

Bunny Hop Open



**BASIC SKILLS
PRE-PRELIMINARY, NO TEST, LIMITED PRE-PRELIMINARY
PRELIMINARY, ADULT EVENTS
SPECIAL OLYMPIANS**

TEST TRACK AND WELL-BALANCED PROGRAM EVENTS

November 3, 2013

Registration due via **Entry Eeze** no later than **October 1, 2013**

Entry Page: www.dallasfsc.org

Payment via secured credit card transaction

*Hosted by
The Dallas Figure Skating Club*

*The Dr Pepper Starcenter Ice Arena
4020 West Plano Parkway
Plano, TX 75028*

*This is a 2014 Dallas Tri-Swizzle Series Event
Basic Skill skaters accumulate points from their placement and group size
Skater must compete in all three competitions to be eligible
Qualifying Events: 2013 Bunny Hop Open, 2014 Skate Dallas and 2014 June Bug Open
Available BASIC PROGRAM EVENTS in SNOWPLOW SAM – BASIC 8 and
FREE SKATE EVENTS in FREE SKATE 1-6.
Champions Announced July 1, 2014*

Approved by the US Figure Skating Basic Skills Program



2013 BUNNY HOP OPEN

November 3, 2013

Hosted by the Dallas Figure Skating Club www.dallasfsc.org

Dr Pepper Starcenter Ice Arena
4020 West Plano Parkway
Plano, TX 75028

EVENTS INCLUDE: BASIC ELEMENTS, COMPULSORY ELEMENTS, BASIC PROGRAM, FREE SKATE, SHOWCASE, TEST TRACK, WELL-BALANCED PROGRAMS, SPINS, JUMPS, SHOWCASE, SOLO ARTISTIC, and SPECIAL OLYMPIAN.

ELIGIBILITY RULES FOR PARTICIPATION: The competition is open to ALL skaters who are currently 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 October 1, 2013. 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, No-Test, Pre-Preliminary, Limited Pre-Preliminary, Preliminary and Adult events, 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 competition.

Please note: If a skater competes at a non-qualifying competition in a Beginner or No Test category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.

The Special Olympics portion of this competition will be conducted in accordance with the 2013 Official U.S. Figure Skating Rule Book, the Special Olympics Winter Sports Rules, and the rules given in this announcement. The Special Olympian Competition is open to skaters 8 years or older who are receiving group or private instruction. Skaters must be registered as Special Olympians through the Special Olympics office.

All events will be judged using the 6.0 system.

USFS MEMBERSHIP REQUIREMENTS: According to the USFS Basic Skills Competition Rule Book, a Basic Skills membership (either through a club or through a Learn to Skate program) is required to compete in any USFS Approved Competition at the Basic 1-8 and Freestyle 1-6 levels.

To compete at any sanctioned USFS competition at any level higher than these Basic Skills levels, a full membership is required.

FACILITY: The Dr Pepper Starcenter Ice Arena is located in Plano, Texas, at 4020 West Plano Parkway, Plano, TX 75028. The competition will be held on the World Arena located on the right side as you enter the building, and is 85' x 100' with rounded corners.

ENTRY FEES / DEADLINE: The entry fee for the first event is \$60. Each additional event is \$10. Online entries with secure credit card payment may be made at www.dallasfsc.org. Electronic entries must be paid with a successful credit card transaction to be considered valid and must be completed by midnight, October 1, 2013.

REGISTER on ENTRYEEZE NO LATER THAN OCTOBER 1, 2013

(Page 1)

Late entries will be accepted at the discretion of the competition committee, and only if accompanied by a \$20.00 late fee. **No refunds will be granted for any reason (including medical) except for events eliminated by the LOC.** There will be a \$15.00 fee for change of each event or level after October 1, 2013. Full refunds, **minus the online processing fee**, are available if withdrawal is prior to October 1, 2013. **The online processing fee is not refundable for any reason.**

REGISTRATION: Competition events will be held Sunday, November 3, 2013. Practice ice is scheduled to start at least one hour prior to the start of the events. The registration desk is located at ice level next at the Skate Rental counter, and will open 30 minutes prior to the first practice ice session.

