

Announcement for Lake Minnetonka Figure Skating Club's





9th ANNUAL BASIC SKILLS, WELL-BALANCED & TEST TRACK COMPETITION

Sunday – March 19th, 2017 Minnetonka Ice Arena 3401 Williston Road Minnetonka, MN 55345 952-939-8310

HOSTED BY THE LAKE MINNETONKA FIGURE SKATING CLUB Sanctioned by U.S. Figure Skating Referee: Julie Mattson Ostrow Accountant: Gay Ann Louiselle

REGISTRATION DEADLINE: Registration <u>must be</u> completed ONLINE by Midnight February 19th, 2017



The **SUNFLOWER CLASSIC** will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating Basic Skills program, a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens. The purpose of the competition is to promote a positive experience at the beginning levels of skating and a fun competitive experience for the higher level skaters.

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

Skaters entering beginner-pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group. All Snowplow Sam and Basic Skills skaters through Basic 6 must skate at the highest level passed or one level higher. NO USFS test may have been passed including Moves in the Field or dances. Skaters must compete at the same level in compulsory and freestyle if entering both events. Boys and Girls events may be combined. Well-Balanced and Test Track levels will be combined for compulsory moves. Juvenile & Open Juvenile events may be combined.

ENTRIES: Entries are limited to the first 150 applications received. **Online registration** is being used and is available via secured credit card transaction at **www.LMFSC.org**, serviced by **EntryEeze**. Upon receiving your application on-line 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. Entry fees are per person – Basic Skills events are **\$55.00**. For all other competitors, the first event is **\$80.00** and each additional event is **\$20.00**. Late entries may be accepted at the discretion of the local organizing committee for a late fee of \$20.00.

<u>REFUND POLICY</u>: NO **REFUNDS** after the closing date unless event is cancelled by LMFSC. There will be no medical refunds given after the closing date of Sunday, February 19th, 2017 at midnight. The online processing fees are not refundable. Contested credit card charges will be issued a \$35.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available via **EntryEeze**.

FACILITIES: The competition will be held at the Minnetonka Ice Arena, 3401 Williston Road, Minnetonka, MN 55345. The arena phone number is (952) 939-8310 and directions are available at the City of Minnetonka website at <u>www.eminnetonka.com</u>. The ice sheet size is 200 ft. X 85 ft. Locker Rooms and concessions will be available.

<u>MUSIC:</u> Music for all free skating programs must be provided by skater and in CD format ONLY. No cassette tapes will be accepted. CDs should be clearly marked with skaters name, event and length of music. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Lake Minnetonka Figure Skating Club cannot be responsible for damage to CD's or for CDs left at the end of the competition.

LIABILITY: U.S. Figure Skating, Lake Minnetonka FSC, and Minnetonka Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM:

The 6.0 Majority Judging System will be used for all events.

<u>REGISTRATION</u>: The registration desk will be open on March 19th beginning at 7:00 AM and run through the last event of the day. The registration table will be located in the lobby of Arena A. Please register promptly upon arrival.

PRACTICE ICE: Two practice ice sessions can be purchased in advance of the event. Pre-purchased practice ice is available for purchase on EntryEeze at the time of registration and will cost \$12.00 per session for a 20 minute session. Practice ice will also be available for purchase on the day of the competition for \$15.00 per session. All practice sessions are 20 minutes in length and no music will be played.

<u>PHOTOGRAPHY/VIDEOGRAPHY</u>: Photographs will be available for purchase. There will be no video offered at the Sunflower Classic.

<u>AWARDS:</u> All Competitors will receive an award. Awards will be presented to the competitors off ice after the official results are posted for each event. All events are considered final rounds.

OFFICIAL NOTICES: An official bulletin board will be maintained at the registration desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – <u>no exceptions</u>. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf

<u>CONTACT INFO:</u> If you have questions, please contact the Sunflower Classic Chairperson Jill Cummings at jcummings@eminnetonka.com.

