



Utah Olympic Oval Spring Challenge

Utah Olympic Oval Spring Challenge

BASIC SKILLS COMPETITION

BASIC SKILLS SNOWPLOW SAM through PRELIMINARY,
ADULT through BRONZE, HOCKEY 1-4

Competition – March 14, 2015

Entry Deadline – February 28, 2015

Competition Chairs and Registrar: Kate Nicoll

HOSTED BY:

Utah Olympic Oval & Oval Figure Skating Club

Utah Olympic Oval
5662 S. Cougar Lane (4800 West)
Kearns, Utah 84118

www.utaholympiclegacy.com



Sanctioned by:



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Location: Spring Challenge will be held at Utah Olympic Oval, located at 5662 S. Cougar Lane (4800 West), Kearns UT 84118. This is approximately 15 miles southwest of downtown Salt Lake City. The enclosed ice surface is 100' by 200' with slightly rounded corners. Dressing rooms will be available to skaters. There is no charge to watch the competition events.

Eligibility: Spring Challenge is an open competition open to skaters of all ages who are current members of U.S. Figure Skating at the time of the event (including Basic Skills memberships). 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. Test qualifications will be effective as of the closing date of entries. Age as of February 28, 2015 shall determine eligibility in categories where age is a determining factor.

Sanction: Spring Challenge is sanctioned by U.S. Figure Skating. The competition will be conducted in accordance with the rules of U.S. Figure Skating, as defined in the 2014-2015 U.S. Figure Skating rulebook, except as otherwise stated in this announcement.

Competition Events: Spring Challenge events include: Basic skills through Preliminary including Adult through Bronze and Hockey 1-4, Free Skate Programs, Elements and Compulsories at all levels. The skater may skate one level above his or her current level based on tests passed as of the close of entries.

Entry Fees (per person, per event, U.S. dollars):

First Event (program events are considered first event)	\$35.00
Additional Event (elements or compulsory events)	\$15.00

Entries: Spring Challenge Entry Form must be registered into Entryeeze.com no later than 11:59pm on February 28, 2015.

Two or more entries in a category will constitute an event. Where there is only one skater entered in an event, an exhibition may be offered at the discretion of the Chief Referee or a refund will be made. In any event, groups may be divided or combined by age, sex, or numbers at the discretion of the Chief Referee. Entrants may skate one level above that for which they are qualified. Event eligibility is based on test status as of the entry deadline. There are no final rounds. Skaters will not be allowed to practice or compete until all payments are current.

Practice Ice: Practice ice will be available March 13th before the competition at 4:45-5:15pm, 5:15-5:45pm, 5:45-6:15pm, and 6:15-6:45pm. Music will be played on these freestyles. We will also have practice ice in the morning the day of the event before the competition starting at 7:00-7:30am, 7:30-8:00 am, and 8:00-8:30, but music will not be played. Practice ice will be first come first serve both days, and Coaches fees are waived for the practice times. Practice ice will be purchased ahead of time by filling out the **Practice Ice Form** on page 13 of this packet. If there is room on the freestyle payments can be made at the Oval. Please bring your receipt to the ice monitor to get on the ice. The competition will start at 9:00 am.

To Register: Make payments on Entryeeze.com with a credit card or debit card and go to Current Competitions, <http://www.entryeeze.com/competitions.htm>, and look for our Logo with the name, **Utah**



Olympic Oval Basic Skills Spring Challenge.

Event Schedule: A tentative schedule of events will be posted online at <http://www.utaholympiclegacy.com> as soon as it is available. The schedule will also be posted on Entryeeze.com about a week before the Competition. Competitors must be available to compete any time Saturday, March 14, 2015 (depending on final scheduling). Practice ice times will be available online at <http://www.utaholympiclegacy.com>

Late Entries: Entries must be registered on Entryeeze.com before February 28, 2015 will be considered late, and will be accepted at the discretion of the Referee and Competition Chairperson, and subject to a \$25 late fee.

