

SKATING CLUB OF AMHERST
FALL FLING 2018
6th ANNUAL COMPETE USA COMPETITION
Snowplow Sam through Freeskate 6, Excel Beginner & Excel High Beginner
Approval # 28043

DATE: Sunday, November 18, 2018
PLACE: University of Massachusetts Mullins Center Rink – Amherst, MA
TIME: 10:00 am to 2:00pm
DEADLINE: Sunday, October 21, 2018

Eligibility: All skaters must be current members of a U.S. Figure Learn to Skate USA program and/or full members of U.S. Figure Skating. Eligibility based on age and badge level passed as of **October 21, 2018.**

Skaters entering Snowplow Sam through Basic 6 events must skate at their highest level passed or one level higher but not both levels in the same event during the same competition. NO official U.S. Figure Skating tests may have been passed including Moves in the Field tests or Individual Ice Dances.

Skaters entering Pre-Free Skate through Free Skate 6 and Excel Beginner and Excel High Beginner events must skate at their highest free skate level passed or one level higher but not both levels in the same event during the same competition. U.S. Figure Skating Moves in the Field tests may have been passed but NO official U.S. Figure Skating Freestyle tests may have been passed.

Events: Events are offered in Compulsory Elements, Programs with Music, and Showcase. A skater may not enter more than 3 events. Skaters will be grouped by age and level. Girls and Boys may be grouped together.

Entries: **Online registrations only.** Register online through Entryeze by clicking on the link found on the club website home page at www.scamherst.org Online entries must be registered by midnight EST **Sunday, October 21st.**

Late entries will be accepted only if there is space and if accompanied by a \$25 late fee. No refunds after October 21st unless event is canceled by SCA.

Complete information, including the entire competition announcement, can be found on the club website www.scamherst.org by clicking on one of the Fall Fling 2018 Application links.

Entry Fees: \$40 for the first event \$25 for the second event \$15 for the third event

Schedule: Your individual schedule will be available through your Entryeze online account. The schedule and event groupings will also be posted on the club website www.scamherst.org

Registration: Please arrive at the rink one hour prior to your event. Check in at the registration table located on the upper rink level.

Music: CD is required. Program must be the only music on the CD. It is recommended that you bring a back-up copy of your music. CD sleeve/case should be clearly labeled with skater's name/ level/event. Music should be turned in at the registration table.

Awards: All competitors will receive an award. Awards will be given to 1st, 2nd, 3rd, and 4th place finishers in each event. Awards will be presented at various times throughout the competition.

Rink: The Mullins Center rink is an Olympic sized rink measuring 200' x 95'.

Directions: Are posted on the club website at www.scamherst.org

Questions: Contact: Simone Enright enrightsimone@gmail.com 413-535-9267

SNOWPLOW SAM – BASIC 1 - 6 BASIC ELEMENTS EVENT

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 1/4 ice
- No music
- **All elements must be skated in the order listed**
- Time 1:00 maximum

<p><u>Snowplow Sam</u></p> <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 	<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counterclockwise 2. Forward crossovers, 4-6 consecutive, clockwise and counterclockwise 3. Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise 4-6 consecutive 4. Backward one-foot glides (no variations) Right & Left 5. Beginning two-foot spin - max. 4 revolutions
<p><u>Basic 1</u></p> <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 on two feet or one-foot 4. Backward wiggles 6-8 in a row 	<p><u>Basic 5</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 4-6 consecutive – clockwise and counterclockwise 3. Forward outside three-turn – Right & Left 4. Advanced two foot spin – min. 4 revolutions 5. Hockey stop
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide (no variations) - either foot 2. Scooter pushes, right and left foot, 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 	<p><u>Basic 6</u></p> <ol style="list-style-type: none"> 1. Forward inside three-turn - Right & Left 2. Bunny Hop 3. Basic forward spiral on a straight line (no variations) – Right or Left 4. Beginning one-foot spin – max. 3 revolutions, optional free leg held position and entry 5. T-stop – Right or Left
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Beginning forward stroking showing correct use of blade 2. Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise 4-6 consecutive 3. Forward slalom 4. Moving forward to backward two-foot turn on circle 5. Beginning backward one foot glide - either foot 	

SNOWPLOW SAM – BASIC 1 - 6 BASIC PROGRAM WITH MUSIC EVENT

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 with music
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- Time: 1:10 maximum

<p><u>Snowplow Sam:</u></p> <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 	<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle, clockwise or counterclockwise 2. Forward crossovers, 4-6 consecutive, clockwise and counterclockwise 3. Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive 4. Backward one-foot glides (no variations) R & L 5. Beginning two-foot spin, maximum 4 revolutions
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two foot swizzles 6 -8 in a row 3. Beginning snowplow stop on two-feet or one foot 4. Backward wiggles 6-8 in a row 	<p><u>Basic 5</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle, clockwise or counterclockwise 2. Backward crossovers, 4-6 consecutive, clockwise and counterclockwise 3. Forward outside three-turn, Right and Left 4. Advanced two-foot spin, minimum 4 revolutions 5. Hockey stop
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide (no variations) either foot 2. Scooter pushes, right and left foot, 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 	<p><u>Basic 6</u></p> <ol style="list-style-type: none"> 1. Forward inside three-turn – Right and Left 2. Bunny Hop 3. Basic forward spiral on a straight line (no variations), Right or Left 4. Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position 5. T-stop – Right or Left
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Beginning forward stroking showing correct use of blade 2. Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive 3. Forward slalom 4. Moving forward to backward two-foot turn on a circle 5. Beginning backward one-foot glide, either foot 	