EVENTS OFFERED



EVENT: COMPETE USA COMPETITION EVENT: SNOWPLOW SAM - BASIC 6

The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice.
- 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 - 2017
		March followed by a two-foot glide and dip
Snowplow	1:10 max.	• Forward two-foot swizzles, 2-3 in a row
Sam		Forward snowplow stop
		Backward wiggles, 2-6 in a row
		Forward two-foot glide and dip
Basic 1	1:10 max.	• Forward two-foot swizzles, 6-8 in a row
		Beginning snowplow stop on two-feet or one-foot
		Backward wiggles, 6-8 in a row
		Forward one-foot glide, either foot
Basic 2	1:10 max.	• Scooter pushes, right and left foot, 2-3 each foot
		Moving snowplow stop
		Two-foot turn in place, forward to backward
		Backward two-foot swizzles, 6-8 in a row
		Beginning forward stroking showing correct use of blade
Basic 3	1:10 max.	• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6
		consecutive
		Forward slalom
		 Beginning backward one-foot glide, either foot
		 Moving forward to backward two-foot turn on a circle
		Backward one-foot glides, right and left
Basic 4	1:10 max.	 Forward outside edge on a circle, clockwise or counter clockwise
		 Forward crossovers, 4-6 consecutive, both directions
		Beginning two-foot spin, 2-4 revolutions
		 Backward ½ swizzle pumps on a circle, one direction only
		Backward outside edge on a circle, clockwise or counterclockwise
	1:10 max.	Backward crossovers, 4-6 consecutive, both directions
Basic 5		Advanced two-foot spin, 4-6 revolutions
		 Forward outside three-turn, right and left
		Hockey stop
		 Forward inside three-turn, right and left
Basic 6	1:10 max.	Bunny Hop
		 Forward spiral on a straight line, right or left
		 Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry
		T-stop, right or left
Pre Free Skate	1:40 max.	• Two forward crossovers into a forward inside Mohawk, step down and cross behind,
		step into one backward crossover and step to a forward inside edge, clockwise and
		counter clockwise
		One foot upright spin, optional entry and free foot position (min. 3 revolutions)
		Mazurka
		Waltz Jump

EVENT: INTRODUCTORY LEVELS: FREESKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

• Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	 Max. 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front). Max. 2 jump sequences Max. 2 of any same jump 	Max. 2 spins: • 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 Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	 Max. 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. Max. 2 jump combinations or sequences Max. 2 of any same type jump. 	Max. 2 spins: • 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 Learn to Skate USA free skating badge tests

U.S. Figure Skating Nonqualifying Competitions

EVENT: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior levels

General event parameters:

- Skaters may <u>not</u> enter both a Well-Balanced Free Skate or Introductory Level event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 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	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 maximum	 Maximum of 5 jump elements: 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. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	Maximum of 2 spins: • Two spins of a different nature, one position only. 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 pre- preliminary free skate test
Preliminary 1:30 +/- 10 sec.	 Maximum of 5 jump elements: Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump 	 Maximum of 2 spins: One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per 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

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Juvenile 2:00 +/- 10 sec.	 Maximum of 5 jump elements: Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump 	 Maximum of 2 spins: One spin in one position, no change of foot (Min. 3 revolutions) One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre- juvenile free skate test
Juvenile 2:15 +/- 10 sec.	 Maximum of 5 jump elements: Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	 Maximum of 2 spins: One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) Only solo spin may fly 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre- juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:30 +/- 10 sec.	 Maximum of 6 jump elements: Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	 Maximum of 2 spins: One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test

Level	Jumps	Spins	Step Sequences	Qualifications
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	 Maximum of 7 jump elements for men and 6 for ladies: Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	 Maximum of 3 spins, of a different nature: One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) All spins may fly 	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test
Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	 Maximum of 8 jump elements for men and 7 for ladies: Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	 Maximum of 3 spins of a different nature: One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	One step sequence fully utilizing ice surface (See rule 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test
Senior Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.	 Maximum of 8 jump elements for men and 7 for ladies: Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	 Maximum of 3 spins of a different nature: One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks) Ladies: One step sequence of advanced difficulty, covering the full ice surface and either one spiral sequence or choreographic sequence. (See rule 4104 & 4105 for remarks.)	Skaters must have passed at least the U.S. Figure Skating junior free skate test



2016-17 Singles Free Skate Requirements

This chart has been updated with the changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016. The changes to intermediate in this chart take effect on February 1, 2017.

