

*The Skating Club of Morris  
Presents  
The 2017 Morris Open*



*March 31, April 1 & 2, 2017  
William G. Mennen Sports Arena  
161 Hanover Ave., Morristown, New Jersey*

The IJS Mini-System will be used for all events judged under the IJS judging system.

The Morris Open is pleased to have again been chosen by U.S. Figure Skating as a designated, official 2017 National Solo Dance Series competition. See the Solo Dance Competition announcement and USFSA website for more information.



# Morris Open 2017

**Dates:** Friday, Saturday & Sunday, March 31, April 1 & 2, 2017

**Location:** William G. Mennen Sports Arena, (a facility of the Morris County Parks Commission)  
161 East Hanover Avenue, Morristown, NJ 07960 (973) 326-7651

**Website:** [www.scomnj.org](http://www.scomnj.org)

**General Questions:** [morrisopen@gmail.com](mailto:morrisopen@gmail.com)

**Chairperson:** Katherine Roekaert Davis

**Chief Referee:** Patricia J. Lynch      **Tech Panel Captain:** Dana Hordyszynski

**Chief Accountant:** Joanne Nipple



**Rules:** Intermediate through Senior SP and Juvenile through Senior FS events will be judged using the IJS judging system. All other events including Open Juvenile FS will be judged under the 6.0 system. The competition will be conducted according to the rules for the 2016-2017 competition season as set forth in the U.S. Figure Skating rulebook, and as updated on the U.S. Figure Skating website.

**Eligibility:** All entrants must be members in good standing of clubs having membership in U.S. Figure Skating or be an individual member of U.S. Figure Skating. Test requirements are as of February 27, 2017. Skaters may skate up one level from the highest FS test passed (does not include Learn to Skate USA [Basic Skills] skaters). Skaters may not skate 2 different levels of short program and/or freestyle events. Learn to Skate USA [Basic Skills] skaters see page 4 for eligibility rules.

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.

**Entries:** Enter online at [www.entryeeze.com](http://www.entryeeze.com). Deadline for online entries, without late fees, is no later than **11:59 PM EST February 27, 2017**. The Local Organizing Committee (LOC) reserves the right to limit entries in each category and the right to combine, divide or cancel groups. **Entries received February 28—March 4, 2017 will be accepted solely at the discretion of the LOC and will require an additional late fee of \$40 per event.**

**Entry Fees:** First IJS \$110, Second IJS \$90.  
First 6.0 Event \$85, Second and subsequent events \$65  
First Basic Skills \$65, Second and subsequent Basic Skills \$50

***No refunds will be granted for any reason except events cancelled by the LOC (USFS# 3235 )***

Register online for the 2017 Morris Open at [www.entryeeze.com](http://www.entryeeze.com). Payment via a secured credit card transaction. Simply follow the links for competition information and use the link to register for the competition and pay with a credit card (VISA, MASTERCARD, and DISCOVER only please).

If you need assistance please email us: [morrisopen@gmail.com](mailto:morrisopen@gmail.com). Paper entries not accepted but we will help you register.  
**Deadline for entries: 11:59 PM February 27, 2017**

**PLEASE NOTE: Although the Solo Dance Series is being held during the Morris Open, it is a separate competition and therefore, requires a separate registration and entry fees. Your registration number is required to enter this competition as a Series participant and accrue points. Further information will be posted when available from U.S. Figure Skating.**



Sanctioned by U. S. Figure Skating  
Hosted by the Skating Club of Morris



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**Liability:** U.S. Figure Skating, the Skating Club of Morris, the William G. Mennen Sports Arena and Morris County Park Commission accept no responsibility for injury or damage sustained by any participant in these championships. The athlete and parent or guardian, agree to sign the US Figure Skating Waiver at registration.

**Limitations:** *We may not be able to accommodate all entries.* If limits must be placed on any event, entries will be based on the entry date. Anyone closed out of an event will be notified and the applicable portion of the fee returned. Under no other circumstances will a refund be given. This includes, but is not limited to: conflicting family activities, injuries, illness or deaths in the family (USFS# 3047 Once entries have closed, entry fees are only refundable if the competition is not held). Should there be only one applicant for any category, the event may be cancelled and the skater will receive a refund for the cancelled event (USFS# 3045). If, on the day of competition, only one skater shows for an event, the event may be cancelled and the skater will receive a refund for that event.