PRE-FREE SKATE- 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 1/2 ice
- No music is allowed
- The skater must demonstrate the required elements listed.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level
- Time: 1:15 maximum

<p><u>Pre-Free skate Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk from a standstill position (R to L & L to R) 2. 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 counterclockwise 3. Basic one-foot upright spin, optional entry and free-foot position - (minimum 3 revolutions) 4. Mazurka 5. Waltz Jump 	<p><u>Free skate 4 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets, R or L 2. Sit spin - minimum 3 revolutions 3. Half loop jump 4. Flip jump
<p><u>Free skate 1 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward stroking, 4-6 consecutive powerful strokes 2. Backward outside 3-turns, Right & Left 3. One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) – minimum 4 revolutions 4. Toe Loop 5. Half flip jump 	<p><u>Free skate 5 Compulsory</u></p> <ol style="list-style-type: none"> 1. Backward outside three-turn, Mohawk (backward power three-turn), both directions 2. Camel spin – minimum 3 revolutions 3. Waltz jump-loop jump combination 4. Lutz jump
<p><u>Free skate 2 Compulsory</u></p> <ol style="list-style-type: none"> 1. Alternating forward outside spiral (R & L) and forward inside spiral (R & L) on a continuous axis 2. Backward inside three-turns, Right & Left 3. Beginning back spin- maximum 2 revolutions 4. Half Lutz 5. Salchow jump 	<p><u>Free skate 6 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward power pulls, minimum 3 on each foot 2. Camel, sit spin combination – minimum of 4 revolutions total 3. Waltz jump, ½ loop, Salchow jump sequence 4. Beginning Axel jump
<p><u>Free skate 3 Compulsory</u></p> <ol style="list-style-type: none"> 1. Alternating Mohawk/crossover sequence, Right to Left and Left to Right 2. Waltz 3-turns, 2 sets clockwise and 2 sets counterclockwise 3. Advanced back spin with free foot in crossed leg position, minimum 3 revolutions 4. Loop jump 5. Waltz jump/toe loop or Salchow/toe loop jump combination 	

PRE-FREE SKATE-FREE SKATE 1 – 6 PROGRAM WITH 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 steps and transitions 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.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 maximum

<p>Pre-Free skate</p> <ol style="list-style-type: none"> 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 counterclockwise Basic one-foot upright spin, optional entry and free foot position - minimum 3 revolutions Mazurka Waltz Jump <p><i>NOT ALLOWED – waltz jump, side toe hop, waltz jump</i></p>	<p>Free skate 4</p> <ol style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin- minimum 3 revolutions Half loop jump Flip jump <p><i>NOT ALLOWED – waltz/half loop/Salchow sequence</i></p>
<p>Free skate 1</p> <ol style="list-style-type: none"> Forward stroking, 4-6 consecutive powerful strokes One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) – minimum 4 revolutions Toe loop jump Half flip jump <p><i>NOT ALLOWED – waltz jump/toe loop combination</i></p>	<p>Free skate 5</p> <ol style="list-style-type: none"> Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin- minimum 3 revolutions Waltz-loop jump combination Lutz jump
<p>Free skate 2</p> <ol style="list-style-type: none"> Alternating forward outside spiral (R & L) and forward inside spiral (R & L) on a continuous axis Beginning back spin- maximum 2 revolutions Half Lutz Salchow jump <p><i>NOT ALLOWED – salchow/toe loop combination</i></p>	<p>Free skate 6</p> <ol style="list-style-type: none"> Creative step sequence using a variety of three turns, Mohawks, and toe steps Camel, sit spin combination – minimum of 4 revolutions total Waltz jump/half-loop/Salchow jump sequence Beginning Axel jump
<p>Free skate 3</p> <ol style="list-style-type: none"> Alternating Mohawk/crossover sequence, right to left and left to right Advanced back spin with free-foot in crossed leg position, minimum 3 revolutions Loop jump Waltz jump/toe loop or Salchow/toe loop jump combination <p><i>NOT ALLOWED – waltz/loop combination</i></p>	

EXCEL 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 1/2 ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program*

Excel Beginner
<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. One-foot upright spin – minimum 3 revolutions 4. Choreographic step sequence
Excel High Beginner
<ol style="list-style-type: none"> 1. Loop jump 2. Salchow/toe loop combination 3. Sit spin-minimum 3 revolutions 4. Choreographic step sequence

EXCEL FREE SKATE EVENT

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 one level higher.

<p style="text-align: center;">Excel Beginner Free Skate 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: Salchow, toe loop only • Half Loops are not allowed. • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry • Minimum 3 revolutions 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p style="text-align: center;">Excel High Beginner Free Skate 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, half-loop, loop • Flip, Lutz, & Axel NOT permitted • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Both spins must be in a single position • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence