

**GREATER CHICAGOLAND SKATE USA
&
CHICAGO FIGURE SKATING CLUB
PRESENTS**

QUARANTINE CHAMPIONSHIP

SATURDAY, JUNE 6TH

*The Greater Chicagoland Skate USA Committee and the Chicago FSC will be hosting our first ever virtual competition, **The Quarantine Championship 2020**. This is a great way to keep skaters moving and thinking about skating during these unfortunate times. **Our event is open to ALL skaters from Snowplow Sam- Adult!!!** Our competition will take place on in the afternoon of **Saturday, June 6th**.

All skaters will have the opportunity to participate in 3 separate events. We will be offering the **Interpretive, Jumps and Spins events**. You can do just one or both events. All skaters will receive a ribbon for awards. These will be mailed to each skater. See below for information on each event and how to register

An adult must be present with the child to assist skater with equipment

Some levels may be combined

Registration Open: Friday, May 14th, 2020

Registration Deadline: Friday, May 24th, 2020

No refunds will be given

Fee \$10 for the first event and \$8 each additional event

SOLO/INTERPRETATION GUIDELINES

Timeline:

- Registration is open May 14-May 24th
- **Entryeeze**
- Skaters will register at their current skating level or one level higher
- Registration closes on May 24th. At that time, skaters will be placed into groups based on age & skating level.
- On May 26th, registered skaters will receive an email with their assigned music and choreography guidelines.
- On June 3th, skaters will receive an email with the competition schedule, Zoom ID and login information.
- All music selections will be 1 minute in length.
- Each event will receive a different piece of music.
- Skaters will have 10 days to choreograph their program either by themselves or by their coach.
- There are no technical requirements. Skaters will be judged on performance and interpretation. Jumps, spin positions and other "skating" moves are highly encouraged. This is NOT a dance competition.

- Skaters will be performing off-ice; no skates, inline, rollers blades or pic skates are allowed.
- Spin boards are not permitted.
- Comfortable clothing or costumes are encouraged; skating dresses or theatrical.
- Props are allowed, but other people/animals may not “be” the prop.
- A strong internet or WiFi connection is required.
- Music must be played by the competitor. The speaker must be near the device used and loud enough to be heard by the judges on Zoom.
- Judges will use open scoring.
- Scores will be tabulated via spreadsheet and results will be posted at the conclusion of the event on the Chicago FSC website
- Ribbons will be sent to all participants.

JUMPS EVENT

Timeline:

- Registration is open May 14th-May 24th Entryeeze
- Skaters will register at their current skating level or one level higher
- Registration closes on May 24th. At that time, skaters will be placed into groups based on age & skating level.
- On June 3rd, skaters will receive an email with the competition schedule, Zoom ID and login information.

Guidelines:

- Jumps will follow current USFS jump requirements with a few modifications made for this type of competition setting, see PDF with Jumps below.
- MODIFICATIONS:
- All programs will be 1 minute (MAX) in length
- Beginner and High Beginner will be competing in the same group. Skaters will use the required jump elements for High Beginner for the combined group.
- Skaters will have 1 minute to complete required jumps in each individual level.
- No additional choreography is allowed. Connecting steps are allowed, but they should be just that, lead up steps to your required jumps.
- A strong internet or WiFi connection is required.
- Judges will use open scoring.
- Scores will be tabulated via spreadsheet and results will be posted at the conclusion of the event on the Chicago Figure Skating Club website.
- Skaters will be judged on jump height, body position and revolutions being fully completed.
- 3 second landing holds are suggested before starting the next jump.
- Ribbons will be sent to all participants.

• Snowplow 1 – Basic 6 Solo/Interpretation

Level	Time	Skating rules/standards
Snowplow Sam	1:00	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00	<ul style="list-style-type: none"> • Forward one-foot glide either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward
Basic 3	1:00	<ul style="list-style-type: none"> • Beginning forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle
Basic 4	1:00	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:00	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:00	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position