General event parameters:

- Skaters may <u>not</u> enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
NO TEST 1:40 maximum *means element is required	 Max 5 Jump Elements All single jumps allowed except for the single Axel; No single Axels, double, triple or quadruple jumps allowed; Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences; Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted; Jump sequences limited to a maximum of 3 single jumps 	 Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	 Max 1 Sequence Step Sequence Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence If IJS is used, then: ChSt
PRE- PRELIMINARY 1:40 maximum *means element is required	 Max 5 Jump Elements All single jumps, including the single Axel, allowed; No double, triple or quadruple jumps allowed; Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels); Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences; Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted; Jump sequences limited to a maximum of 3 single jumps 	 Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	 Max 1 Sequence Step Sequence Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence If IJS is used, then: ChSt

	Max 5 Jump Elements	Max 2 Spins	Max 1 Sequence
PRELIMINARY 1:30 +/- 10 sec *means element is required	 Max 5 Jump Elements I must be an Axel or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop); Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed; An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination; Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences; Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted Jump sequences limited to a maximum of 3 single or double jumps. 	 Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	 Max I sequence Step Sequence Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence If IJS is used, then: ChSt
PRE-JUVENILE 2:00 +/- 10 sec *means element is required	 Max 5 Jump Elements 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel No triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences Jump combination with a maximum of 2 double jumps and 1 single jump is permitted Jump sequences limited to a maximum of 3 single or double jumps 	 Max 2 Spins 1 spin combination, with or without change of foot* May start with a flying entry Min 6 revs 1 spin with only 1 position* No change of foot May start with a flying entry Min 4 revs These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	 Max 1 Sequence Step Sequence Must fully utilize the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence If IJS is used, then: ChSt

	Max 5 Jump Elements	Max 2 Spins	Max 1 Sequence
JUVENILE and OPEN JUVENILE 2:15 +/- 10 sec *means element is required	 Max 5 Jump Elements 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed No triple or quadruple jumps allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump can be included more than twice Max 2 jump combinations or sequences Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump Number of jumps in jump sequence is not limited 	 Max 2 Spins I spin combination; with or without change of foot* Min 8 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. I spin with only 1 position; no change of foot* Min 5 revs Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	 Max 1 Sequence One choreographic step sequence* Must fully utilize the ice surface
INTERMEDIATE 2:40 +/- 10 sec *means element is required	 Max 6 Jump Elements 1 must be an Axel-type jump* All single, double and triple jumps allowed No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value No double or triple jump can be included more than twice Max 3 jump combinations or sequences Combinations are limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	 Max 2 Spins 1 spin combination; with or without change of foot* Min 8 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with only 1 position; no change of foot* Min 5 revs Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	Max 1 Sequence • One leveled step sequence* Maximum of Level 2. Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Must fully utilize the ice surface.

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
NOVICE LADIES 3:00 +/- 10 sec *means element is required	 Max 6 Jump Elements 1 must be an Axel-type jump* All single, double and triple jumps are allowed No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	 Max 3 Spins 1 spin combination; with or without change of foot* Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 flying spin with no change of foot or position* Min 6 revs 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	Max 1 Sequence • One leveled step sequence* • Must fully utilize the ice surface
NOVICE MEN 3:30 +/- 10 sec *means element is required	 Max 7 Jump Elements 1 must be an Axel-type jump* All single, double and triple jumps are allowed No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	 Max 3 Spins 1 spin combination; with or without change of foot* Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 flying spin with no change of foot or position* Min 6 revs 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	Max 1 Sequence • One leveled step sequence* • Must fully utilize the ice surface

