



# ***2018 Shore-Skate Competition April 14, 2018***

Learn to Skate USA – Preliminary Events

Entry Deadline 3/16/18

go to [WWW.GardenStateSC.org](http://WWW.GardenStateSC.org)

or

Hosted by:  
Garden State Skating Club  
Howell Ice Arena  
269 Squankum Rd  
Farmingdale, NJ 07727

Approval#27653

**Shore-Skate 2018**  
Garden State Skating Club  
Howell Ice Arena  
269 Squankum Rd  
Farmingdale, NJ 07727  
April 14, 2018

**ELIGIBILITY RULES FOR PARTICIPANTS**

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and those who 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 Learn to Skate USA or a member club.

**ELIGIBILITY AND TEST REQUIREMENTS**

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic Skills 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 Moves in the Field or individual dances.

For the **Pre-free skate, free skate 1-6, test track and Well Balanced levels**, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

**ENTRIES AND FEES** - All entries must be processed on line at [www.gardenstatesc.org](http://www.gardenstatesc.org) or <http://comp.entryeeze.com/Home.aspx?cid=41> no later than midnight March 16, 2018. Acceptance of your credit card payment will serve as acknowledgement of your entry. Late entries will be accepted at the discretion of the organizers and will be assessed a \$25 late fee. The first event is \$55.00 and each additional event is \$25.00. NO refunds after closing date unless event is cancelled. Events with less than 2 competitors may be cancelled and entry fees refunded or competitor can be moved to another event if feasible. If changes in the level of skating must be made after the application has been received, due to the parent or coach approving the wrong level, there will be a \$10 fee.

**COACHES** – Coaches must present their USFS Coaches registration card to be issued credentials. Coaches without credentials will not be allowed in the skater's entrance area. Coaches must be USFS category A or B.

**AWARDS** – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, third, and fourth places. All other places will receive ribbons. The schedule of awards presentations will be posted in the lobby the day of the competition.

**SCHEDULE OF EVENTS** - Information regarding groups and skating times will be posted online at [www.gardenstatesc.org](http://www.gardenstatesc.org). It is recommended that skaters arrive at the rink 1 hour before their scheduled event.

**ICE SURFACE** – 200' x 85'

**PRACTICE ICE** – 20 min. practice ice sessions will be available for purchase prior to the start of the competition. We recommend signing up for practice ice with your entry as space will be limited. Practice Ice can be reserved with registration online.

**MUSIC/REGISTRATION** – The registration desk will open 1 hour before the start of the competition. The music for all free skating programs must be uploaded to the registration website. See [www.gardenstatesc.org](http://www.gardenstatesc.org) for more information.

**VIDEO TAPING AND PHOTOGRAPHS** – An official competition photographer will be available to take individual and group events. Hand-held video equipment is only permitted in the bleacher area and should be used to record only your skater. **NO VIDEO EQUIPMENT MAY BE PLUGGED INTO THE ARENA OUTLETS.** Flash photography is not allowed during competition events or warm-ups for the safety of the skaters.

### SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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. Bonus skills from the same level or below are allowed but will not be judged elements.

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, maximum 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, maximum 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>

## PRE-FREE SKATE – FREE SKATE 6 PROGRAM WITH MUSIC

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 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. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 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>● Beginning Axel jump</li> </ul>

## 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
<b>Beginner</b>  <b>1:40</b> <b>Maximum</b>	<b>Max. 5 jump elements:</b> <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>	<b>Max. 2 spins:</b> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	<b>Connecting moves and steps should be demonstrated throughout the program</b>	<b>Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests</b>
<b>High Beginner</b>  <b>1:40</b> <b>Maximum</b>	<b>Max. 5 jump elements:</b> <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>	<b>Max. 2 spins:</b> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	<b>Connecting moves and steps should be demonstrated throughout the program</b>	<b>Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests</b>

## WELL BALANCED LEVELS COMPULSORY

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- No music is allowed

Level	Time	Skating rules/standards
No-Test	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 <u>or</u> camel spin - minimum three revolutions</li> <li>· Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ul>
Pre-Preliminary	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>
Preliminary	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>

## WELL BALANCED FREE SKATE PROGRAM

### 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.
- 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
No-Test	1:40 Maximum	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>· All single jumps allowed except for the single Axel               <ul style="list-style-type: none"> <li>o No single Axels, double, triple or quadruple jumps allowed</li> <li>o Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>· Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> </ul> </li> <li>· Jump sequences limited to a maximum of 3 single jumps</li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>· Spins may change feet and/or position</li> <li>· Spins may start with a flying entry</li> <li>· Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>· Step Sequence               <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>
Pre-Preliminary	1:40 Maximum	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>· All single jumps, including the single Axel, allowed               <ul style="list-style-type: none"> <li>o No double, triple or quadruple jumps allowed</li> <li>o Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>· Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> </ul> </li> <li>· Jump sequences limited to a maximum of 3 single jumps</li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>· Spins may change feet and/or position</li> <li>· Spins may start with a flying entry</li> <li>· Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>· Step Sequence               <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>



<p>Preliminary</p>	<p>1:30 +/- 10 seconds</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>· 1 must be an Axel-type jump or a waltz jump*</li> <li>· All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps 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 a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>· <b>Max 2 jump combinations or sequences</b> <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> </ul> </li> <li>· <b>Jump sequences limited to a maximum of 3 single or double jumps</b></li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>· Spins may change feet and/or position</li> <li>· Spins may start with a flying entry</li> <li>· <b>Min 3 revs.</b></li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>· <b>Step Sequence</b> <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
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## 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.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary  1:40 maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <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>· 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
Preliminary  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 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

## 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
Beginner	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>
High Beginner	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>
No Test	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>
Pre – Preliminary	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>
Preliminary	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>

## 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
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – Waltz jump-toe loop</li> </ol>
No Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>

## SHORE-SKATE COMPETITION ENTRY & INFORMATION

Go to [www.GardenStateSC.org](http://www.GardenStateSC.org) to process entries online.

### Host Club

Garden State Skating Club  
Howell Ice Arena  
269 Squankum Rd  
Farmingdale, NJ 07727

For additional information contact: Lara Walsh [Lara@WalshLLC.com](mailto:Lara@WalshLLC.com) or 732-674-0344 cell.

### Directions to Howell Ice Arena:

From Garden State Parkway exit 98, Take Rte 195 west to exit 31B (one exit) continue through traffic light, rink will be on the left side  $\frac{1}{4}$  mile past traffic light.

### Google Maps

<https://www.google.com/maps/place/269+Squankum+Rd,+Farmingdale,+NJ+07727/@40.1728812,-74.1577742,17z/data=!3m1!4b1!4m5!3m4!1s0x89c180908fc47177:0x961d5f421fee5325!8m2!3d40.1728771!4d-74.1555855>