



*Fishers*  
FIGURE SKATING CLUB

**The Fishers Figure Skating Invitational  
Basic Skills Competition**  
*Saturday, April 22, 2017*  
**Hosted by: Fishers Figure Skating Club**

**Events:**

- Basic Elements:** Snowplow Sam-Basic 6
- Basic Program:** Snowplow Sam-Basic 6
- Compulsory Event:** Pre-Free Skate – Free Skate 6
- Program Event:** Pre-Free Skate – Free Skate 6
- Compulsory Event:** Introductory Levels
- Free Skate Program:** Introductory Levels
- Well Balanced Program Free Skate:** Pre-Preliminary and Preliminary
- Test Track Free Skate Program:** Pre-Preliminary and Preliminary
- Jumps Challenge:** Beginner-Preliminary
- Spins Challenge:** Beginner-Preliminary
- Light Entertainment:** Basic 1-Preliminary
- Hockey 1-4 Elements**
- Hockey Skills Challenge**
- Adult Basic Program:** Adult 1-6, Pre-Bronze, and Bronze

**Online Registration Deadline: Wednesday, March 22, 2017**

Fuel Tank at Fishers  
9022 East 126<sup>th</sup> Street  
Fishers, Indiana 46038  
Competition Chair: Mary Kiray  
[skatecoachmary@gmail.com](mailto:skatecoachmary@gmail.com) (317) 362-2473



## Learn to Skate USA Basic Skills Competition

Compete USA Competition Approval #: 24801

The Fishers Figure Skating Invitational 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.

### **ELIGIBILITY RULES FOR PARTICIPANTS**

The Fishers Figure Skating Invitational 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 SKATERS THROUGH BASIC 6 must skate at highest level passed or one higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or individual dances. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

### **ENTRIES:**

Competition entries will be submitted via EntryEeze. All entries must be submitted no later than 11:59 pm on March 22, 2017. Late entries will be accepted at the discretion of the competition committee and will incur a \$25.00 late fee.

Fees for The Fishers Figure Skating Invitational are as follows:

- \$50.00 for first Basic Skills event (Basic Free Skate 1 and higher)
- \$25.00 for each additional event (Basic Free Skate 1 and higher/Dance Event)
- \$35.00 for first Basic Skills event, first Hockey Event, or Adult Event
- \$20.00 for each additional Basic Skills event, Hockey Event, or Adult Event
- \$8/session for practice ice, if purchased with registration
- \$10/session for practice ice at event, if still available
- \$5 for skate rental, if needed

All confirmations and schedules will be sent by e-mail. Event information will also be posted on EntryEeze and the Fuel Tank at Fishers website: <http://www.indyfueltank.com>

**ADD/CHANGE EVENT:** Registered events can be changed and new events can be added without penalty before 11:59pm on March 22, 2017. Any event change after this deadline will be accepted only at the discretion of the Chief Referee with a \$25 change/add on fee per event.

**REFUND POLICY:** Entry fees will not be refunded after March 22, 2017 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. 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 through EntryEeze, by phone, or email.



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**FACILITIES:** The competition will be held at the Fuel Tank at Fishers ice arena, which consists of two oval shaped sheets of ice, both measuring approximately 85' by 200' with slightly rounded corners. Competitors may use full ice or half ice, depending upon level and program requirements (see attached outline of competition categories).

Dressing rooms will be made available to all participants during the competition. A registration desk will be set up in the lobby, where competitors must check in 45 minutes prior to their first event.

**MUSIC:** Rules governing music selection can be found in the U.S. Figure Skating rulebook, Rule 4040.

Competitors must provide music for all events, as appropriate. Fishers Figure Skating Club will provide music for all Basic Program events (Snowplow Sam – Basic 6). The music for the Basic Program events is the same music used in other SEGL area competitions and is new for 2017. Coaches should contact Mary Kiray at [skatecoachmary@gmail.com](mailto:skatecoachmary@gmail.com) if you need the new music emailed to you.

Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of March 22, 2017 at 11:59 PM. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you may logout of your account and return later to upload your music by going to the "competition" tab and selecting "my music".

Your music must meet the criteria listed below. If you have questions about what format you have, please contact your coach and get a version of your music that meets the following criteria.

### **Music Criteria:**

1. File Format: MP3 (the online system will automatically check this)
2. Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request that you upload a corrected file)
3. Sample Rate: 44,100 kHz ((this will be checked by the music chairperson and they may request that you upload a corrected file)
4. Leaders and Trailers: (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two seconds. We prefer that there be no leaders and/or trailers.

Competitors must also turn in a copy of their competition music on CD at the registration table at the time of check-in, at least one hour prior to the event. A duplicate/backup CD should be readily available at rink side. CDs may be picked up at the registration desk after the conclusion of each event. Every reasonable care will be taken, however, the organizing committee will not accept responsibility for damage, loss of CDs, or any CDs left at the conclusion of the competition. CDs must meet the following criteria.

### **CD Criteria:**

1. Disc must be a music CD. No CD-RW disks will be accepted.
2. Disc must be clearly marked with the name of the skater, event entered, and music length (not skating time). No labels on CDs.



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3. Disc must have only one track on it. In the case of multiple events, separate disks must be used.

**LIABILITY:** U.S. Figure Skating, Fishers Figure Skating Club, and the Fuel Tank at Fishers 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.

**REGISTRATION:** Registration will begin on January 22, 2017 and end on March 22, 2017 at midnight. Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located in the lobby. Please register promptly upon arrival.

**PRACTICE ICE:** Each practice ice session will last 20 minutes. Competitors may purchase practice ice for \$8/session prior to the event, or for \$10/session the day of the event, if still available. Please mark the appropriate "Practice Ice" section on the competition entry form and submit your fee along with your EntryEeze registration before March 22, 2017 to reserve your practice ice spot.

**AWARDS:** All competitors will receive an award. Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. ALL other places will receive ribbons. All awards will be given following the posting of judges' results in the lobby of the Fuel Tank at Fishers. Please have competitors remain in skates and costume until awards are presented, if at all possible.

**OFFICIAL NOTICES:** An official bulletin board will be maintained in the lobby of the Fuel Tank at Fishers ice arena. 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.



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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 – no exceptions. 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>

### **CONTACT INFO:**

If you have questions, please contact:

**Mary Kiray, Fishers Figure Skating Club, Competition Chair, [skatecoachmary@gmail.com](mailto:skatecoachmary@gmail.com)**

**Tabitha Kempson, Fishers Figure Skating Club, Competition Co-Chair, [tabtaylo@gmail.com](mailto:tabtaylo@gmail.com)**

**ADDITIONAL INFORMATION:** Details regarding The Fishers Figure Skating Invitational Basic Skills competition will be posted and updated on the Fuel Tank at Fishers website: <http://www.indyfueltank.com>. Please contact Mary Kiray at [skatecoachmary@gmail.com](mailto:skatecoachmary@gmail.com) with any additional questions.

**ACCOMODATIONS:** Tourist information about Fishers, Indiana, including travel directions, hotel information, and attractions can be found at: [www.fishers.in.us](http://www.fishers.in.us)

### **Recommended Hotels:**

#### **Hampton Inn & Suites Indianapolis – Fishers**

11575 Commercial Drive  
Fishers, IN 46038

#### **SpringHill Suites Indianapolis – Fishers**

9698 Hague Rd  
Indianapolis, IN 46256

#### **Staybridge Suites Indianapolis – Fishers**

9780 Crosspoint Blvd  
Indianapolis, IN 46256



## Learn to Skate USA Basic Skills Competition

### EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

Format choice of the host: Each skater will perform each element when directed by a judge or referee. All skaters will perform the first element before moving on to the next element and so on.