	Max 7 Jump Elements	Max 3 Spins	Max 1 Sequence
JUNIOR LADIES 3:30 +/- 10 sec *means element is required	 Max / Jump Elements 1 must be an Axel-type jump* Jumps can contain any number of revolutions Of all the triples or quads, only 2 can be executed twice If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	 Max 3 spins 1 spin combination; with or without change of foot* Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with a flying entry* Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	 Max I Sequence One leveled step sequence* Must fully utilize the ice surface
SENIOR LADIES 4:00 +/- 10 sec *means element is required	 Max 7 Jump Elements I must be an Axel-type jump* Jumps can contain any number of revolutions Of all the triples or quads, only 2 can be executed twice If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence e Max 3 jump combinations or sequences Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	 Max 3 Spins 1 spin combination; with or without change of foot* Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with a flying entry* Min 6 revs 1 spin with only 1 position* Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E)) 	 Max 2 Sequences One leveled step sequence* Must fully utilize the ice surface One choreographic sequence* Must be clearly visible

EVENT: SHORT PROGRAM: Intermediate through Senior Ladies

2016-17 Singles Short Program Requirements

This chart has been updated with changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016. The changes to intermediate in this chart take effect February 1, 2017.

INTERMEDIATE LADIES 2:10 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination	Jump Combination Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs.		Only one position No change of foot May start with a fly		Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3</u> <u>basic positions to receive</u> <u>full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Max Level 2. Only Simple Variety (7 turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level
NOVICE LADIES 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	Layback of Sideways Lea Spin No change of No flying en Min. 6 revs	f foot htry	Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3</u> <u>basic positions to receive</u> <u>full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface		
JUNIOR LADIES 2:40 +/- 10 <u>sec</u>	Double Axel	Double or Triple Loop Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	riying Side Camel Side Spin Lea pos.may with be cha different of than No pos. er Min.8 Mit	aning aning at Spin thout ange foot flying ntry in. 8 evs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3</u> <u>basic positions to receive</u> <u>full value.</u> No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface		
SENIOR LADIES 2:40 +/- 10 Sec	Double or Triple Axel	Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Lea Spin Si Landing Ca position different wit than cha spin in 1 position of Min. 8 No ' revs. er Mi	back, eways ning, it or amel pin thout ange foot flying ntry in. 8 evs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3</u> <u>basic positions to receive</u> <u>full value.</u> No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface		

EVENT: COMPULSORY MOVES

General event parameters:

- Beginner Juvenile: Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
Beginner	1:15 max.	 Waltz jump ½ jump of choice
		 Forward two foot or one foot spin – minimum three revolutions (free leg position optional) Forward or backward spiral
High	1:15	1. Toe loop jump
Beginner	max.	2. Salchow jump
bogiinioi		 Forward scratch spin – minimum three revolutions Forward or backward spirl
No-Test	1:15	1. Loop jump
	max.	 Jump combination to include a toe loop (may not use a loop or Axel)
		3. Solo spin - sit or camel spin - minimum three revolutions
		 Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
		1. Single Toe Loop
Pre –	1:15	2. Jump combination: single/single (no Axel)
Preliminary	max.	3. Sit spin or camel spin - minimum three revolutions
		 Spiral sequence with one forward spiral and one backward spiral (any edge)
		1. Single Lutz
Preliminary	1:15	2. Jump combination: single/single (may include Axel)
	max.	3. Back upright spin - minimum three revolutions
		4. Forward inside spiral
Dre	1.15	1. Single jump (may include Axel)
Pre –	1:15	2. Jump combination: single/single (may include Axel)
Juvenile	max.	 Layback spin or camel spin - minimum three revolutions Step sequence - circular
		1. Single Axel
Juvenile &	1:15	2. Jump combination: single/single or double/single
Open Juv.	max.	3. Layback spin or camel spin - minimum three revolutions
		4. Step sequence – circular



TWIN CITY FIGURE SKATING ASSOCIATION

LEARN TO SKATE COMPETITION SERIES

(formerly the Basic Skills Series)