\*Request for changes of event/level: No changes to the schedule will be allowed to accommodate personal or family conflicts. Any requests for event/level changes, (not due to an LOC error), after the entry has been received will be processed upon receipt of a \$25.00 change fee. **No changes will be made after the entries are sent to the chief referee.**

**Schedules:** Schedules will be available approximately 7 days prior to the start of the competition and will be posted on the Skating Club of Morris website: [www.scomnj.org](http://www.scomnj.org) and on EntryEeze. All information will be posted on the website. Please note that the schedule is prepared by the Referee after the close of entries and is based strictly on the number of events and competitors and the availability of judges. **Please do not email us with scheduling questions as we do not know the answers until the referee has set the schedule.**

**Championship Rounds:** Championship Rounds may be held for the Pre-Juvenile and Juvenile freestyle levels, if needed. The total number of entries will determine the number of qualifiers. Championship Round will be scheduled by the referee. There are no additional entry fees or registration requirements for the Championship Round.

**Awards:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place winners in all events. The Pre Juvenile Girls FS, Juvenile Girls FS, Intermediate Ladies FS, Novice Ladies FS, Senior Ladies FS and Dance are designated as trophy events. Winners of trophy events will have their names engraved on a permanent trophy. The winners will receive a keeper plate. If there is no Senior Ladies FS event, the Junior Ladies FS event will become a trophy event. If a Trophy event is cancelled due to lack of participants, no trophy will be awarded. Trophies will be awarded to the events in which there are two or more entries.

**Facility:** The ice surfaces at Mennen Arena measures 200' by 85'. First aid facilities are available at the rink at all times.

**Practice Ice:** Practice ice will be available and will be announced on the website after the close of entries.

**Registration:** The registration desk will open one hour before the first event. Competitors are advised to be in the arena and prepared to skate, at least one hour before their event in case the competition is running early.

**Coaches Information:** All coaches must comply with U.S. Figure Skating Rule MR 5.11. All coaches must check in at the registration desk upon arrival at the rink. The LOC will have a list of compliant coaches who are cleared for a credential at the competition. Upon checking in, coaches will have to show a photo ID to receive a credential. If a coach cannot provide a photo ID, and is not known to the LOC, 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. Please allow ample time to check in prior to your skater's event. 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>

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**Music:** For the 2017 Morris Open, online music submission is the **ONLY** acceptable method to submit program music. 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 can logout of your account and return later to upload your music by going to the “competition” tab and then selecting “my music.” Please be sure you are uploading the correct music for the correct event segment. Be careful, for example not to mix up your short program and your free skate!

The uploaded program music **MUST** conform to the following specifications:

- Programs per file: One [1] - Only one piece of competition program music (e.g. short program, free skate, short dance, free dance, etc) per file is allowed.
- File Format: mp3—The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III) Simply changing the file extension to “mp3” from another file format is not acceptable.
- Bit Rate: 192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).
- Maximum file size: 10 MB
- Maximum run time: Five [5 minutes]
- ID3 Metadata [tags]: None—The Chief Music Coordinator strongly requests that mp3 files **DO NOT** contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, **NO EMBEDDED IMAGES!**
- Maximum leader: The Chief Music Coordinator recommends that there be **NO** leader. The leader is the silence between the start of the track and the actual start of the program music.
- Maximum trailer: The Chief Music Coordinator requests that there be **NO** trailer. The trailer is the silence between the end of the program music and the end of the actual track.