- 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
<b>Snowplow Sam</b>	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>
<b>Basic 1</b>	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>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>Basic 2</b>	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 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>
<b>Basic 3</b>	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</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>• Moving forward to backward two-foot turn on a circle</li> </ul>
<b>Basic 4</b>	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, 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>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
<b>Basic 5</b>	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>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
<b>Basic 6</b>	1:00 max.	<ul style="list-style-type: none"> <li>• forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position</li> <li>• T-stop, right or left</li> </ul>



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### EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

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.

- To be skated on half ice to compulsory music provided by Fishers Figure Skating Club.
- 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	1:10 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>• Beginning snowplow stop on two-feet or one-foot</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>• Scooter pushes, right and left foot, 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>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, 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>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:10 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>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



## Learn to Skate USA Basic Skills Competition

### EVENT: Pre-Free Skate - Free Skate 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 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• 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</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)               <ul style="list-style-type: none"> <li>• Mazurka</li> <li>• Waltz jump</li> </ul> </li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, clockwise and counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop 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>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>





## Learn to Skate USA Basic Skills Competition

### EVENT: Pre-Free Skate - Free Skate 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
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> <li>• 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</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop 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>• Half Loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>



## Learn to Skate USA Basic Skills Competition

### EVENT: Introductory Levels 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  $\frac{1}{2}$  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.
- *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

Level	Time	Skating rules/standards
<b>Beginner</b>	1:15 max.	<ul style="list-style-type: none"><li>• Waltz jump</li><li>• <math>\frac{1}{2}</math> jump of choice</li><li>• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)</li><li>• Forward or backward spiral</li></ul>
<b>High Beginner</b>	1:15 max.	<ul style="list-style-type: none"><li>• Toe loop jump</li><li>• Salchow jump</li><li>• Forward scratch spin - minimum three revolutions</li><li>• Forward or backward spiral</li></ul>



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### EVENT: Introductory Levels Free Skate Program

General event parameters:

- 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 parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
<b>Beginner</b> 1:40 Maximum	<ul style="list-style-type: none"> <li>• <i>Max. 5 jump elements:</i></li> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Max. 2 spins:</i></li> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
<b>High Beginner</b> 1:40 Maximum	<ul style="list-style-type: none"> <li>• <i>Max. 5 jump elements:</i></li> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Max. 2 spins:</i></li> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests



## Learn to Skate USA Basic Skills Competition

### EVENT: COMPULSORY MOVES

General event parameters:

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

Level	Time	Skating rules/standards
<b>No-Test</b>	1:15 max	<ul style="list-style-type: none"><li>• Loop jump</li><li>• Jump combination to include a toe loop (may not use a loop or axel)</li><li>• Solo spin – sit or camel spin – minimum of three revolutions</li><li>• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included</li></ul>
<b>Pre-Preliminary</b>	1:15 max.	<ul style="list-style-type: none"><li>• Toe Loop jump</li><li>• Jump combination: single/single (no Axel)</li><li>• Sit spin or camel spin - minimum three revolutions</li><li>• Spiral sequence with one forward spiral and one backward spiral (any edge)</li></ul>
<b>Preliminary</b>	1:15 max.	<ul style="list-style-type: none"><li>• Lutz jump</li><li>• Jump combination: single/single (may include Axel)</li><li>• Back upright spin - minimum three revolutions</li><li>• Forward inside spiral</li></ul>



## Learn to Skate USA Basic Skills Competition

### EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not 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. Vocal music is permitted
- 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.