HOTEL ACCOMMODATIONS: The official hotel for the 2013 Bunny Hope Open is the Hampton Inn Plano – North Dallas, 4901 Old Shepard Place, Plano TX 75093. For reservations call 972-519-1000. In order to receive the discounted group rate of \$69 per night (plus applicable taxes), please reference “Dr Pepper Center” when making reservations. This rate is good for Friday, Saturday, and Sunday.

Complimentary breakfast includes items such as eggs, sausage, bacon, waffles, fresh fruit, hot and cold cereals, muffins, bagels, yogurt, coffee, tea, juice, milk. Complimentary Wi-Fi, 24 hour fitness facility. Outdoor pool, refrigerator and microwave in each room. See www.HamptonInn.com for more information.

Directions from Hotel to Rink: The rink is 2 miles from the hotel. Turn right on Old Shepard; Take a left at the light at Preston Rd; Take a left on Plano Pkwy; Go about 1.5 miles. The rink will be on your right.

Directions to the Hotel from DFW Airport: Take the north end exit of the airport. After passing through the north airport toll gate, take the I-635 East exit. From I-635, take the northbound President George Bush Turnpike (toll road). From President George Bush turnpike (a.k.a 190), exit Preston Road and turn left on Preston Road (north). From Preston Road, turn right on Plano Pkwy for the rink, or Old Shepard Place for the hotel.

MUSIC: Music will be played from CDs ONLY. DO NOT USE CD-RW MATERIALS! There should be a separate CD for **EACH** competitive program. CDs with multiple tracks **will NOT** be accepted. CDs should be clearly marked with the skater’s name and event. Duplicate copies must be readily available during the competitive event. CDs should be in an envelope (not a case). While all possible care will be taken, the LOC assumes no responsibility or liability due to lost, damaged or unclaimed music sources. CD’s may be picked up at the registration table immediately following each event. Any music not picked up by the end of the competition will be disposed of.

****No skater may register without submitting their music****

A tentative schedule of events and practice times will be posted on the Dallas Figure Skating Club website (www.dallasfsc.org) and at the rink. Please be sure to watch for it.

PRACTICE ICE: Each skater may purchase one practice ice session. Practice ice will be scheduled according to the event schedule. Skaters will be divided into groups as necessary. Sessions are \$14.00 each for 20 minutes (no music).

AWARDS AND GROUPS: All divisions will be divided by age into groups no larger than six skaters with all skaters receiving a medal. All events will be final rounds. For Pre-Preliminary, Limited Pre-Preliminary, and Preliminary, trophies will be awarded to final round winners if number of entries warrant and time permits for final rounds to be held.

All awards will be presented at the photographer’s stand immediately following each event, and all skaters in each group will be included in the award photo. The photographer’s stand will be upstairs in the ballet room located at the far end from the ramp.

OFFICIAL NOTICES: An official bulletin area will be maintained at The Dr Pepper Starcenter Ice Arenan. Competitors and coaches are responsible for periodically checking the area for schedule changes and special announcements. Competitors should arrive at the arena 45 minutes prior to their scheduled event time.

REGISTER on ENTRYEEZE NO LATER THAN OCTOBER 1, 2013

(Page 2)

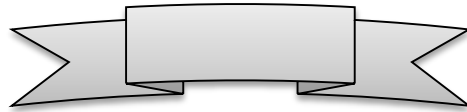
PHOTOGRAPHY: Awards photos will be made available by Rembrandt Photography. The competition committee reserves the right to restrict personal videotaping to your skater only. Personal cameras will be permitted in the bleachers only and may not be plugged into arena outlets. Videotaping for personal profit is not allowed.

PROGRAM ADVERTISEMENTS: Please see enclosed form for placing advertisements in the Bunny Hop Open program. Treat your favorite skater or coach to a special recognition.

OFFICIAL SOUVENIRS: Bunny Hop Open logo merchandise will be available at the competition.

FLOWERS: Will be available for purchase at the competition. Be sure to purchase for podium photos.