TCFSA LEARN TO SKATE SERIES MISSION STATEMENT: The purpose of the "Series" is to promote an introductory competitive experience for the beginning TCFSA member skater allowing them to develop the USFS basic skills in an enjoyable environment. The Twin City Figure Skating Association (TCFSA) Basic Skills Competition Series is sponsored solely by TCFSA and is a United States Figure Skating approved Basic Skills Series. Competition announcements and entry forms will be posted on the official website of each participating competition. Basic Skills skaters are automatically registered and will have the opportunity to compete at 12 different local TCFSA member competitions to earn points for a final standing. **Skaters MUST participate in at least 2 competitions to be eligible for an Award**. Awards will be presented to the skaters with the highest point totals at the end of the series. Skaters competing in more than 5 competitions will use their 5 highest placements. Point accumulation information will be available at www.tcfsa.org in the LEARN TO SKATE section. A team trophy will be awarded to the TCFSA member club that accumulates the most points during the series season.

THE POINT SYSTEM: Each skater must be a member in good standing of a TCFSA member club or Learn to Skate program. Each basic skills freestyle event in each of the series competitions will be eligible for accumulating points. The system for scoring points for the final standing will be as follows:

PLACE	POINTS
1	5
2	4
3	3
4	2

All competitors who place 5th place or lower will be awarded one participation point. Per the USFS learn to skate webpage, if there is only one skater in the group, he or she will be awarded three points. Also, should a skater move up a level during the competition series season, their points will follow them to the next level. They will also be rewarded 2 bonus points for moving up ONE time throughout the series season.

A list of participating competitions can be found on the TCFSA website under the Learn to Skate icon.

ELIGIBILITY and RULES FOR PARTICIPANTS: The TCFSA basic skills series is open to ALL skaters who are current eligible members of either the Learn to Skate program or full members of U.S. Figure Skating through a TCFSA member club. Eligibility is based on the skill level as of the closing date of entries. All Snowplow Sam and Basic Skills skaters through Basic 6 must skate at their highest level passed and MAY NOT have passed any US figure skating tests including Moves in the Field or Dance tests. Males and females may, or may not, be placed in the same group. The competitions in the series will be conducted under the rules set forth by the US Figure Skating "LEARN TO SKATE Competition Manual" program. Basic skills levels included in the TCFSA series are Snowplow Sam, Basic 1 through Basic 6 and Pre Free Skate through Free Skate 6. Elements for each level will be included in the individual announcement for each competition.

The 9th Annual "Sunflower Classic" Competition **SAMPLE ENTRY FORM** Sunday March 19th, 2017 Registration must be completed ONLINE by midnight Sunday, February 19th, 2017. Please see <u>www.LMFSC.org</u> for online registration links to EntryEeze.

No refunds after deadline.

Questions contact: Jill Cummings @ jcummings@eminnetonka.com

LEARN TO SKATE EVENTS

SKATER'S LEVEL	PROGRAM EVENT with MUSIC
Snowplow Sam	
Basic 1	
Basic 2	
Basic 3	
Basic 4	
Basic 5	
Basic 6	
Pre Free Skate	

TEST TRACK and WELL BALANCED EVENTS

SKATER'S LEVEL	COMPULSORY EVENT	INTRODUCTORY PROGRAM EVENT	TEST TRACK PROGRAM EVENT	WELL BALANCED PROGRAM EVENT
Beginner				
High Beginner				
No Test				
Pre-Preliminary				
Preliminary				
Pre-Juvenile				
Juvenile				
Open Juvenile				
		SHORT PROGRAM		
Intermediate				
Novice]			
Junior				
Senior	1			

ENTRY FEE IS:

All entries must be registered no later than Sunday, February 19th, 2017 at midnight and are limited to the first 150 applications received. The first basic skills event is \$55.00. For other competitors, the entry fee is \$80.00 for the first event and each additional event is \$20.00. NO refunds after closing date unless event is cancelled by LMFSC. There will be a \$35.00 fee for returned credit card charges, and a skater will not be allowed on the ice until all fees and charges are paid in full.

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