

The Skating Club of Morris  
Presents



2016

*Part of the 2016-2017 N.J. Basic Skills Series*

November 5, 2016

4:00 p.m.—7:00 p.m.

William G. Mennen Sports Arena

161 Hanover Ave., Morristown, New Jersey



# Little Swizzle 2016

**Dates:** Saturday, November 5, 2016

**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:** [scomnj@gmail.com](mailto:scomnj@gmail.com)

**Chairperson:** Katherine Roekaert Davis

**Chief Referee:** Patricia J. Lynch

**Chief Accountant:** Kathie Imperatore

**Rules:** The competition will be conducted according to the rules for the 2015-2016 competition season as set forth in the U.S. Figure Skating rulebook.

**Eligibility:** The competition 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 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 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.

**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 October 23, 2016**. 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 October 24—October 30, 2016 will be accepted solely at the discretion of the LOC and will require an additional late fee of \$40 per event.** The LOC reserves the right to cancel single entry events.

**Entry Fees:** First Basic Skills Event \$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 Little Swizzle 2016 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: [scomnj@gmail.com](mailto:scomnj@gmail.com). Paper entries not accepted but we will help you register.  
Deadline for entries: 11:59 PM October 23, 2016



Sanctioned by U. S. Figure Skating / Learn to Skate USA  
Hosted by the Skating Club of Morris



# Little Swizzle 2016

**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: 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). Please do not send a self addressed stamped envelope. 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.

**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.

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

**Practice Ice:** Practice ice may 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>



**Music:** Only CDs will be accepted and only one track per CD is allowed. CDs must be clearly marked with the skater's name, level, and length of program and submitted one (1) hour before the start of the skater's event. Music on CD-RW type CDs will not be accepted. No iPods are allowed. The Skating Club of Morris assumes no responsibility or liability for damage or loss of CDs. All possible care will be taken; however all competitors MUST have an additional duplicate CD AT RINKSIDE.

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

Competition questions? Email: [scomnj@gmail.com](mailto:scomnj@gmail.com)  
PLEASE DO NOT EMAIL FOR SCHEDULE INFORMATION!  
We do not know the schedule until the referee finalizes it.  
*Please save this announcement for your reference*

## Little Swizzle 2016

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

Time Frame	What Needs to be Done	Who's Responsible?
Entry deadline: October 23, 2016 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><u>with late fee</u></b> October 24 <sup>th</sup> – 30 <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)
October 30 <sup>th</sup> – November 1 <sup>st</sup> 11:59 PM	Check the competition link on the Skating Club of Morris website: <a href="http://www.scomnj.org">www.scomnj.org</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:scomnj@gmail.com">scomnj@gmail.com</a> by the deadline.	Coach/parent/skater
<b>November 1, 2016</b>	 <b>NO CHANGES ALLOWED</b>  <b>AFTER THIS DATE</b>	
Week of November 1st	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 competition link on the Skating Club of Morris website: <a href="http://www.scomnj.org">www.scomnj.org</a> for updates or changes to the schedule.	Parent/skater/coach responsible for checking the website for updates

# Little Swizzle 2016



## Compete USA Competitions

### 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, or have the option to perform one element at a time in the order listed below (no excessive connecting steps). ). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 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>• Beginning 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 counterclockwise</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>	1:00 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>	1:00 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 and entry</li> <li>• T-stop, right or left</li> </ul>

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

# Little Swizzle 2016



## 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>

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# Little Swizzle 2016



## Compete USA Competitions

### PRE-FREE SKATE—FREE SKATE 1-6 COMPULSORY EVENT

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on 1/2 ice.
- No music is allowed.
- The skater must demonstrate the required elements 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 3 revolutions)</li> <li>• Mazurka (Right and Left)</li> <li>• Waltz jump</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>

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# Little Swizzle 2016



## 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>

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# Little Swizzle 2016



## Compete USA Competitions

### 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 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
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	TIME	SKATING RULES/STANDARDS
Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ 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>
High Beginner	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>

### 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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# Little Swizzle 2016



## Compete USA Competitions

### COMPULSORY MOVES EVENT

General event parameters:

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

### 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
Pre-Preliminary 1:40 max.	Maximum of 5 jump elements: <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>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <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.
Preliminary 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <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>	Maximum of 2 spins: <ul style="list-style-type: none"> <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.

# Little Swizzle 2016



## Compete USA Competitions

### 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.
- 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>• 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 maximum 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>	<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 fly</li> <li>• Minimum 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</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>
Pre-Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <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>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <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>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequence 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>

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## Compete USA Competitions

### WELL BALANCED PROGRAM FREE SKATE EVENT [Continued]

Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <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> <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>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <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>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequence 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>
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### SPINS CHALLENGE EVENT

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>

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

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## Compete USA Competitions

### JUMPS CHALLENGE EVENT

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on 1/2 ice

LEVEL	TIME	SKATING RULES/STANDARDS
<b>Beginner</b>	1:15 MAX.	1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
<b>High Beginner</b>	1:15 MAX.	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – Waltz jump-toe loop
<b>No Test</b>	1:15 MAX.	1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
<b>Pre-Preliminary</b>	1:15 MAX.	1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
<b>Preliminary</b>	1:15 MAX.	1. Single Flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)

### SOLO PATTERN DANCE EVENT

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30<sup>th</sup> – July 2<sup>nd</sup>), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> quarter).
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances

Level	January 1 <sup>st</sup> – March 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-Bronze	1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

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