 8-10 steps</li> <li>• March forward with two foot glides and dips</li> <li>• Stationary Snowplow Stop</li> <li>• Forward swizzles (2-4 in a row)</li> </ul>	<p>Hockey 3</p> <ul style="list-style-type: none"> <li>• One foot Snowplow Stop-introduce hips with ¼ turn twist to hockey stop</li> <li>• Full strides using 45 degree V-push with good recovery using alternating arm drive</li> <li>• Shuffle stride - explosive powerful alternating heel pushes</li> <li>• Backward c-cuts or power pushes on circle/backward outside edge glide on a circle</li> </ul>
<p>Hockey 2</p> <ul style="list-style-type: none"> <li>• Alternating forward c-cuts on a straight line</li> <li>• Scooting or skateboard push, on circle (right and left)</li> <li>• Backwards march then glide on two feet</li> <li>• Backward swizzles (2-4 in a row)</li> <li>• Alternating backward c-cuts in a straight line</li> </ul>	<p>Hockey 4</p> <ul style="list-style-type: none"> <li>• Forward crossovers on circle (right and left)</li> <li>• Forward alternating crossovers down the length of the ice with wide step transitions</li> <li>• Hockey Stops</li> <li>• Backward crossovers on circle (right and left)</li> <li>• Backward alternating crossovers down ice with wide step transitions</li> </ul>

**EVENT: Solo Pattern Dance**

General event parameters:

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

Level	January 1st – March 31st	April 1st – June 30th	July 1st – September 30th	October 1st – December 31st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-Bronze	1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

**U. S. Figure Skating Basic Skills Program**  
**SPECIAL OLYMPICS BADGE PROGRAM**

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

<b>Badge 1</b>	<ol style="list-style-type: none"> <li>1. Stand unassisted for five seconds</li> <li>2. Fall and stand up unassisted</li> <li>3. Knee dip standing still unassisted</li> <li>4. March forward ten steps assisted</li> </ol>
<b>Badge 2</b>	<ol style="list-style-type: none"> <li>1. March forward ten steps unassisted</li> <li>2. Swizzles, standing still: three repetitions</li> <li>3. Backward wiggle or march assisted</li> <li>4. Two foot glide forward for distance of at least length of body</li> </ol>
<b>Badge 3</b>	<ol style="list-style-type: none"> <li>1. Backward wiggle or march</li> <li>2. Five forward swizzles covering at least ten feet</li> <li>3. Forward skating across the rink</li> <li>4. Forward gliding dip covering at least length of body: L &amp; R</li> </ol>
<b>Badge 4</b>	<ol style="list-style-type: none"> <li>1. Backward two foot glide covering at least length of body</li> <li>2. Two foot jump in place</li> <li>3. One foot snowplow stop: L &amp; R</li> <li>4. Forward one foot glide covering at least length of body: L &amp; R</li> </ol>
<b>Badge 5</b>	<ol style="list-style-type: none"> <li>1. Forward stroking across rink</li> <li>2. Five backward swizzles covering at least ten feet</li> <li>3. Forward two foot curves left and right across rink</li> <li>4. Two foot curves left and right across rink</li> </ol>
<b>Badge 6</b>	<ol style="list-style-type: none"> <li>1. Gliding forward to backward two foot turn</li> <li>2. Five consecutive forward one foot swizzles on circle: L &amp; R</li> <li>3. Backward one foot glide length of body: L &amp; R</li> <li>4. Forward pivot</li> </ol>
<b>Badge 7</b>	<ol style="list-style-type: none"> <li>1. Backward stroking across the rink</li> <li>2. Gliding backward to forward two foot turn</li> <li>3. T-stop left of right</li> <li>4. Forward two foot turn on a circle: L &amp; R</li> </ol>
<b>Badge 8</b>	<ol style="list-style-type: none"> <li>1. Five consecutive forward crossovers: L &amp; R</li> <li>2. Forward outside edge: L &amp; R</li> <li>3. Five consecutive backward ½ swizzles on a circle: L &amp; R</li> </ol>
<b>Badge 9</b>	<ol style="list-style-type: none"> <li>1. Forward outside three turn: L &amp; R</li> <li>2. Forward inside edge: L &amp; R</li> <li>3. Forward lunge or shoot the duck at any depth</li> <li>4. Bunny hop</li> </ol>
<b>Badge 10</b>	<ol style="list-style-type: none"> <li>1. Forward inside three turn: L &amp; R</li> <li>2. Five consecutive backward crossovers: L &amp; R</li> <li>3. Hockey stop</li> <li>4. Forward spiral three times length of body</li> </ol>
<b>Badge 11</b>	<ol style="list-style-type: none"> <li>1. Consecutive forward outside edges: minimum of two on each foot</li> <li>2. Consecutive forward inside edges: minimum of two on each foot</li> <li>3. Forward inside Mohawk: L &amp; R</li> <li>4. Consecutive backward outside edges: minimum of two on each foot</li> <li>5. Consecutive backward inside edges: minimum of two on each foot</li> </ol>
<b>Badge 12</b>	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. One foot spin: minimum of three revolutions</li> <li>3. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise</li> <li>4. Combination of three moves chosen from badges 9-12</li> </ol>