Refunds: In accordance with Rule 3047 in the 2014-15 Rulebook, once entries have closed, entry fees are only refundable if the competition is not held.

Registration: The registration desk will be located in the lobby of the arena, and will be open during the competition and during day-of-competition practice ice. Skaters should check in at the registration desk one hour prior to their scheduled event. The referee may begin any competition event up to 30 minutes early.
Please arrive 1 hour prior to your event.

Official Notices: The official schedule showing starting times for each event and the draw will be posted in the arena. The official schedule supersedes all other schedules. Notices posted on the official competition bulletin board are considered as sufficient notice to all competitors. The official schedule is tentative and subject to change.

Rule Changes: Rules of this competition may change due to changes made at US Figure Skating's Governing Council. Notice will be given as soon as possible if this occurs.

Referee: The decision of the Referee on all matters will be final. The Referee, along with the competition chair, shall have the right to exclude any person whose behavior is unruly or unsportsmanlike.

Judging: The 6.0 System will be used to judge all events at this competition.

Music: All competitors must provide their own music on CD (No CD-RWs, DVD-R, mp3, iPods, or mini discs allowed). Each CD must be clearly labeled with the skater's name, event, side to be played, and length of program. There must be only one program on a CD, with no more than a 5 second lead in. Please bring two copies of each CD, in case a backup is needed. Music must be turned in at the registration desk one hour prior to the event to be skated and picked up following the event. Utah Olympic Oval and Oval Figure Skating Club are not responsible for any music not picked up by the end of the competition.

Safety Rules for Costumes and Props: For safety reasons **white** feather boas are not permitted, and any feathers, sequins or other accoutrements must be securely fastened onto garment. The following props are not permitted, but are not limited to, live animals, balloons, candles, fog, dry ice, power cords, all types of glass, and power driven items. If props are used, they must be removed in one minute of program completion and be able to be carried on and off the ice in one trip by the skater(s). No assistance is allowed. Violations will be penalized 0.2 for each 5 seconds excess time or for assistance. The use of any prop may be denied at the discretion of the Referee and/or competition committee.

Practice Ice: (30) minute practice ice sessions are available for \$5.00 each, beginning March 13th and 14th, 2015. Reservations for practice ice must be made and paid for in advance by completing the practice ice request form, **postmarked by February 28, 2015**. Music will be played by random draw. Additional sessions may be available on a first-come, first-served basis. No refunds will be issued for skaters who do not skate the reserved session. A practice ice schedule will be posted online at <http://www.utaholympiclegacy.com> as soon as it is available. Skaters must bring their own CD for practice ice.

Dressing Rooms: Dressing rooms are unsupervised. Please bring skate guards and do not leave valuables unattended. Neither Oval Figure Skating Club nor Utah Olympic Oval will be responsible for missing valuables. Coin operated (\$0.50) lockers are available in the tunnel at the center ice stairway.

Awards: Awards will be presented following the last event of the first half of the day, and the second half of the day, if time allows. If the competition is short on time, awards will be following immediately after the results for each event off ice on the podium. Medals will be given for first through third places in each event. All other places will receive ribbons. There will also be a team trophy to those clubs or rinks with the best and most scores at the end of the day between 4pm and 5pm. A representative (preferably skater) will accept the award for the club or rink.

Videotaping and Photography: Every effort will be made to secure professional videotaping and photographs. Medals will be presented following posting of scores, depending on the schedule. **NO FLASH PHOTOGRAPHY** is allowed in the rink area during competition. Flash photography is dangerous to the skaters! The competition committee reserves the right to remove anyone from the rink who ignores requests and

warnings regarding the use of flash photography. In addition, there will be no personal videotaping of other competitors during the competition. Awards photos are optional - a podium will be available for personal or group photographs. **If professional videotaping and photography are not available for the competition it will be posted and personal cameras and videotaping will be allowed with respect to the above-mentioned rules.**

Competition Souvenirs: Official competition sweatshirts, flowers and other items will be available for purchase during the competition.