## Backup Music at Event [CDs]

In addition to submitting the music on line, **all competitors must also have at least one [1] backup copy of their competition music on CD AT RINKSIDE during the actual competition event.** CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including gmp3 are **NOT** acceptable.
- Clearly marked with a permanent marker (e.g. Sharpie, do **NOT** use a label or tape) as follows: First Name, Last Name, Club (optional but requested), Event, Event Segment and Music Length (e.g. Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10)
- Each CD may have only **ONE** [1] music track on it. In the case where a skater competes in both a short program/dance and a free skate/free dance, two[2] separate discs must be available. Any disc with more than one [1] track is **NOT** acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two [2] seconds.
- Due to the compatibility and reliability reasons, music may **NOT** be submitted on re-recordable “CDRW” discs. **PLEASE, no CD-RWs!!!**

The Local Organizing Committee (“LOC”), competition officials and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

## Penalty For Incorrect Music or Failure To Upload Music

The LOC may assess each competitor an additional charge of \$25.00 per event segment if the competitor 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not follow the specifications above or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate) In the event the LOC decides to assess a penalty, the competitor will not receive their credentials at registration until they pay the penalty fee and turn in their music on CD, conforming to the requirements above.

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**Learn to Skate USA Eligibility:** The Learn to Skate USA (Basic Skills) competition is open to ALL skaters who are current, eligible (ER 1.00) members of either the Learn to Skate USA 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 Learn to Skate USA Program/club or any other Learn to Skate USA Program/club.

Eligibility will be based on skill level as of closing date of entries. All *Snowplow Sam and Basic 1-6* skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

PLEASE NOTE: THE LOC RESERVES THE RIGHT TO CANCEL SINGLE ENTRY EVENTS. In the event an event is cancelled, the skater will have the option to skate up one level, or receive a refund.

**Hotel:** The official hotel of the 2017 Morris Open is Hyatt Morristown, 3 Speedwell Avenue, Morristown, NJ 973-647-1234.

Please check the website for schedule and updates: [www.scomnj.org](http://www.scomnj.org)

Competition questions? Email: [morrisopen@gmail.com](mailto:morrisopen@gmail.com)



**PLEASE DO NOT EMAIL FOR SCHEDULE INFORMATION!**

**We do not know the schedule until entries are closed and the referee finalizes it.**

*Please save this announcement for your reference*

# Morris Open 2017

## **COACHES AND PARENTS** **IMPORTANT INFORMATION!!**

Time Frame	What Needs to be Done	Who's Responsible?
Entry deadline: February 27, 2017 11:59 PM	Complete online entry using EntryEeze at <a href="http://www.entryeeze.com">www.entryeeze.com</a> . <b>Please make sure you enter your coach's correct email as he/she will be receiving a list of his/her competitors and is required to verify that the skaters are entered in the correct level/event.</b>	Parent or skater (if over 18 years old)
Entry deadline <b>with late fee</b> February 28 – March 4 <sup>th</sup> 11:59 PM	Late entries accepted at discretion of LOC – an additional late fee of <b>\$40 PER EVENT</b> will be required.	Parent or skater (if over 18 years old)
March 5 <sup>th</sup> – March 8 <sup>th</sup> 11:59 PM	Check your email and the Morris Open competition link on EntryEeze <a href="http://www.entryeeze.com">www.entryeeze.com</a> to verify that skaters are entered in the correct event/level. If there are any corrections that need to be made, email Katherine Roekaert Davis at <a href="mailto:morrisopen@gmail.com">morrisopen@gmail.com</a> by the deadline.	Coach/parent/skater
<b>MARCH 9<sup>th</sup></b>	 <b>NO CHANGES ALLOWED</b>  <b>AFTER THIS DATE</b>	
Week of March 20 <sup>th</sup>	Tentative schedule will be posted on EntryEeze website: <a href="http://www.entryeeze.com">www.entryeeze.com</a> . You will receive an email regarding the date and time of your event(s). Check the Morris Open competition link EntryEeze <a href="http://www.entryeeze.com">www.entryeeze.com</a> for updates or changes to the schedule.	Parent/skater/coach responsible for checking the website for updates

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## 2016 - 2017 SINGLES WELL BALANCED EVENTS

Please refer to the following rules in the US Figure Skating Rulebook for requirements

<b>LEVEL</b>	<b>Rule #</b>	<b>LEVEL</b>	<b>Rule #</b>
No Test	4280	Pre Preliminary	4270
Preliminary	4260	Pre-Juvenile	4250
Open Juvenile	4240	Juvenile	4240
Intermediate SP	4230	Intermediate FS	4230
Novice SP	4220	Novice FS	4220
Junior SP	4210	Junior FS	4210
Senior SP	4200	Senior FS	4200
Adult Pre Bronze	4600	Adult Bronze	4590
Adult Silver	4580	Adult Gold	4570
Masters Int/Nov	4540	Masters Sr/Jr	4510

Please note, there are rule changes effective February 1, 2017 for some levels. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for the current rules, program length, etc.