# ROCKET CITY JUNIOR CLASSIC

## BASIC SKILLS COMPETITION ENTRY FORM – PART 1

Competitor's Last Name:		First Name:	
Address:			
City:	State:	Zip:	Phone: (     )
Competitor's Club:		Date of Birth:	Age:     Sex:
U.S. Figure Skating number:		Highest Level Passed:	
Skater's Email:			
Primary Coach's Last Name:		Primary Coach's First Name:	
Coach's USFSA #:	Coach's Email:		
Coach's Primary Phone:		Coach's Second Phone:	

### Please Check All Events You Are Entering

<p><b>Basic Elements</b></p> <input type="checkbox"/> Snowplow Sam 1-3 <input type="checkbox"/> Basic 1 <input type="checkbox"/> Basic 2 <input type="checkbox"/> Basic 3 <input type="checkbox"/> Basic 4 <input type="checkbox"/> Basic 5 <input type="checkbox"/> Basic 6 <input type="checkbox"/> Basic 7 <input type="checkbox"/> Basic 8 <p><b>Free Skate Compulsory</b></p> <input type="checkbox"/> Freeskate 1 <input type="checkbox"/> Freeskate 2 <input type="checkbox"/> Freeskate 3 <input type="checkbox"/> Freeskate 4 <input type="checkbox"/> Freeskate 5 <input type="checkbox"/> Freeskate 6 <p><b>Test Track/Well Balanced Compulsory</b></p> <input type="checkbox"/> Beginner <input type="checkbox"/> High Beginner <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <p><b>Solo Dance</b></p> <input type="checkbox"/> Preliminary <input type="checkbox"/> Pre-Bronze	<p><b>Basic Program</b></p> <input type="checkbox"/> Snowplow Sam 1-3 <input type="checkbox"/> Basic 1 <input type="checkbox"/> Basic 2 <input type="checkbox"/> Basic 3 <input type="checkbox"/> Basic 4 <input type="checkbox"/> Basic 5 <input type="checkbox"/> Basic 6 <input type="checkbox"/> Basic 7 <input type="checkbox"/> Basic 8 <p><b>Free Skate Program</b></p> <input type="checkbox"/> Freeskate 1 <input type="checkbox"/> Freeskate 2 <input type="checkbox"/> Freeskate 3 <input type="checkbox"/> Freeskate 4 <input type="checkbox"/> Freeskate 5 <input type="checkbox"/> Freeskate 6 <p><b>Spins Challenge</b></p> <input type="checkbox"/> Beginner <input type="checkbox"/> High Beginner <input type="checkbox"/> No Test <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <p><b>HOCKEY EVENTS</b></p> <input type="checkbox"/> Hockey 1 <input type="checkbox"/> Hockey 2 <input type="checkbox"/> Hockey 3 <input type="checkbox"/> Hockey 4	<p><b>Test Track Program</b></p> <input type="checkbox"/> Beginner <input type="checkbox"/> High Beginner <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <p><b>Well Balanced Program</b></p> <input type="checkbox"/> No Test <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <p><b>Adult Event</b></p> <input type="checkbox"/> Adult 1 <input type="checkbox"/> Adult 2 <input type="checkbox"/> Adult 3 <input type="checkbox"/> Adult 4 <input type="checkbox"/> Adult 5 <input type="checkbox"/> Adult 6 <input type="checkbox"/> Adult Pre-Bronze <input type="checkbox"/> Adult Bronze <p><b>Jumps