Coach Registration: *All coaches will have to comply with the U S Figure Skating coach registration policy in order to be allowed to instruct and coach at this event. Coaches will need to check-in at the registration desk and show proof of your US Figure Skating Coach Registration Card and a photo ID. Coaches will receive a credential, to allow them to coach skaters during events or coach during practice sessions, to be worn during the events.*

Competition Chairman, Registrar, Practice Ice: **Kate Nicoll**
Email: Knicoll@utaholympiclegacy.com
(801) 963-7119

**BASIC PROGRAM EVENTS:
SNOWPLOW SAM/TOT – BASIC 8 / FREE SKATE 1-6 / ADULT 1-4**

BASIC SKILLS EVENTS ARE OPEN TO SKATERS OF ALL AGES. Where entries permit, groups within events will be divided by age and gender where possible. **Skaters competing in the Basic Skills events must not have passed any US Figure Skating freeskating test.** Skaters are required and restricted to competing at their current basic skills level or equivalent, or may compete no higher than one level above current level. A skater may not enter more than one level. Each program must be well balanced and contain the following required elements to be skated in any order. The elements are not restricted to the number of times an element is executed, or lengths of glides, number of revolutions in a spin, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. Additional elements may be added from lower levels. Deductions will be made if elements from a higher level are skated. Music duration is 1:00 for Snowplow Sam – Basic 8, +/-10 seconds, 1:30 for Free Skate and Adult levels, +/-10 seconds. Vocal music is permitted. All programs will be skated on a full sheet of ice.

BASIC PROGRAM EVENT: SNOWPLOW – BASIC 8

<p>Snowplow Sam - Tots:</p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward crossovers 4-6 consecutive in both directions 2. Basic one-foot spin – free leg held to side of spinning leg - minimum three revolutions 3. Side toe hop -either direction 4. Hockey stop
<p>Basic 1</p> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two foot swizzles 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Standstill forward inside three-turn - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p>Basic 2</p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place- forward to backward 3. Backward two foot swizzles 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot 5. Moving snowplow stop 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump- either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p>Basic 3</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive 3. Backward one foot glide – either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<p>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns R & L 2. Waltz jump 3. Mazurka in either direction 4. 1 Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - free foot held to side of spinning leg or crossed position - minimum three revolutions
<p>Basic 4</p> <ol style="list-style-type: none"> 1. Forward crossovers 4-6 consecutive both directions 2. Standstill forward outside three- turn - R & L 3. Backward stroking - 4-6 strokes 4. Backward snowplow stop - R or L 	<p style="text-align: center;">INTENTIONALLY LEFT BLANK</p>

BASIC PROGRAM EVENT: FREE SKATE 1-6

<p>Free Skate 1</p> <ol style="list-style-type: none"> 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers- minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump 	<p>Free Skate 4</p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin-minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump combination
<p>Free Skate 2</p> <ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Beginning back spin, minimum two revolutions 3. Waltz jump, side toe hop, waltz jump 4. Toe loop 	<p>Free Skate 5</p> <ol style="list-style-type: none"> 1. Camel spin-minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions each foot 3. Loop/loop jump combination 4. Flip jump
<p>Free Skate 3</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin-minimum three revolutions 3. Salchow jump 4. Waltz jump/toe loop or Salchow/toe loop jump combination 	<p>Free Skate 6</p> <ol style="list-style-type: none"> 1. Camel/sit spin combination-minimum four revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow jump sequence 4. Lutz jump