**Be the FIRST skater to enter the competition
OR be the COACH WITH THE MOST
SKATERS ENTERED to receive a *Thank you*
gift from the Dallas FSC.**



The Bunny Hop Open Acknowledgment Opportunity

(All proceeds will be deposited into the "Haman Helping Hands" fund)

MAKE A DONATION "IN HONOR OF" or "IN MEMORY OF" or "THANK YOU"

THIS WILL BE ANNOUNCED WHEN YOUR SKATER PERFORMS
AND
PUBLISHED IN THE BUNNY HOP OPEN COMPETITORS PROGRAM

You will receive a tax receipt for a donation to a 501 (c) 3 non-profit organization sent to your e-mail.



The winner of our Bunny Hop Open logo contest was club member, Polina Letova.

She is 10 years old and will be representing the Dallas FSC at the 2014 Southwestern Regional Championships competing at the Juvenile level.

Thank you Polina for the great logo!

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: 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
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 minute or less

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

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
- Time 1:00 minute +/- 10 seconds
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element from a higher level performed

Snowplow	Basic 5
<ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<ol style="list-style-type: none"> 1. Backward crossovers 4-6 consecutive in both directions 2. Basic one foot spin – free leg held to side of spinning leg – minimum of three revolutions 3. Side toe hop – either direction 4. Hockey stop
Basic 1	Basic 6
<ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two foot swizzles 6-8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<ol style="list-style-type: none"> 1. Standstill forward inside 3-turn – R & L 2. Bunny hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge – R or L 5. T-stop – R or L
Basic 2	Basic 7
<ol style="list-style-type: none"> 1. Forward one foot glide – either foot 2. Two foot turn in place – forward to backward 3. Backward two foot swizzles 6-8 in a row 4. Forward alternating ½ swizzles pumps in a straight line – 2-3 each foot 5. Moving snowplow stop 	<ol style="list-style-type: none"> 1. Standstill Forward inside open Mohawk – R to L and L to R 2. Ballet jump – either direction 3. Back crossovers to a back outside edge landing position clockwise and counterclockwise 4. Forward inside pivot
Basic 3	Basic 8
<ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle – either clockwise or counterclockwise 4-6 consecutive 3. Backward one foot glide – either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside 3-turns – R & L 2. Waltz jump 3. Mazurka in either direction 4. 1 Combination move – clockwise or counterclockwise; two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position – minimum three revolutions
Basic 4	
<ol style="list-style-type: none"> 1. Forward crossovers 4-6 consecutive both directions 2. Standstill forward outside 3-turn – R & L 3. Backward stroking – 4-6 strokes 4. Backward snowplow stop – R or L 	

FREE SKATE 1 – 6 COMPULSORY EVENT

Format: In simple program form, using a limited number of connecting steps, and 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

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

Adult Free Skate 1 Compulsory	Adult Free Skate 3 Compulsory
<ol style="list-style-type: none"> 1. Backward swizzles 2. Forward one-foot glides, one time skater's height: R & L 3. Two-foot turns 4. Snowplow stops: R or L 5. Forward curves on two feet 	<ol style="list-style-type: none"> 1. Backward crossovers, clockwise & counterclockwise 2. Inside Mohawk, either direction 3. T-stops: R & L 4. Forward progressives 5. Beginning two-foot spin
Adult Free Skate 2 Compulsory	Adult Free Skate 4 Compulsory
<ol style="list-style-type: none"> 1. Forward stroking 2. Forward crossovers, clockwise & counterclockwise 3. Backward one-foot glide: R or L 4. Forward pivot 5. Forward Chasses on a circle 	<ol style="list-style-type: none"> 1. Forward three turns, outside or inside: R & L 2. Alternate backward crossovers with two-foot transition 3. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle 4. Power three turns: one direction only 5. Backward Chasses on a circle

FREE SKATE 1-6 MUSIC EVENT

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
- 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 minutes +/- 10 seconds