Level	Time	Jumps	Spins	Step Sequences
<b>No-Test</b>	1:40 Maximum	<ul style="list-style-type: none"> <li>• <i>Max 5 jump elements</i></li> <li>• Single Jumps, with the exception of the single axel, are allowed</li> <li>• No single axels, double jumps or triple jumps</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a max of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul> <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<ul style="list-style-type: none"> <li>• <i>Max 2 spins:</i></li> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum of j3 revs.</li> </ul> <p><i>Spins must be of a different character (for definition, see rule 4103E)</i></p>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
<b>Pre-Preliminary</b>	1:40 Maximum  Vocal music permitted	<ul style="list-style-type: none"> <li>• <i>Maximum of 5 jump elements:</i></li> <li>• All single jumps, including single Axel, allowed</li> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels)</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Maximum of 2 spins:</i></li> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> <li>• These spins must be of a different character (For definition see Rule 4103 (E))</li> </ul>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
<b>Preliminary</b>	1:40 Maximum  Vocal music permitted	<ul style="list-style-type: none"> <li>• <i>Maximum of 5 jump elements:</i></li> <li>• One must be an Axel or Waltz-jump type jump</li> <li>• All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>• Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed</li> <li>• An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Maximum of 2 spins:</i></li> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p>



## Learn to Skate USA Basic Skills Competition

		<ul style="list-style-type: none"><li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li><li>• Maximum 2 jump combinations or sequences</li><li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted.</li><li>• Jump sequences limited to a maximum of 3 single or double jumps</li><li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li></ul>	These spins must be of a different character (For definition see Rule 4103 (E))	Jumps may be included in the step sequence
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## Learn to Skate USA Basic Skills Competition

### EVENT: Test Track Free Skate

General event parameters:

- Skaters may not 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. 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
<b>Pre-Preliminary</b>  1:40 max.	<ul style="list-style-type: none"> <li>• <i>Maximum of 5 jump elements:</i></li> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Maximum of 2 spins:</i></li> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions)</li> </ul>	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.
<b>Preliminary</b>  1:40 max..	<ul style="list-style-type: none"> <li>• <i>Maximum of 5 jump elements:</i></li> <li>• Jumps with not more than one rotation (no Axels)</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Maximum of 2 spins:</i></li> <li>• One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	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.



## Learn to Skate USA Basic Skills Competition

### EVENT: Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules / standards
<b>Beginner</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Waltz jump (from backward crossovers)</li> <li>• ½ flip or ½ Lutz</li> <li>• Single Salchow</li> </ul>
<b>High Beginner</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Waltz jump (from backward crossovers)</li> <li>• Single Salchow</li> <li>• Jump combination – Waltz jump-toe loop</li> </ul>
<b>No Test</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Single Toe Loop</li> <li>• Single loop</li> <li>• Jump combination – Any two ½ or single revolution jumps (no axel)</li> </ul>
<b>Pre – Preliminary</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Single toe loop</li> <li>• Single flip</li> <li>• Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ul>
<b>Preliminary</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Single flip</li> <li>• Single Lutz</li> <li>• Jump combination – Any single jump + single loop (may be Axel)</li> </ul>





## Learn to Skate USA Basic Skills Competition

### EVENT: Spins Challenge

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
<b>Beginner</b>	1:30 max.	<ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright two-foot spin (3)</li> <li>• Sit spin (3)</li> </ul>
<b>High Beginner</b>	1:30 max.	<ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright two-foot spin (3)</li> <li>• Sit spin (3)</li> </ul>
<b>No Test</b>	1:30 max.	<ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright two-foot spin (3)</li> <li>• Sit Spin (3)</li> </ul>
<b>Pre – Preliminary</b>	1:30 max.	<ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright back-scratch spin (3)</li> <li>• Sit spin (3)</li> </ul>
<b>Preliminary</b>	1:30 max.	<ul style="list-style-type: none"> <li>• Forward scratch to back scratch spin (3)</li> <li>• Combination spin with no change of foot (4)</li> <li>• Sit spin (3)</li> </ul>



## Learn to Skate USA Basic Skills Competition

### ADULT PROGRAM EVENT: Adult 1-6 Free Skate, Pre-Bronze and Bronze:

The skating order of the required elements is optional. The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

<p><b>Adult 1</b></p> <ul style="list-style-type: none"> <li>• Falling and Recovery</li> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>	<p><b>Adult 4</b></p> <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
<p><b>Adult 2</b></p> <ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>	<p><b>Adult 5</b></p> <ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
<p><b>Adult 3</b></p> <ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul>	<p><b>Adult 6</b></p> <ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin</li> </ul>
<p><b>Adult Pre-Bronze:</b> Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Time: 1:40 maximum. Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements</p>	<p><b>Adult Bronze:</b> Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>