BASIC PROGRAM EVENT: ADULT 1-4

<p>Adult 1</p> <ol style="list-style-type: none"> 1. Backward swizzles 2. Forward one-foot glides, one time skater's height: R & L 3. Two-foot turns 4. Snowplow stops: R or L 5. Forward curves on two feet 	<p>Adult 2</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward crossovers, clockwise and counter clockwise 3. Backward one-foot glide: R or L 4. Forward pivot 5. Forward Chasses on a circle
<p>Adult 3</p> <ol style="list-style-type: none"> 1. Backward crossovers, clockwise and counter clockwise 2. Inside Mohawk, either direction 3. Backward snowplow stops: R and L 4. Forward progressives 5. Beginning two-foot spin 	<p>Adult 4</p> <ol style="list-style-type: none"> 1. Forward three turns, outside or inside: R & L 2. Alternate backward crossovers with two-foot transition 3. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle 4. Power three turns: one direction only 5. Backward Chasses on a circle

TEST TRACK PROGRAM EVENT

Skaters may enter EITHER the test track free skate program or the well-balanced track free skate program but NOT both during the same non-qualifying competition. Your coach should recommend which track. Competitors will skate to music of their choice, vocal music permitted. Deductions WILL be made for skaters including technical elements not permitted in the event description.

LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
Pre-Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop). Single rotation jumps: Salchow, toe loop and loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two spins of a different nature, one position only, 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 pre-preliminary free skate test
Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot, no flying (Min 3 revolutions) And One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs each 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

WELL-BALANCED PROGRAM EVENT

(U.S. Figure Skating rulebook requirements)

Freeskating – Test Levels Programs must be in accordance with the 2012-2013 Rulebook		
Level	Program Duration	Open to:
No-test Free Skate	1:30 +/- 10 seconds	Open to skaters who have not passed any U.S. Figure Skating Freeskating Test. Requirements per Rule 4280. Vocal music is permitted. Program may Not include the axel. Double jump or double combinations are prohibited.
Pre-preliminary Free Skate	1:30 +/- 10 seconds	Open to skaters who have passed no higher than the U.S. Figure Skating pre-preliminary free skate test. Requirements per Rule 4270. Vocal music is permitted. Axels are permitted. No double or triple jumps.
Preliminary Free Skate	1:30 +/- 10 seconds	Open to skaters who have passed the U.S. Figure Skating Pre-Preliminary Freeskating test, but not the U.S. Figure Skating Preliminary Freeskating Test. Requirements per Rule 4260. Vocal music is permitted. Double flip, double Lutz, double Axel and triple jumps are not permitted.
Adult Pre-Bronze Free Skate	1:40 max	Open to skaters who have passed no higher than the U.S. Figure Skating adult pre-bronze free skate test or pre-pre free skate test. Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements
Adult Bronze Free Skate	1:50 max	Open to skaters who have passed no higher than the U.S. Figure Skating adult bronze free skate test or the preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements

COMPULSORY/ BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

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). Each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

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

HOCKEY1-4 ELEMENTS EVENT

Hockey 1-4 participants AND members of the local hockey association are invited to compete in this fun and challenging hockey skills competition. Ages will be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult. These age groups may be combined based upon number of entries.

Each skater will perform each element when directed by a judge or referee. Each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><u>Hockey 1</u></p> <ol style="list-style-type: none"> 1. Moving dip or squat 2. Skating forward – width of ice 3. Forward swizzles- 4 to 6 in a row 4. Snowplow stop 5. Backward skating 	<p><u>Hockey 2</u></p> <ol style="list-style-type: none"> 1. Skating forward using full strides 2. Forward one-foot glides- Right and left 3. Backward swizzles- 4 to 6 in a row 4. Glide turns, both directions 5. Moving snowplow stops
<p><u>Hockey 3</u></p> <ol style="list-style-type: none"> 1. Forward C-Cuts (1/2 swizzle pumps) on a circle- R & L 2. Hockey turns, R & L, with speed in and out of turn 3. Forward slalom 4. Forward stop and starts- 3 times 5. Backward V-stop 	<p><u>Hockey 4</u></p> <ol style="list-style-type: none"> 1. Forward crossovers -clockwise and counter clockwise 2. Backward C-Cuts in a line (alternating 1/2 swizzle pumps) 3. Backward one foot glide, R & L, one time skater’s height 4. Mohawk – R to L and L to R 5. Hockey stop

