

# 9<sup>th</sup> Annual Northland Basic Skills Competition

*Held in conjunction with the*

## 36<sup>th</sup> Annual Northland Figure Skating Competition



**February 7, 2016  
Duluth, MN**

Hosted by the Duluth Figure Skating Club  
[www.duluthfsc.org](http://www.duluthfsc.org)

**Chief Referee: Jennifer Marker Johnson  
Accountant: Lexie Kastner  
Assistant Accountant: Carolyn Marker  
Music Coordinator: Mike Wittmann**

**Co-Chairs: Vikki Buckley and Teri Kautz  
Email: [northland2016@outlook.com](mailto:northland2016@outlook.com)**

**Deadline for Entry: December 7, 2015**

Sanctioned by:



The **Duluth Figure Skating Club** is hosting the 9<sup>th</sup> Annual Basic Skills Competition in conjunction with its annual Northland Competition. The Basic Skills Competition will be held February 7, 2016 at the Duluth Entertainment Convention Center ([www.decc.org](http://www.decc.org)), 350 Harbor Drive, Duluth, MN 55802.

**General Rules:** This competition will be conducted under the rules of U.S. Figure Skating set forth in the 2015-2016 U.S. Figure Skating Basic Skills Competition Manual. 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 highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or individual dances. For the Free Skate 1-6 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.

**Entry:** (1) Online registration: online registration is preferred and is available via a secured credit card transaction at [www.duluthfsc.org](http://www.duluthfsc.org), serviced by *Entryeeze*. Registration must be completed by midnight, **December 7, 2015**. Upon receiving your application online an email will be sent to the skater's coach to verify accuracy of entry. An official at the skater's home club will also be notified to certify the skater's standing within the club. (2) Mail in paper registration: paper registration and payment by check will be accepted with a \$5.00 processing fee. Mail in entries must be post-marked no later than **December 7, 2015**. Mail registration form with check payable to *DFSC* to: Northland Basic Skills Competition, c/o Teri Kautz, 1328 99<sup>th</sup> Ave W, Duluth, MN 55808. Please note that your coach/instructor is required to sign your application form verifying your level of competition and the events you are competing in. *It is the skaters' and coaches' responsibility to verify that the skater has entered the correct event and level. Any change in a skater's event/level after the entry deadline is subject to a \$25.00 change fee. Late entries are only accepted at the discretion of the Referee and subject to a \$25.00 late fee.*

**Fees:** Fee for a skater's first event is \$55.00. If entering a second event (which must be entered at the same level), the additional fee is \$20.00. There are no refunds (including for medical circumstances) after the registration closing date.

**Admission and Event Programs:** There is no admission charge for the Northland Competition. Event programs may be pre-purchased for \$9.00 with a limited quantity available for purchase at the competition.

**Registration:** The Registration Desk will be located in the DECC's Edmund Fitzgerald Hall. Skaters must check in at least one hour prior to their first event. Events may run ahead at the discretion of the Referee. Please plan to check in with the rink monitor at least 45 minutes prior to your event's scheduled start time. All schedules will be posted on an official bulletin board near the registration desk. It is the responsibility of each competitor to check this board for official schedules and notices.

**Practice ice:** Practice ice will be available for purchase online via *Entryeeze* or at the Registration Desk. Pre-paid practice ice is being offered to competitors for a cost of \$12.00 for each 20-minute session. Skaters will be able to pick their own practice ice sessions online but you must indicate the number of sessions you want during the registration process and must be pre-paid with your entry. Additional ice sales will be available for a cost of \$14.00 after the schedule has been posted and those that pre-register for sessions have had time to select their sessions. Practice ice will also be available for purchase during the competition and will be sold for a cost of \$16.00.

**Music:** Only standard format CD's clearly marked with the competitor's name will be accepted. A CD must have only ONE track on it. Each CD must be in a paper CD sleeve with a see-through window. Standard hard plastic jewel cases or other CD holders are no longer acceptable. Music must be turned in at the registration desk when checking in for the competition. Music may be picked up at the registration desk after completion of the event. Music WILL NOT be mailed to skaters after the competition.

**Awards/Photographs/Videotaping:** Awards will be presented to all skaters in Edmund Fitzgerald Hall after results are posted. An official event photographer will be present to take group pictures of award winners as well as individual skaters. Professional videotaping and action shots will also be available for purchase during the competition.



## U.S. Figure Skating Nonqualifying Competitions

### BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format choice of the host: 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**

Level	Time	Skating rules/standards
Snowplow Sam 1-3	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>
Basic 1	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>
Basic 2	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>
Basic 3	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 three revolutions</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn, right and left</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, right or left</li> </ul>
Basic 5	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>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Lunge, right or left</li> <li>• T-stop, right or left</li> </ul>
Basic 7	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside open mohawk, right to left and left to right</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>
Basic 8	1:00 max.	<ul style="list-style-type: none"> <li>• Moving forward outside or forward inside three-turns, right and left</li> <li>• Waltz jump</li> <li>• Mazurka, either direction</li> <li>• One combination move, clockwise or counter clockwise, two forward crossovers into forward inside 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>