IJS planned program content sheets must be completed on the EntryEeze website upon entry.

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## TEST TRACK FREE SKATE

**General Event Parameters:**

1. Skaters may not enter both a Well-balanced Free Skate event and a Test Track free skate event at the same nonqualifying competition.
2. Competitors will skate to music of their choice, vocal music permitted.
3. 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.
4. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
5. 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 or lacking element. included
  - 0.1 from the technical mark for or any spin that is less than required revolutions

LEVEL	JUMPS	SPINS	STEPS	QUALIFICATIONS
<b>Pre-Preliminary</b>  Time: 1:40 Max	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only</li> <li>• Max 2 jump combinations or sequences</li> <li>• Max 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only, 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 pre-preliminary free skate test
<b>Preliminary</b>  Time: 1:30 +/- 10 sec	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max 2 jump combinations or sequences</li> <li>• Max 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot, no flying entry (Min 3 revs)</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
<b>Pre-Juvenile</b>  Time: 2:00 +/- 10 sec	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max 2 jump combinations or sequences</li> <li>• Max 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min 3 revs)</li> <li>• One combination spin: forward camel spin to forward sit spin, change of foot optional (Min 6 revs). Spins may not fly</li> </ul>	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
<b>Juvenile Test</b>  Time: 2:15 +/-10 sec	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Any single jumps including Axel are permitted</li> <li>• Max 2 jump combinations or sequences</li> <li>• Max 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>• One solo spin in one position, no change of foot (Min 4 revs)</li> <li>• 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 revs per foot)</li> <li>• <i>Only solo spin may fly</i></li> </ul>	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

**\*\*These events are NOT part of the NJ Basic Skills Series Competition**



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## TEST TRACK— continued

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
<b>Intermediate Test</b>  Time: 2:30 +/-10 sec	<i>Maximum of 6 jump elements:</i> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Max 3 jump combinations or sequences</li> <li>Max 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins</i> <ul style="list-style-type: none"> <li>One must be a flying spin (Min 5 revolutions)</li> <li>One must be a combination spin with at least one change of foot and at least one change of position (Min 4 revolutions per foot).</li> </ul>	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
<b>Novice Test</b>  Time: Ladies 3:00 +/-10sec Men 3:30 +/-10sec	<i>Maximum of 7 jump elements for men and 6 for ladies:</i> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Max of 3 jump combinations or sequences</li> <li>Max 2 of any same type jump</li> </ul>	<i>Maximum of 3 spins of a different nature:</i> <ul style="list-style-type: none"> <li>One must be a combination spin with at least one change of foot and at least one change of position (Min 5 revolutions per foot).</li> <li>The other spins are the option of the skater (Min 6 revolutions per foot)</li> <li><i>All spins may fly</i></li> </ul>	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
<b>Junior Test</b>  Time: Ladies 3:30 +/-10 sec Men 4:00 +/-10sec	<i>Maximum of 8 jump elements for men and 7 for ladies:</i> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double loop and double flip.</li> <li>Max of 3 jump combinations or sequences</li> <li>Max 2 of any same type jump</li> </ul>	<i>Maximum of 3 spins of a different nature:</i> <ul style="list-style-type: none"> <li>One spin in one position (min 6 revs),</li> <li>One flying spin (min 6 revs)</li> <li>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min 5 revolutions per foot)</li> </ul>	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
<b>Senior Test</b>  Time: Ladies 4:00 +/-10 sec  Men 4:30 +/-10 sec	<i>Maximum 8 jump elements for men and 7 for ladies</i> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Must include at least four different double jumps, one must be a double Lutz.</li> <li>Triple jumps are not permitted</li> <li>Max of 3 jump combinations or sequences</li> <li>Max 2 of any same type jump</li> </ul>	<i>Maximum of 3 spins of a different nature:</i> <ul style="list-style-type: none"> <li>One spin in one position (min 6 revolutions),</li> <li>One flying spin (min 6 revolutions)</li> <li>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min 5 revolutions on each foot).</li> </ul>	<i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)  <i>Ladies:</i> 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