PRE-FREE SKATE – FREE SKATE 1-6 Solo/Interpretation

Level	Time	Skating rules/standards
Intro to Free Skate	1:00	<ul style="list-style-type: none"> • One outside and one inside three turn motion • Lunge rising up to forward stroking position • Tap toe • Stand still waltz jump
Pre-Free Skate	1:00	<ul 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 seconds • Mazurka – right or left • Waltz jump
Free Skate 1	1:00	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free leg to knee 3 seconds • Toe loop jump • Half flip jump
Free Skate 2	1:00	<ul style="list-style-type: none"> • 2 spiral (one on right and one on left foot) • Beginning back spin, optional entry and free foot position- maximum 3 seconds • Half Lutz • Salchow jump
Free Skate 3	1:00	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • Toe Loop
Free Skate 4	1:00	<ul style="list-style-type: none"> • Euler (half loop jump) • Flip jump • <i>Salchow Jump</i> • Loop Jump
Free Skate 5	1:00.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin – minimum 3 seconds • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:00	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps • Camel, sit spin hold for 3 seconds • Waltz jump/Euler(half loop)/Salchow jump combination • Axel jump, minimum requirement is clear attempt either stationary or moving

EXCEL SOLO/INTERPERTIVE

Excel Beginner

Toe loop jump • Salchow jump • One-foot upright spin - minimum 3 seconds • Choreographic step sequence

Excel High Beginner

Loop jump • Salchow/toe loop combination • Sit spin - minimum 3 seconds • Choreographic step sequence

Excel PrePreliminary

Flip jump • Loop/loop jump combination • Upright spin with change of foot – minimum 3 seconds on each foot • Choreographic step sequence

Excel Preliminary

Lutz jump • Flip/loop jump combination • Camel, sit combination spin – minimum 6 seconds total • Choreographic step sequence

NO TEST THROUGH SENIOR SOLO/INTERPRETATION No-Test

Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 seconds on each foot • Choreographic step sequence

PrePreliminary

Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 seconds total • Choreographic step sequence

Preliminary

Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 seconds on each foot • Choreographic step sequence

Pre – Juvenile

Axel or double Salchow 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum seconds seconds 4. Step sequence – must include rotating in both directions,

Juvenile & Open Juv.

Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum four seconds 4. Step sequence – must include 3 difficult turns and rotating in both directions

Intermediate

Double Salchow, double toe loop or double loop 2. Jump combination: single/single or double/single, double/double 3. Flying spin, minimum five seconds 4. Step sequence – must include 4 difficult turns and rotations in both directions

Novice

Double loop or double flip 2. Jump combination: double/single or double/double 3. Flying spin - minimum six seconds 4. Step sequence – must include 5 difficult turns and rotations in both directions

Junior

Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 seconds all 3 basic positions required (min 5 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions

Senior

Double Lutz or double Axel 2. Jump combination: double/double or triple/double 3. Combination spin - all 3 basic positions required (min. 6 seconds on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions



SPIN CHALLENGE

NO SPIN BOARD EVENT

One foot spin example

Spin Event-you should show the back crossovers, with the correct arm positions going into the spin. Step into the spin show the free leg extended out along with the arms stretched out, show the arms drawing in and the free leg drawing near the skating leg, step down and show the position for the exit.

F.S 1 through FS 4

One Foot Spin 4 seconds

Cross Foot Spin 4 seconds

Backspin 4 seconds

F.S 5 & Pre Preliminary

Backspin 4 seconds

Camel Spin 4 seconds

One Foot Spin 4 seconds

Preliminary & Up

Flying Camel 4 seconds

Combo spin change of position & foot 4 seconds

Layback 4 seconds

SPIN BOARD EVENT

F.S 1 through FS 4

One Foot Spin 4 revolutions

Cross Foot Spin 4 revolutions

Backspin 4 revolutions

F.S 5 & Pre Preliminary

Backspin 4 revolutions

Camel Spin 4 revolutions

One Foot Spin 4 revolutions

Preliminary & Up

Sit spin 4 revolutions

Camel Spin 4 revolutions

Layback 4 revolutions

Jump Challenge

Registration links will be active on May 14th, 2020 at 10 am CST. Please feel free to reach out to us with any question you may have about the Quarantine Championship Information. If you have any questions please contact Kerry Murphy @

EVENT: Jumps Challenge

1. Each jump may be attempted twice; the best attempt will be counted. Below are recommendation for levels however, you may pick what skill level best fits your skaters ability.