## Learn to Skate USA Basic Skills Competition

### EVENT: Showcase

Showcase events are open to skaters in Limited Beginner through Preliminary. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or one level higher. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and within one minute. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

Showcase categories may include:

1. **Light entertainment:** Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<b>Basic 1-6</b>	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level	Time 1:00 max
<b>Pre-Free Skate-Free Skate 6/Beginner/High Beginner/ Adult 1-6</b>	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
<b>No Test/Pre-Preliminary/Adult Pre-Bronze</b>	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary.	Time: 1:30 max.
<b>Preliminary/Adult Bronze</b>	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate.	Time: 1:40 max.



## Learn to Skate USA Basic Skills Competition

### HOCKEY EVENTS: Hockey 1-4 Elements and Skills Competition

Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult. These age groups may be combined based upon number of entries.

**Hockey 1-4 Elements:** Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: 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
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><b>Hockey 1</b></p> <ul style="list-style-type: none"> <li>• Proper basic hockey stance, forward and backward</li> <li>• March forward across the ice, 8-10 steps</li> <li>• Two-foot glides and dips from forward marching</li> <li>• Forward swizzles / double C-cuts (4-6 in a row)</li> <li>• Stationary Snowplow Stop</li> </ul>	<p><b>Hockey 3</b></p> <ul style="list-style-type: none"> <li>• Forward C-cuts (1/2 swizzle pumps) on a circle, both directions</li> <li>• Forward outside edges on half circles, alternating feet on the axis</li> <li>• Forward inside edges on half circles, alternating feet on the axis</li> <li>• Backward C-Cuts on a circle, both directions</li> <li>• Backward snowplow stops, one foot and two feet V-stop</li> </ul>
<p><b>Hockey 2</b></p> <ul style="list-style-type: none"> <li>• Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive</li> <li>• Forward C-cuts: single leg and alternating feet in a straight line</li> <li>• Backward hustle or march, then glide on two feet</li> <li>• Backward swizzles / double C-cuts (4 – 6)</li> <li>• Two-foot moving Snowplow stop</li> </ul>	<p><b>Hockey 4</b></p> <ul style="list-style-type: none"> <li>• Quick starts using forward V-Start</li> <li>• Backward one-foot glide, right and left</li> <li>• Forward crossovers on a circle, clockwise and counterclockwise</li> <li>• Backward crossovers on a circle, clockwise and counterclockwise</li> <li>• Hockey stops (to right and left, with speed)</li> </ul>

**Hockey Skills Challenge:** Have skaters complete each of the five following skills competitions. Set up each station according to the descriptions below. Skaters earn points upon placement in each station (First place - 5 points, second place - 4 points, third place - 3 points, fourth place - 2 points, fifth place - 1 point). Highest combined total wins.

1. Shooting: Using a “shooter tutor,” give each skater 10 pucks to shoot into the five holes. Alternate each shot into the different holes in the tutor. Most number of hits wins.
2. Fastest Skater: Starting at the center red line, have skaters complete one lap around all of the dots and behind the nets. Set up cones on each red dot to outline to course. 2-4 skaters can race at a time at different sides of the red line. Use stop watch. Fastest skater wins.
3. Stick Handling: Place two rows of staggered cones down the length of ice. Have skaters stick handle through the cones down one length and back again. Shortest time wins. A missed cone is a 5-second penalty.
4. Agility: Set up an obstacle course with cones for forward and backward skating, turns and stops. Fastest skater wins.
5. Passing: Set up stationary targets (i.e. cones, bucket, mini-net) 25 feet away from starting line. Give each skater 10 pucks to try to hit each target. Highest number of hits wins.



## Learn to Skate USA Basic Skills Competition



## Learn to Skate USA Basic Skills Competition



## Learn to Skate USA Basic Skills Competition