FREE SKATE 1-6 & ADULT 1-4 COMPULSORY EVENTS

Simple program form, using a limited number of connecting steps, the skating order of the required elements is optional. The skater must demonstrate the required elements and may use any additional elements from previous levels. A deduction will be taken for each element performed from a higher level. To be skated on 1/2 ice. No music is allowed. Time: 1:15 or less

<p>Free Skate 1 Compulsory</p> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. One-foot upright scratch spin from backward crossovers-minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump 	<p>Free Skate 4 Compulsory</p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets-R or L 2. Sit spin- minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump
<p>Free Skate 2 Compulsory</p> <ol style="list-style-type: none"> 1. Forward outside or inside spiral - R or L 2. Waltz Three's - R or L, 2-3 sets 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p>Free Skate 5 Compulsory</p> <ol style="list-style-type: none"> 1. Camel spin- minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions, each foot 3. Loop/loop jump 4. Flip jump
<p>Free Skate 3 Compulsory</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4 - 6 consecutive 3. Back spin- minimum three revolutions 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p>Free Skate 6 Compulsory</p> <ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6) 2. Camel, sit spin combination - minimum of four revolutions total 3. Split jump or stag jump 4. Waltz jump, 1/2 loop, Salchow combination 5. Lutz jump
<p>Adult 1 Compulsory</p> <ol style="list-style-type: none"> 1. Backward swizzles 2. Forward one-foot glides, one time skater's height: R & L 3. Two-foot turns 4. Snowplow stops: R or L 5. Forward curves on two feet 	<p>Adult 2 Compulsory</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward crossovers, clockwise and counter clockwise 3. Backward one-foot glide: R or L 4. Forward pivot 5. Forward Chasses on a circle
<p>Adult 3 Compulsory</p> <ol style="list-style-type: none"> 1. Backward crossovers, clockwise and counter clockwise 2. Inside Mohawk, either direction 3. Backward snowplow stops: R and L 4. Forward progressives 5. Beginning two-foot spin 	<p>Adult 4 Compulsory</p> <ol style="list-style-type: none"> 1. Forward three turns, outside or inside: R & L 2. Alternate backward crossovers with two-foot transition 3. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle 4. Power three turns: one direction only 5. Backward Chasses on a circle

SPIN Compulsory Event

- Programs to use half ice
- The skating order of the required elements is optional.
- Elements will be skated in short program format.

Event	Element	Time
All Basic Skills Level Spins	<ol style="list-style-type: none"> 1. 2 foot spin 2. 1 foot spin or forward pivot 3. Lunge 	1 minute max
Freestyle 1-3 Spins	<ol style="list-style-type: none"> 1. Scratch spin 2. Back spin 3. 2 foot spin 	1 minute max
Freestyle 4-6 Spins	<ol style="list-style-type: none"> 1. Forward scratch spin 2. Camel spin 3. Scratch spin 	1 minute max
Pre-Pre Spins	<ol style="list-style-type: none"> 1. Forward Scratch spin 2. Sit spin 3. One foot Upright Back scratch spin 	1 minute max
Preliminary Spins	<ol style="list-style-type: none"> 1. One foot Upright Back scratch spin 2. Camel/Sit combination spin 3. Forward scratch/Back scratch combination spin. 	1 minute max

JUMPS Compulsory program Event

- Programs to use half ice.
- The skating order of the element is optional.
- Elements will be skated in short program format