Free Skate 1	Free Skate 4
<ol style="list-style-type: none"> 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers – minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump 	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin – minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump combination
Free Skate 2	Free Skate 5
<ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Beginning back spin – minimum 2 revolutions 3. Waltz jump, side toe hop, waltz jump sequence 4. Toe Loop jump 	<ol style="list-style-type: none"> 1. Camel spin – minimum three revolutions 2. Forward upright spin to back upright spin – minimum three revolutions each foot 3. Loop/loop combination jump 4. Flip jump
Free Skate 3	Free Skate 6
<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin – minimum three revolutions 3. Salchow jump 4. Waltz jump/toe loop, or Salchow/toe loop jump combination 	<ol style="list-style-type: none"> 1. Camel/sit spin combination, minimum of four revolutions total 2. Split or stag jump 3. Waltz jump/half loop/Salchow jump sequence 4. Lutz jump

**COMPULSORY EVENTS
TEST TRACK**

Format: In 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
- Skaters may have the option to skate one level higher in compulsories than their free skate program

Level	Elements	Qualifications	Length
Limited Beginner	<ol style="list-style-type: none"> 1. Waltz Jump 2. ½ jump of choice 3. ½ jump of choice 4. Forward two foot or one foot spin – minimum 3 revolutions (free leg position optional) 5. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: 1:15
Beginner	<ol style="list-style-type: none"> 1. Toe loop 2. Salchow 3. ½ jump of choice 4. Forward scratch spin – minimum 3 revolutions 5. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: 1:15
Pre-Preliminary	<ol style="list-style-type: none"> 1. Loop 2. Salchow 3. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 4. Solo spin – sit or camel spin – minimum 3 revolutions 5. Spiral sequence – must include a forward and backward spiral <p>Additional balance moves such as spirals, Ina Bauers, spread eagles, lunges, and shoot the ducks may be included.</p>	Skaters may not have passed tests higher than U.S. Figure Skating Test Track pre-preliminary free skate test	Time: 1:15
Preliminary	<ol style="list-style-type: none"> 1. Lutz jump 2. Single jump of choice (Axel permitted) 3. Jump combination (may not use Lutz or Axel jumps) 4. Camel spin – minimum 3 revolutions 5. Spiral sequence – must include a forward and backward spiral <p>Additional balance moves such as spirals, Ina Bauers, spread eagles, lunges, and shoot the ducks may be included.</p>	Skaters must have passed at least the U.S. Figure Skating Test Track pre-preliminary free skate test but may not have passed tests higher than the Test Track preliminary free skate test	Time: 1:15

**COMPULSORY EVENTS
WELL-BALANCED PROGRAM**

Compulsory Moves must be executed without music and without stopping between moves. Double jumps may not be substituted for single jumps. An Axel is considered a single jump. In combination jumps, no change of foot or turn between jumps is allowed. Times listed are maximums. All listed moves must be performed. Additional or repeated elements and excessive footwork will be penalized. All levels will compete on half-ice. Spin revolutions are minimums. Required individual jumps cannot be repeated as part of the combination jump. Levels may be combined based on number of entries.

Level	Elements	Qualifications	Length
No Test	<ol style="list-style-type: none"> 1. Single jump combination with one to be a toe loop (loop or Axel not allowed) 2. Salchow 3. Loop 4. Forward outside spiral 5. Sit spin (min 3 revs.) 	Skaters may not have passed any official U.S. Figure Skating free skate tests passed.	Time: 1:15
Limited Pre-Preliminary	<ol style="list-style-type: none"> 1. Combination jump consisting of 2 single jumps (Axel not allowed) 2. Loop 3. Flip 4. Spin combination with 1 change of position and no change of foot (min 4 revs total) 5. Forward inside spiral 	Skaters may not have passed tests higher than U.S. Figure Pre-Preliminary free skate test.	Time: 1:15
Pre-Preliminary	<ol style="list-style-type: none"> 1. Combination jump consisting of 2 single jumps (Axel allowed) 2. Loop 3. Flip 4. Spin combination with 1 change of position and no change of foot (min 4 revs total) 5. Forward inside spiral 	Skaters may not have passed tests higher than U.S. Figure Pre-Preliminary free skate test.	Time: 1:15
Preliminary	<ol style="list-style-type: none"> 1. Combination jump (toe-loop with any other single) 2. Lutz 3. Camel spin (min 3 revs) 4. Spin combination with 2 changes of position and no change of foot (min 5 revs total) 5. Forward inside spiral 	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	Time: 1:15
Adult Pre-Bronze	<ol style="list-style-type: none"> 1. Salchow 2. Toe-Loop 3. Lunge 4. Combination jump (waltz / toe-loop) 5. One foot upright spin (min 3 revs). 	Skaters may not have passed tests higher than U.S. Figure Adult Pre-Bronze free skate test.	Time: 1:15
Adult Bronze	<ol style="list-style-type: none"> 1. Flip 2. Single jump sequence 3. Sit spin (min 3 revs) 4. Forward upright spin (min 3 revs) 5. Forward inside spiral 	Skaters must have passed at least the U.S. Figure Skating Adult Pre-Bronze free skate test but may not have passed tests higher than the Adult Bronze free skate test	Time: 1:15

