

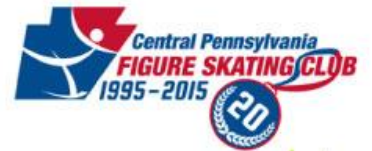


Skate into Spring

2015 BASIC SKILLS COMPETITION



HOSTED BY





Twin Ponds Skate into Spring
Basic Skills Competition

Sponsoring Club: Central Pennsylvania Figure Skating Club (CPFSC)
www.centralpennfsc.org

When: Saturday April 18, 2015
Beginning at 2:30 PM

Where: Twin Ponds East
3904 Corey Road, Harrisburg, PA 17109

Competition Chairperson: Janice Reinke – icereinke@yahoo.com
Competition Co-Chairperson: Reneé Greenawalt – centralpenn_fsc@verizon.net

Approved by U.S. Figure Skating #18211

All entries are being accepted ONLINE ONLY on EntryEeze:
<http://comp.entryeeze.com/Home.aspx?cid=169>

ELIGIBILITY RULES FOR PARTICIPANTS

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 Friday, March 27th, 2015.** All SNOWPLOW SAM AND BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed or one higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or individual dances. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

ENTRIES AND FEES: All registration will take place online at <http://comp.entryeeze.com/Home.aspx?cid=169>. **The registration deadline is 11:59 p.m. on March 27, 2015.** Late entries will be accepted at the discretion of the organizers. **The first event is \$35, second event \$15 and each additional event is \$10.**

EVENT CHANGE FEE: Please review your application closely with your instructor to ensure you have entered correct events/levels. No changes to the schedule will be allowed due to personal or family conflicts. Any requests for event/level changes, (not due to an LOC error), after the application 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.

IMPORTANT: You must complete all requested information. USFS member number/Basic Skills member numbers are mandatory.

COACHES: U.S. Figure Skating has expanded coach's registration to Basic Skills Competitions. All instructors 18 years of age or older are required to be registered as an instructor.

REFUND POLICY: Entry fees will not be refunded after entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will NOT be available by phone, mail, or email. Skater and Coaches schedules will be available via the web at www.centralpenn_fsc.org and www.twinponds.com.

REGISTRATION: Please check in at the registration desk upon arrival at the competition. Please plan to arrive at least 1 hour prior to your scheduled event. Competitors who arrive after their warm-up group begins will be allowed to skate only at the discretion of the referee. If they do not skate, they will forfeit all fees for that event.

SCHEDULE OF EVENTS: Specific schedule will be available at least 1 week prior to the competition. Please no phone inquiries. A copy of the tentative schedule, the practice ice schedule, and directions will be posted on the Central Pennsylvania FSC website at www.centralpennfsc.org and www.twinponds.com. 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. Skater and Coaches schedules will be posted on the web. All competitors need to arrive 1 hour before scheduled event.

AWARDS: Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, third place, and fourth places. Groups will be limited to 4 skaters. ALL awards will be given at appropriate times throughout the competition.

PRACTICE ICE: Practice ice will be available on April 18. Information regarding practice sessions will be available on the Twin Ponds website www.twinponds.com and Central PA FSC website www.centralpennfsc.org.

MUSIC: Only CD's will be accepted. CD's must be labeled CLEARLY with **competitor's name, event, and side to be played**. All music media must contain only one program per media submitted. Music must be turned in at the cd/result desk one hour before the event. Competitors **must have duplicate cd** with them. Music must be picked up at the cd/result desk by the end of the day. CPFSC and Twin Ponds assume NO responsibility for unclaimed music by the end of the competition.

FACILITIES: The Competition will be held at Twin Ponds East Family Recreation Center, 3904 Corey Road, Harrisburg, PA 17109. The ice measures 200 feet by 85 feet, with rounded corners and a barrier. Locker rooms will be available for both male and female competitors.

PARKING: Free parking is available.

LIABILITY: U.S. Figure Skating, Central Pennsylvania Figure Skating Club and Twin Ponds accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

QUESTIONS: Please visit the club or rink websites for schedule and updates www.centralpennfsc.org and www.twinponds.com. Competition questions? Email icereinke@yahoo.com or centralpenn_fsc@verizon.org. Please do not email for schedule information!



U.S. Figure Skating Basic Skills Competitions

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

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

- 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
Snowplow Sam 1-3	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Backward one-foot glide, either foot • Two-foot spin - minimum three revolutions
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet jump, either direction • Backward crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump (from a standstill) • Mazurka, either direction • Combination move, clockwise or counter clockwise, two forward crossovers into forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge • Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions



U.S. Figure Skating Basic Skills Competitions

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed.

- 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
Snowplow Sam 1-3	1:00 +/-10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Backward one-foot glide, either foot • Two-foot spin - minimum three revolutions
Basic 4	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
Basic 5	1:00 +/-10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet jump, either direction • Backward crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 +/-10 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump (from a standstill) • Mazurka, either direction • Combination move, clockwise or counter clockwise, two forward crossovers into forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge • Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions.



U.S. Figure Skating Basic Skills Competitions

EVENT: 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 ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 or less.