# Morris Open 2017

## HIGH SCHOOL TEAM EVENTS

These events are open to U.S. Figure Skating School-Affiliated Clubs (SAC). All SACs must obtain the U.S. Figure Skating school-affiliated club membership in order to participate in these events. The SAC application form can be downloaded from the US Figure Skating website at <http://www.usfigureskating.org/content/schoolafil.pdf>. The form should be completed and returned to US Figure Skating. Please submit a copy of the SAC application or SAC Certificate for proof of membership along with your application to competition chair.

1. A team will consist of at least two skaters from one high school or a unified team.
2. Each team must have high school administrative or athletic department approval.
3. All skaters who enter must be in at least 9<sup>th</sup> grade and be enrolled as a student in the high school.
4. All skaters must be registered with the US Figure Skating or ISI in order to qualify for competition entry and provide their membership number on attached forms.
5. Each team member must be a member in good standing with the US Figure Skating or ISI and their local member club.
6. Males and females will skate on the same team.
7. All teams must have a minimum of two skaters on their roster. No skater may perform more than 50% of the total number of elements.
8. Teams will be required to submit a Team Event Roster at check-in at least 10 minutes prior to the start of the event. All skaters on the team roster must be listed. If a skater is not participating due to absence, injury, or discipline, please indicate the reason in the notes column. Once the roster has been turned in, substitutions only under extenuating circumstances with Referee approval.
9. Only one skater per team may warm up each element.
10. Each team will be allowed one retry per team per element. The second attempt has to be the exact same element as the first attempt by the same skater. The second attempt will count regardless of whether or not it was better than the first attempt. The skater will signal for a retry immediately by raising their hand. The Referee will raise their hand in return in acknowledgement of the request for a retry.
11. If a team does not have a skater capable of or eligible to perform an element, the team will receive no credit for that element.
12. Team Banners are encouraged.

Unsportsmanlike conduct & foul language will not be tolerated and is grounds for disqualification.



At this competition, for each discipline, the skaters will enter the ice together and have a 1 minute STROKING ONLY warm up. Then each element will have a short warm up before it starts.

Each team shall designate a skater to perform the following elements.  
Each element shall be performed by the teams in a designated order

SPINS	JUMPS
Sit Spin (minimum 3 revolutions)	Axel
Camel Spin (minimum 3 revolutions)	Salchow
Layback or upright spin (minimum 3 revolutions)	Lutz or single Flip

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## Compete USA Competitions

### 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 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
<b>Snowplow Sam</b>	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>
<b>Basic 1</b>	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>
<b>Basic 2</b>	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>
<b>Basic 3</b>	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>• Backward one foot glide – either foot</li> <li>• Moving forward to backward two foot turn on a circle</li> </ul>
<b>Basic 4</b>	1:10 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 1/2 swizzle pumps on a circle, one direction only</li> </ul>
<b>Basic 5</b>	1:10 Max.	<ul style="list-style-type: none"> <li>• Back 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>	1:10 Max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn - Right &amp; 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>

**\*\*These events are part of the NJ Basic Skills Series Competition**

# Morris Open 2017



## Compete USA Competitions

### FREE SKATE 1-6 PROGRAM EVENT

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

- 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 (Right and Left)</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>

**\*\*These events are part of the NJ Basic Skills Series Competition**

# Morris Open 2017



## Compete USA Competitions

### INTRODUCTORY LEVELS FREE SKATE 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: <ul style="list-style-type: none"> <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>	Max. 2 spins: <ul style="list-style-type: none"> <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 Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <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>	Max. 2 spins: <ul style="list-style-type: none"> <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 Learn to Skate USA free skating badge tests

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