## U.S. Figure Skating Nonqualifying Competitions

### 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 0.2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, 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>
Basic 3	1:10 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 three revolutions</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn, right and left</li> <li>• Forward crossovers, 4-6 consecutive both directions</li> <li>• Backward stroking, 4-6 strokes</li> <li>• Backward snowplow stop, right or left</li> </ul>
Basic 5	1:10 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>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Lunge, right or left</li> <li>• T-stop, right or left</li> </ul>
Basic 7	1:10 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside open Mohawk, right to left and left to right</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>
Basic 8	1:10 max.	<ul style="list-style-type: none"> <li>• Moving forward outside or forward inside three-turns, right and left</li> <li>• Waltz jump (from a standstill)</li> <li>• Mazurka, either direction</li> <li>• Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside 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>



## U.S. Figure Skating Nonqualifying Competitions

### FREE SKATE 1-6 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 0.2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Level	Time	Skating rules / standards
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Advanced forward stroking, 4-6 consecutive</li> <li>• Backward outside three-turns, right and left</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>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Forward outside or inside spiral, right or left</li> <li>• Waltz three's, right or left, 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>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Forward crossovers in a figure 8</li> <li>• Backward inside three-turns, right and left</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>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/loop jump combination</li> </ul>
Free Skate 5	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>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Five step mohawk sequence - one 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>



## U.S. Figure Skating Nonqualifying Competitions

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### FREE SKATE 1-6 PROGRAM EVENT

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting 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 0.2 deduction will be taken for each element performed from a higher level
- Time 1:40 max.

Level	Time	Skating rules / standards
Free Skate 1	1:40 max	<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>
Free Skate 2	1:40 max	<ul style="list-style-type: none"> <li>• Forward outside spiral, right or left</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>
Free Skate 3	1:40 max	<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>
Free Skate 4	1:40 max	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-loop jump combination</li> </ul>
Free Skate 5	1:40 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>
Free Skate 6	1:40 max	<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>

**2016 NORTHLAND BASIC SKILLS COMPETITION ENTRY FORM**  
**Entry must be completed online or postmarked by December 7, 2015**

Name: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: F M  
 Last Name First Name

Address: \_\_\_\_\_  
 Street City State Zip Code

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

U.S. Figure Skating/Basic Skills Membership #: \_\_\_\_\_ Skating School/Club: \_\_\_\_\_

**Check the event(s) below that the skater wishes to enter. If entering two events, both must be skated at the same level. Consult your coach/skating school director before completing this area.**

<b>BASIC ELEMENTS EVENT</b>	<b>BASIC PROGRAM EVENT</b>	<b>FREE SKATE COMPULSORY EVENT</b>	<b>FREE SKATE PROGRAM EVENT</b>
____ Snowplow Sam 1-3	____ Snowplow Sam 1-3	____ Free Skate 1	____ Free Skate 1
____ Basic 1	____ Basic 1	____ Free Skate 2	____ Free Skate 2
____ Basic 2	____ Basic 2	____ Free Skate 3	____ Free Skate 3
____ Basic 3	____ Basic 3	____ Free Skate 4	____ Free Skate 4
____ Basic 4	____ Basic 4	____ Free Skate 5	____ Free Skate 5
____ Basic 5	____ Basic 5	____ Free Skate 6	____ Free Skate 6
____ Basic 6	____ Basic 6		
____ Basic 7	____ Basic 7		
____ Basic 8	____ Basic 8		

Online registration at: [www.duluthfsc.org](http://www.duluthfsc.org) via Entryeze  
 or mail completed Competition Entry Form with check payable to **DFSC** to:  
**Northland Basic Skills Competition, c/o Teri Kautz, 1328 99<sup>th</sup> Ave W, Duluth, MN 55808**

**ENTRY FEES**

Skater's first event is \$55.00..... First Event \$ \_\_\_\_\_  
 Skater's second event (skated at same level) is \$20.00..... Second Event \$ \_\_\_\_\_  
 Pre-paid practice ice (allowed 1 per event @ \$12 each).....\$ \_\_\_\_\_  
 Event program (\$9.00).....\$ \_\_\_\_\_  
 Paper Entry Form processing fee (\$5.00).....\$ **5.00**  
 Late registration fee (if registering after December 7, 2015, add \$25.00).....\$ \_\_\_\_\_  
 Total.....\$ \_\_\_\_\_

**SKATING SCHOOL DIRECTOR'S OR COACH'S CONSENT: (This is required for entry acceptance.)**  
 I certify that the above information is correct and that this skater is eligible to compete at the level indicated on this form.

\_\_\_\_\_  
 Name of Coach/Skating School Director - Please Print

\_\_\_\_\_  
 Signature of Coach/Skating School Director

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Email

\_\_\_\_\_  
 Phone Number

**Parent/Guardian Consent:** I have read and agree to the terms of the 2016 Northland Basic Skills Competition. The information provided is complete and accurate. Further, I will not hold liable the Duluth Figure Skating Club, the Duluth Entertainment and Convention Center, or U.S. FIGURE SKATING for any injury or loss incurred by my child or myself during this competition.

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

\_\_\_\_\_  
 Date