Snowplow 4 Two Foot Hops in a row, 3 Bunny Hops in a Row & 6 One Foot Hops

Basic 1-Basic 4 3 Bunny Hops in a Row, 2 Tap Toes in a Row & Waltz Jump Basic

5 & 6 Two Tap Toes in a Row, Waltz Jump & ½ flip

Level	Time	Skating rules / standards
Beginner (FS 1 & 2)	1:00	1. Waltz jump (from backward crossovers) ½ 2. flip or ½ Lutz 3. Single Salchow

High Beginner (FS 3)	1:00	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test (FS 4)	1:00	<ol style="list-style-type: none"> 1. Single toe loop Single 2. loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary (FS 5)	1:00	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:00	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:00	<ol style="list-style-type: none"> 1. Single Axel or double Salchow 2. Single or double jump 3. Jump combination – single/single (may include Axel)
Juvenile & Open Juv.	1:00	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow or double toe loop 3. Jump combination – single/single or double/single (may include single Axel)
Intermediate	1:00	<ol style="list-style-type: none"> 1. Single Axel 2. Double toe loop or double loop 3. Jump combination – double/single or double/double (may include single Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop Double 2. flip 3. Jump combination – double/double (may include double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump (Salchow, toe loop, loop, Lutz) Double or triple flip 2. or triple flip 3. Jump combination – double/double (may include double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump (Salchow, toe loop, loop, flip) Double or triple Lutz 2. or triple Lutz 3. Jump combination – double/double or triple/double (may include double Axel)

Adult Solo/Interpretation

Level	Time	Elements
Adult 1	1:00	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:00	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row

Adult 3	1:40 Max	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:40 Max	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:40 Max	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:40 Max	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)

ADULT SPIN & Jump Challenge

NO SPIN BOARD EVENT

One foot spin example - Spin Event-you should show the back crossovers, with the correct arm positions going into the spin. Step into the spin show the free leg extended out along with the arms stretched out, show the arms drawing in and the free leg drawing near the skating leg, step down and show the position for the exit.

Adult Spins

One Foot Spin
Cross Foot Spin
One Foot Spin

Adult Jump

3 Bunny Hops in a Row
2 Tap Toes in a Row
Waltz Jump

2020 Chicagoland Skate USA Championship

Sponsored by the Chicagoland Skate USA Committee & the CFSC

SPECIAL SKATER PACKET

EVENT GUIDELINES FOR COMPULSORIES

LEVEL 1

March forward 10 steps unassisted.

Swizzles, standing still (three repetitions).

Two foot glide forward for distance of at least the length the body.

LEVEL 2

Backward wiggle or march.

Five forward swizzles covering at least 10 feet.

Forward gliding dip covering at least length of body.

LEVEL 3

Backward two foot glide covering at least length of body.

One foot snowplow stop (left or right).

Forward one foot glide covering at least the length of the body (left or right).

LEVEL 4

Five backwards swizzles covering at least 10 feet.

Forward two foot curves left and right across the rink. Two foot turn front to back, on the spot.

LEVEL 5

Gliding forward to backward two foot turn.

Backward one foot glide length of body (left and right). Forward pivot.

LEVEL 6

Backward stroking across the rink.

Gliding backward to forward two foot turn. T-stop (left or right).

LEVEL 7

Five consecutive forward crossovers (left and right).

Forward outside edge (left and right).

Two foot spin rotate twice

LEVEL 8

Forward outside three turn (left and right).

Forward inside edge (left and right).

BunnyHop

LEVEL 9

Forward inside three turn (left and right).

Five consecutive backward crossovers (left and right). Forward spiral – three times length of body.

LEVEL 10

Consecutive forward outside edges – minimum of two on each foot.

Consecutive forward inside edges – minimum of two on each foot.

Forward inside Mohawk (left and right). Backward outside edge (left and right).

LEVEL 11

Waltz Jump

1 foot spin – minimum of three seconds.

Forward crossover, inside Mohawk, backward crossover (left and right). Combination of three moves chosen from Skill Competition 8-11.

LEVEL 12

Forward power stroking, clockwise and counterclockwise (Skater will complete 4-6 powerful strokes down the length of the ice with 2-4 crossovers along the width of the ice)

Upright spin, entry from back crossovers (min. four to six revolutions)

Toe loop

Jump, Spin & Skills Event Combined

Level 1- FS 4

Two Foot Turns (go 2 times around)

Bunny Hop (2 in a row)

Dip

F.S 7 through FS 12

Two Foot Turn (go 6 times around)

Lunge

Dip

Spiral