WELL-BALANCED PROGRAM – FREE SKATE EVENTS

(See U.S. Figure Skating Rulebook for Requirements)

Skaters may enter **EITHER** Test Track Program **OR** the Well-Balanced Program, but **NOT** both. Program is skated on full ice with music. Deductions will be made for skaters including technical elements not permitted.

See rule noted in *Additional Notes* column located in the 2013 U.S. Figure Skating rule book for detailed information on Well-Balanced free skate programs.

Note: Limited Pre-Preliminary follows the requirements for Pre-Preliminary except for Axel jump is not allowed.

No double jumps allowed in No Test & Pre-Preliminary Free Skate programs.

LEVEL	PGM LENGTH	TEST REQUIREMENT (no higher than)	ADDITIONAL NOTES
No Test	1:00 to 1:30 +/- 10 seconds	None	See rule 4280
Limited Pre-Preliminary	1:00 to 1:30 +/- 10 seconds	Pre-Preliminary FS	See rule 4270 (no Axel)
Pre-Preliminary	1:00 to 1:30 +/- 10 seconds	Pre-Preliminary FS	See rule 4270 (Axel allowed)
Preliminary	1:30 +/- 10 seconds	Preliminary FS	See rule 4260

WELL-BALANCED PROGRAM – ADULT FREE SKATE EVENTS

(See U.S. Figure Skating Rulebook for Requirements)

See rule noted in *Additional Notes* column located in the 2013 U.S. Figure Skating rule book for detailed information on Well-Balanced free skate programs. Adult No Test requirements are noted in the Additional Notes column.

LEVEL	PGM LENGTH	TEST REQUIREMENT (no higher than)	ADDITIONAL NOTES
Adult No Test	1:30 maximum time	None	Max 4 jump elements Only half-revolution jumps allowed. Min 1 Max 2 spin element(s) No flying spins allowed. Connecting steps throughout the program are required.
Adult Pre-Bronze ¹	1:40 maximum time	Adult Pre-Bronze	See rule 4600
Adult Bronze ¹	1:50 maximum time	Adult Bronze	See rule 4590

¹Adult events will be grouped by levels and/or age if number of entries warrant. Men and ladies may be combined due to limited entries.

COMPETITIVE TEST TRACK PROGRAM – FREE SKATE EVENTS

Skaters may enter **EITHER** the Test Track Free Skate program **OR** the Well-Balanced Free Skate program but **NOT** both. Competitors will skate to music of their choice, vocal music permitted.

Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

- 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 or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	JUMP	SPINS	STEPS	QUALIFICATIONS
Limited Beginner 1:30 +/- 10 sec	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> Two 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 Basic Skills free skating badge tests
Beginner 1:30 +/- 10 sec	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> 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 tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary 1:30 +/- 10 sec	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two spins of a different nature, one position only, no change of foot, not 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 pre-preliminary free skate test
Preliminary 1:30 +/-10 sec	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot, no flying entry (Min 3 revs) and One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on each foot).	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

JUMPS

Age and test requirements are the same as listed under Free Skate. Events will be skated on one-half of the ice surface. No music. Jumps must be skated exactly as stated. Solo jump required may not be repeated in combination. Skater should only execute a second attempt of the chosen jump if dissatisfied with the first attempt. If a second jump is executed, it will be the one judged.

LEVEL	REQUIRED JUMPS
No Test	Salchow jump; Loop jump; Single/Single combination jump (no Axel)
Pre-Preliminary	Flip jump; Lutz jump; Single/Single combination (no Axel)
Preliminary	Lutz jump; Axel; Single/Single combination
Adult Pre-Bronze	Waltz jump; Half-Filp jump; Waltz/Toe Loop combination
Adult Bronze	Salchow jump, Loop jump; Single/Single combination

SPINS

Age and test requirements are the same as listed under Free Skate. All levels are skated on one half of the ice surface. No music. Spins must be skated exactly as stated but may be skated in any order. Connecting steps may be used, but excessive moves will be penalized.

LEVEL	REQUIRED SPIN (minimum revolutions)
No Test	One foot upright spin (3); One foot upright back spin (3); Forward sit spin (3)
Pre-Preliminary	One foot forward scratch (3); Forward sit (3); Spin combination with 1 change of position and no change of foot (min 4 revs total.)
Preliminary	Forward sit (3); Forward Camel (3); Spin combination with 2 changes of position and no change of foot (min 5 revs total)
Adult Pre-Bronze	One foot upright (3); two-foot spin (3); pivot
Adult Bronze	One foot upright (3); one foot back spin (3); forward sit spin (3)

SHOWCASE EVENTS

This event is like a show. This means the program should be entertaining, imaginative and creative. Above all, choreography must reflect and interpret the music.

ITEM	REQUIREMENTS
Time	Showcase A (Basic 1 – Basic 4) 1:00 max
	Showcase B (Basic 5 – Basic 8) 1:00 max
	Showcase C (Free Skate 1 – Free Skate 3) 1:30 max
	Showcase D (Free Skate 4 – Free Skate 6) 1:30 max
Music	Theme of skater's choice. Vocal music <u>is</u> permitted.
Costumes	Costumes should complement music.
Props	Hand props <u>are</u> permitted, but must not touch the ice. They may be placed on or against the railing or handed to another person. <u>No</u> live props (pets, animals, etc.).
Judging	Judging to emphasize interpretation and entertainment value rather than technical skills.
Other	Skaters will be grouped by age and level as closely as possible. Boys and girls may be in combined events.

SOLO ARTISTIC

Vocal music may be used. Costumes should fit the music and are not a safety hazard. Props, if used, must be hand held at all times. Nothing may be placed on the ice. While skating is a major element of the program, the performance will be judged on entertainment value rather than technical skill. Judging will be based on originality, creativity, musical interpretation and movement that characterize the correct mood of the program. No props during warm-up.

Age and test requirements for non-adults are the same as listed under Free Skate. Adult Artistic competitors must be 21 years or older and meet minimum test requirements of the Adult Pre Bronze Free Skate test, Adult Bronze Free Skate test, or the Adult Bronze Dance Test.

Level	Time (Max)	Level	Time (Max)
No Test	1 min/40 sec	Preliminary	1 min/40 sec
Pre-Preliminary	1 min/40 sec	Adult	1 min/40 sec

REGISTER on ENTRYEEZE NO LATER THAN OCTOBER 1, 2013

**SPECIAL OLYMPIAN COMPETITION EVENTS
SPECIAL OLYMPIAN FREE SKATE**

LEVEL	REQUIREMENTS	TIME
Level 1	Program as per Special Olympic level one requirements.	1 min
Level 2	Program as per Special Olympic level two requirements.	1½ min
Level 3	Program as per Special Olympic level three requirements.	2 min
Level 4	Program as per Special Olympic level four requirements.	2 min
Level 5	Program as per Special Olympic level five requirements.	2½ min
Level 6	Program as per Special Olympic level six requirements.	2 ½ min

SPECIAL OLYMPIAN COMPULSORY MOVES

Compulsory events will be conducted in accordance to the rules specified in the Special Olympics Winter Sports Rules 2003-2006.