Level	Time	Skating rules/standards
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • Backward outside three-turns, right and left • One-foot upright scratch spin from backward crossovers - minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Forward outside or inside spiral, right or left • Waltz three's, right or left, 2-3 sets • Beginning back spin, entry optional – minimum two revolutions • Waltz jump, side toe hop, Waltz jump sequence • Toe loop jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Backward inside three-turns, right and left • Back spin - minimum three revolutions • Salchow jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Loop jump • Waltz jump/loop jump combination
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Camel spin - minimum three revolutions • Forward upright spin to back upright spin - minimum three revolutions each foot • Loop/loop jump combination • Flip jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Five step Mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free Skate 6) • Camel, sit spin combination - minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump



U.S. Figure Skating Basic Skills Competitions

EVENT: 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 an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec.

Level	Time	Skating rules/standards
Free Skate 1	1:30+/-10 sec.	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • One-foot upright scratch spin from backward crossovers - minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:30+/-10 sec.	<ul style="list-style-type: none"> • Forward outside spiral, right or left • Beginning back spin, entry optional - minimum two revolutions • Waltz jump, side toe hop, Waltz jump sequence • Toe loop jump
Free Skate 3	1:30+/-10 sec.	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Back spin - minimum three revolutions • Salchow jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:30+/-10 sec.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Loop jump • Waltz jump-loop jump combination
Free Skate 5	1:30+/-10 sec.	<ul style="list-style-type: none"> • Camel spin - minimum three revolutions • Forward upright spin to back upright spin - minimum three revolutions each foot • Loop-loop jump combination • Flip jump
Free Skate 6	1:30+/-10 sec.	<ul style="list-style-type: none"> • Camel, sit spin combination - minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump



U.S. Figure Skating Basic Skills Competitions

EVENT: Introductory Levels Compulsory Event

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

- To be skated on 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"> • Waltz jump • ½ jump of choice • Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin - minimum three revolutions • Forward or backward spiral
No Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Solo spin - sit or camel spin - minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.



U.S. Figure Skating Basic Skills Competitions

EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10 sec.	<p><i>Maximum 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences. • Max. 2 of any same jump. 	<p><i>Maximum 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions). 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.
High Beginner 1:30 +/- 10 sec.	<p><i>Maximum 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop). • Single rotation jumps: Salchow and toe loop only. • Maximum of 2 jump combinations or sequences. • Max. 2 of any same type jump. 	<p><i>Maximum 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions). 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.
No Test 1:30 +/- 10 sec.	<p><i>Maximum 5 jump elements:</i></p> <ul style="list-style-type: none"> • Up to 2 may be jump combos or sequences. • Jump combos are limited to 2 jumps. • Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level). • No Axels or double jumps are permitted. 	<p><i>Maximum 2 spins:</i></p> <ul style="list-style-type: none"> • Spins must be of different character. • Each spin must have a Minimum of 3 revolutions. • Spins may change feet, position and start with a fly. 	One step sequence that utilizes ½ of the ice surface.	



U.S. Figure Skating Basic Skills Competitions

EVENT: COMPULSORY MOVES

General event parameters:

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

Level	Time	Skating rules/standards
Pre-Preliminary	1:00 max.	<ul style="list-style-type: none">• Single flip• Jump combination: single/single (no Axel)• Sit spin or camel spin - minimum three revolutions• Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:00 max.	<ul style="list-style-type: none">• Single Lutz• Jump combination: single/single (may include Axel)• Back upright spin - minimum three revolutions• Forward inside spiral



U.S. Figure Skating Basic Skills Competitions

EVENT: Well Balanced Program Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under “Technical Information,” then “Singles/Pairs”.

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 Maximum Vocal music permitted	<i>Maximum of 5 jump elements:</i> a) Any single jumps, including Axel, allowed. b) Max. 2 jump combinations or sequences c) Jump combinations are limited to 2 jumps. d) Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Maximum of 2 Axels f) Double or triple jumps are not allowed.	<i>Maximum of 2 spins:</i> a) Spins must be of a different nature. b) Spins may change feet and/or position. c) Spins may start with a fly. d) Minimum of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Preliminary	1:40 Maximum Vocal music permitted	<i>Maximum of 5 jump elements:</i> a) One must be an Axel or Waltz-jump. b) Maximum 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. g) Maximum of 2 Axels or any double jump h) Double flips, double Lutzes, double Axels or triple jumps are not allowed.	<i>Maximum of 2 spins:</i> a) Spins must be of a different nature. b) Spins may change feet and/or position. c) Spins may start with a fly. d) Minimum of 3 revolutions	One step sequenced that must use ½ of the ice surface.



U.S. Figure Skating Basic Skills Competitions

EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions) 	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.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	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.



U.S. Figure Skating Basic Skills Competitions

EVENT: INTERPRETIVE PROGRAM

Competition Format - The Organizing Committee will pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels - Levels will be broken by ability with ages divided appropriately.

Judging Rules - Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression. Spins and jumps performed must be appropriate to competition level.

Time - Music Duration: Free Skate 1 through No Test: 1:15, Pre-Preliminary & Preliminary: 1:30

Coaching - There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.