Event	Element	Time
Basic Skills Jumps	<ol style="list-style-type: none"> 1. Bunny Hop 2. Waltz jump 	1 minute max
Freestyle 1-3 Jumps	<ol style="list-style-type: none"> 1. Waltz Jump 2. ½ Flip Jump 3. Salchow Jump 	1 minute max
Freestyle 4-6 Jumps	<ol style="list-style-type: none"> 1. Loop Jump 2. Flip Jump 3. Lutz Jump 	1 minute max
Pre-Pre Jumps	<ol style="list-style-type: none"> 1. Waltz Jump 2. Single/Single combination jump (no)axel. 3. Lutz Jump 	1 minute max
Preliminary Jumps	<ol style="list-style-type: none"> 1. Lutz Jump 2. Axel Jump 3. Single/single combination (no axel) 	1 minute max

Artistic Events for Non-qualifying Showcase Basic 1-Preliminary

Please go to www.usfsa.org and click on "Programs." Under this link, go to the Showcase link box. Next, click on 2013-14 Nonqualifying Showcase Competition Guidelines (as of 11/25/13) (PDF). There you will be able to check the guidelines in which the artistic events were chosen and follow the USFS rules.

JUDGING AND MARKING:

1. Performances will be judged from an entertainment standpoint, for theatrical and artistic qualities.
2. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements.
3. Unintended falls, poorly executed skating elements and obvious losses of control will negatively affect the competitor's/team's marks
4. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence.
5. Theatrical elements evaluated will include are but not limited to:
 - a. Reflection of the musicality as it pertains to the concept of the program
 - b. Projection
 - c. Energy
 - d. Timing
 - e. Acting
 - f. Skating skills that relate to the music
 - g. Use of props and scenery
 - h. Interaction (Duets and Ensembles only)
 - i. Note: Prolonged pauses to express lyrics are discouraged
6. The 6.0 judging system will be used. One mark will be awarded by each judge for each performance. **No technical skating mark will be awarded.**
7. Deductions will apply for negligence relating to: costumes, props, program times.
8. **COSTUMES:**
Costuming and make-up for showcase/theatrical/interpretive skating programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme.
9. Costume rules for competition free skate programs do not apply for **showcase/theatrical/interpretive skating**. Ornaments and hair accessories must be secure.
10. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken.


Duets : Are theatrical performances by any two competitors. Props and Scenery ARE permitted. Skaters may enter only one each duet, mini production ensemble or production ensemble.

Light Entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions. **Props and Scenery ARE permitted.**

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00
Free skate 1-6/ Limited Beginner/ Beginner	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30
No Test/ Pre- preliminary	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30
Preliminary	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40

Spring Challenge

Practice Ice Request Form, Entry Instructions & Waiver:

Go to [Entryeeze.com](http://www.entryeeze.com/) to register and make your payment on <http://www.entryeeze.com/> by **February 28, 2015**. You can use either a credit card or a debit card. No checks accepted. You will need a current USFS # to login, so if you are not a club member, make sure you have a Basic Skills membership through your rink. If you are having problems with this portion of the entry, please contact the Director of your rink or board member of your club. Once you log on, look for the proper competition link with our competition logo  and select your events and submit your payment. Checks or Cash will not be accepted for event enrollment, but will be accepted for practice ice. First Event is \$35.00 and each additional entry is \$15.00. You can add more events

Event / Level Please enter the level in Entryeeze.com	PROGRAM EVENT	Compulsory /Elements	Spins	Jumps	Artistic Duets.	Artistic Light Ent.
Basic Skills (circle level below) Snowplow Sam/TOT, Basic 1, Basic 2, Basic 3, Basic 4, Basic 5, Basic 6, Basic 7, Basic 8 Freeskate 1, Freeskate 2, Freeskate 3, Freeskate 4, Freeskate 5, Freeskate 6 Adult 1, Adult 2, Adult 3, Adult 4 Hockey 1, Hockey 2, Hockey 3, Hockey 4	X X X X N/A	X X X X X	N/A X X N/A N/A	N/A X X N/A N/A	N/A X X N/A N/A	N/A X X N/A N/A
Test Track (circle level below) Pre-Preliminary Test, Preliminary Test.	X	X	X	X	X	X
Well Balanced Track (circle level below) Non-Test, Pre-Preliminary, Preliminary,	X	X	X	X	X	X
Adult Pre Bronze Adult Bronze	X	X	N/A	N/A	N/A	N/A
\$25 late fee (if applicable)						
Total fees \$						

after registering for your first event, before February 28. **If you need assistance signing up on entryeeze, please contact Kate Nicoll at 801.963.7119 or Colin Cook at**