LEVEL	REQUIRED ELEMENTS
Level 1	1) Forward swizzles for a distance of 10 meters; 2) Backward swizzles for a distance of 10 meters. 3) One-foot snowplow stop.
Level 2	1) Forward stroking; 2) Forward to backward turn; 3) Backward stroking; 4) Backward to forward turn; 5) Forward stroking; 6) T-Stop; 7) Forward crossovers around the hockey circles in figure eight pattern clockwise and counter clockwise.
Level 3	1) Forward outside edges and forward inside edges; 2) Forward outside three-turn on the right foot and forward outside three-turn on the left foot; 3) right forward inside edge to left backward inside edge open Mohawk and left forward inside edge to right backward inside open Mohawk.
Level 4	1) Back outside edges and Backward inside edges; 2) Forward crossovers, inside Mohawk, backward crossover, step forward on inside edge to the inside of the circle, repeated two times, performed left and right; 3) Waltz three step sequence.
Level 5	1) LBO 3-LF1 Mohawk (repeat); 2) RBO 3-RF1 Mohawk (repeat); 3) RFOI change edge - LFI 3; 4) RFIO change edge - LFO 3; 5) LFOI change edge - RFI 3; 6) LFIO change edge - RFO 3
Level 6	1) Forward cross-strokes (entire length of rink) and backward cross-strokes entire length of rink; 2) Brackets RFO-LBI bracket, stop, LFO-RBI brackets RFI-LBO bracket, stop, LRI-RBO bracket.

SPECIAL OLYMPIAN ARTISTIC

All Artistic events are performed with music (vocal music allowed) on full ice surface. Costumes may be of any type as long as they fit the music and are not a safety hazard. Props, if used, must be hand held at all times. Judging will be based on entertainment value as well as on originality, creativity, musical interpretation and artistic expression. No props allowed during warm-up.

LEVEL	REQUIREMENTS	TIME
Level 1	Program as per Special Olympic level one requirements.	1 min
Level 2	Program as per Special Olympic level two requirements.	1 min
Level 3	Program as per Special Olympic level three requirements.	1 min
Level 4	Program as per Special Olympic level four requirements.	1½ min
Level 5	Program as per Special Olympic level five requirements.	1½ min
Level 6	Program as per Special Olympic level six requirements.	1½ min

SPECIAL OLYMPIAN PAIR FREE SKATING

All pair skate events are performed on full ice surface. Vocal music is not allowed. Teams shall consist of two Special Olympic Athletes, 1 male and 1 female, 2 males or 2 females.

LEVEL	REQUIREMENTS	TIME
Level 1	Program as per Special Olympic level one requirements.	1 min
Level 2	Program as per Special Olympic level two requirements.	2 min

SPECIAL OLYMPIAN ICE DANCING – SOLO COMPULSORY DANCE

All solo ice dances events are performed on full ice surface. Ice dances will be skated solo.

LEVEL	REQUIREMENTS
Level 1	Canasta Tango - 2 patterns or one time around the ice surface.
Level 2	Cha Cha - 2 patterns or one time around the ice surface.
Level 3	Hickory Hoedown - 2 patterns or one time around the ice surface.
Level 4	Fourteen Step - 2 patterns or one time around the ice surface.

SPECIAL OLYMPICS BADGE PROGRAM

The Special Olympics Sports Skills program is designed for Special Olympics athletes starting to learn figure skating. 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. Skaters will have two opportunities to perform each skill, and may perform it once or twice. The better of the two attempts will be judged.