Challenge</b></p> <input type="checkbox"/> Beginner <input type="checkbox"/> High Beginner <input type="checkbox"/> No Test <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <p><b>BEGINNER SYNCHRO</b></p> <input type="checkbox"/> Beginner 1 <input type="checkbox"/> Beginner 2 <input type="checkbox"/> Beginner 3	<p><b>Artistic/Showcase</b></p> <input type="checkbox"/> Basic 1-8 <input type="checkbox"/> Freeskate 1-6, Beginner, <input type="checkbox"/> High Beginner, Adult 1-4 <input type="checkbox"/> No Test, Pre preliminary, <input type="checkbox"/> Adult Pre-Bronze <input type="checkbox"/> Preliminary, Adult <input type="checkbox"/> Bronze <p><b>Special Olympics</b></p> <input type="checkbox"/> Badge 1 <input type="checkbox"/> Badge 2 <input type="checkbox"/> Badge 3 <input type="checkbox"/> Badge 4 <input type="checkbox"/> Badge 5 <input type="checkbox"/> Badge 6 <input type="checkbox"/> Badge 7 <input type="checkbox"/> Badge 8 <input type="checkbox"/> Badge 9 <input type="checkbox"/> Badge 10 <input type="checkbox"/> Badge 11 <input type="checkbox"/> Badge 12 <p><b>Theatre On Ice</b></p> <input type="checkbox"/> TOI/CE-1 <input type="checkbox"/> TOI/CE-2 <input type="checkbox"/> TOI/CE-3 <input type="checkbox"/> TOI/CE-4
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# ROCKET CITY JUNIOR CLASSIC BASIC SKILLS COMPETITION ENTRY FORM – PART 2

**ENTRY FEE IS \$40.00 FIRST EVENT      \$20.00 PER EACH ADDITIONAL EVENT**  
**ENTRY FEE THEATER ON ICE AND SYNCHRO: \$65 PER TEAM, \$3 PER PERSON**

First Event	\$ _____
Additional Event	\$ _____
Grand Total	\$ _____

The completed entry form, with fees, must be postmarked no later than **March 28, 2015**.  
 Make check or money order payable to **The Huntsville Skating School & Training Academy** and mail to:  
**ATTN: Wendy, 3185 Leeman Ferry Rd, Huntsville, AL 35801**. For additional information call: **Wendy 256-883-3773**.

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

**Certification of competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the (Huntsville Skating School & Training Academy and the Wilcoxon Municipal Ice Complex) harmless from any and all liability either during practice or the competition, and from any and all liability for damages to loss of property.**

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

Competitor Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor/Coach Signature \_\_\_\_\_ Date \_\_\_\_\_

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

## ROCKET CITY JUNIOR CLASSIC BASIC SKILLS PRE-ORDER PRACTICE ICE

Pre-registered practice ice is \$11.00 for \$30 minutes

Number of practice ice sessions \_\_\_\_\_ x \$11.00 = \_\_\_\_\_

Competitor's Last Name:		First Name:		
Competitor's Club:		Date of Birth:	Age:	U.S. Figure Skating #:
First Event Entered:		Second Event Entered:		
Skater's Email:				
Primary Coach's Name:		Coach's Email:		