SKATER'S NAME _____ PHONE #
(_____) _____

ADDRESS _____ CITY,
ST _____ ZIP _____

SKATER'S BIRTHDATE ____/____/____ AGE _____ MALE____ FEMALE_____

SKATER'S CLUB _____ U.S. FIGURE SKATING or BASIC SKILLS

(only if current member of a club – otherwise indicate "independent") (valid #
required)

SKATER or PARENT'S EMAIL

(for competition purposes only)

COACH'S NAME _____ COACH PHONE # (_____) _____

COACH'S EMAIL _____ (for competition purposes only) _____ COACH'S U.S.
FIGURE SKATING # _____ (valid # required) Please **print legibly to ensure accuracy.**
Email addresses will be used solely to provide you with information related to the competition

All entrants must be a U.S. Figure Skating registered basic skills member or club member. All entry forms must have the required signatures and skater's U.S. Figure Skating number either through your club board or rink program director.

This competition is sanctioned by the U.S. Figure Skating, Sponsored by the Utah Olympic Oval and the Oval Figure Skating Club and governed by the rules and regulations prescribed in the U.S. Figure Skating 2014-15 rulebook except as noted in this announcement.

SKATER'S NAME _____

SKATING LEVEL: HIGHEST TEST(S) PASSED:

Basic Skills _____

U.S. Figure Skating MOVES _____

U.S. Figure Skating FREESKATING _____

I certify that the above-named skater has signed up to compete at the correct level.

Signature of Coach Date

For Figure Skating Club Members: I certify that the above named skater is an amateur in good standing of U.S. Figure Skating and is eligible to enter the event(s) indicated.

Signature of FSC Officer Or Rink Program Director Date

Practice ice is March 13-14, 2015. The cost is \$5.00 for each 30-minute session. Each competitor will be allowed up to one session for each event entered. Every attempt will be made to play each skater's music but this is not a guarantee. The playing order for music will be determined by a draw.

SKATER'S NAME _____ FSC _____

SKATER'S PHONE _____ SKATER E-MAIL _____

COACH'S NAME _____ COACH'S PHONE _____

COACH'S EMAIL _____

EVENT ENTERED

LEVEL

1. _____

March 13, 2015

4:45-5:15pm

5:15-5:45pm

5:45-6:15pm

6:15-6:45pm

Number of Sessions _____ x \$5.00 = _____

Day of Competition Practice Ice March 14th – No music played

Will be assigned as entrants reserve ice, so the sooner you sign up the better.

March 14, 2015

7:00-7:30 am

7:30-8:00 am

8:00-8:30 am

Number of Sessions _____ x \$5.00 = _____

Total \$ _____

ALL PRACTICE ICE SESSIONS MUST BE RESERVED AND PAID FOR IN ADVANCE. COMPLETED FORM AND PAYMENT SHOULD BE POSTMARKED BY **February 28, 2015**.

MAKE CHECK PAYABLE TO: **UTAH OLYMPIC LEGACY FOUNDATION**

MAIL PRACTICE ICE FORM, AND ONE CHECK FOR ICE TIME FEES TO:

UTAH OLYMPIC OVAL
5662 S. COUGAR LANE
KEARNS, UT 84118
ATTN: KATE NICOLL

After closing date of **February 28, 2015**, no refunds will be issued for practice ice. Practice Schedule will be posted online at <http://www.utaholympiclegacy.com> on the same link as the announcement and entry form and will also be on entryeeze about a week before the competition. Direct all practice ice questions to: Kate Nicoll at knicoll@utaholympiclegacy.com. Schedule information will not be provided over the phone.