Badge 1 1. Stand unassisted for 5 seconds 2. Fall and stand up unassisted 3. Knee dip standing still unassisted 4. March forward 10 steps assisted	Badge 7 1. Backward stroking across the rink 2. Gliding backward to forward 2-foot turn 3. T-stop left or right 4. Forward 2-foot turn on a circle: L & R
Badge 2 1. March forward 10 steps unassisted 2. Swizzles, standing still: 3 repetitions 3. Backward wiggle or march assisted 4. 2-foot glide forward for distance of at least length of body	Badge 8 1. 5 consecutive forward crossovers: L & R 2. Forward outside edge: L & R 3. 5 consecutive backward ½ swizzles on a circle: L & R
Badge 3 1. Backward wiggle or march 2. 5 forward swizzles covering at least 10 feet 3. Forward skating across the rink 4. Forward gliding dip covering at least length of body: L & R	Badge 9 1. Forward outside 3-turn: L & R 2. Forward inside edge: L & R 3. Forward lunge or shoot the duck at any depth 4. Bunny hop
Badge 4 1. Backward 2-foot glide covering at least length of body 2. 2-foot jump in place 3. 1-foot snowplow stop: L & R 4. Forward 1-foot glide covering at least length of body: L & R	Badge 10 1. Forward inside 3-turn: L & R 2. 5-consecutive backward crossovers: L & R 3. Hockey stop 4. Forward spiral 3 times length of body
Badge 5 1. Forward stroking across rink 2. 5 backward swizzles covering at least 10 feet 3. Forward 2-foot curves left and right across rink 4. 2-foot curves left and right across rink	Badge 11 1. Consecutive forward outside edges: minimum 2 on each foot 2. Consecutive forward inside edges: minimum 2 on each foot 3. Forward inside Mohawk: L & R 4. Consecutive backward outside edges: minimum 2 on each foot 5. Consecutive backward inside edges: minimum 2 on each foot
Badge 6 1. Gliding forward to backward 2-foot turn 2. 5 consecutive forward 1-foot swizzles on circle: L & R 3. Backward 1-foot glide length of body: L & R 4. Forward pivot	Badge 12 1. Waltz jump 2. 1-foot spin: minimum of 3 revolutions 3. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise 4. Combination of three moves chosen from badges 9-12

**2013 BUNNY HOP OPEN
PROGRAM ADVERTISING CONTRACT**

We invite you to submit an ad to be printed in our program. Ads may be submitted to recognize or send a special message to your skater or to promote your business. The **deadline for submission of ad with artwork and check is October 1, 2013. All photos or artwork must be sized and ready for production (300 dpi or above in .pdf file format) and must be e-mailed to Enxic00@yahoo.com.**

All ads will be printed in black and white. *Please do not mail photographs, they must be submitted by e-mail and in the correct format with SKATER'S name, skating level and ad size on subject line.* Photos can be submitted in .jpeg format. If you have any questions, please e-mail Enxic00@yahoo.com.

Advertising rates are based on camera-ready copy, which is black on white, the exact size and shape of the ad. Advertiser agrees to pay the cost of any additional type set, or other reproductions charges if camera-ready copy is not provided. All photographs must be black and white glossy prints (no negatives). Advertising agency commission must be paid by the advertiser.

Make checks payable to: **Dallas FSC**

E-MAIL ART WORK, MAIL AD CONTRACT FORM AND PAYMENT TO:

**Enxi Huang
3825 Lowrey Way
Plano, TX 75025**

PLEASE PRINT CLEARLY:

Name _____ Email _____

Address _____

City _____ State _____ Zip _____ Telephone _____

Size of Ad _____ Amt Enclosed \$ _____

RATES AND SPECIFICATIONS (choose from designs below)

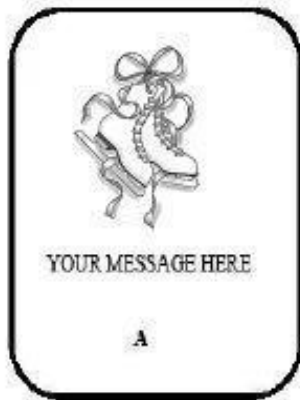
Pre-Designed Personal Ad	\$15	Inside Back Cover	\$65
Quarter Page	\$15	Inside Front Cover	\$65
Half Page	\$25	Outside Back Cover	\$70
Full Page	\$50		

Please submit one form per ad ordered (additional copies may be printed of this form). Indicate the number of the ads you wish to use if you choose pre-designed personal Ad, print "To" and "From" names.

Advertisement # _____ "Skater's Name" _____

"From" Name(s) _____

Ad #1 (Personal Message. Sample: "Thank you to my coach – coach's name") Please print, 10 word limit



Choose your logo by the letter and then add your personalized message on contract!!

Samples A & B are actual printing size.



C



D



E



F



G



H



I



J



K



L



M