



**BODY ZONE SNOWFLAKE SPECTACULAR BASIC SKILLS COMPETITION
BODYZONE FIGURE SKATING CLUB
DECEMBER 6, 2014**

The Body Zone Snowflake Spectacular Basic Skills Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

ELIGIBILITY/TEST LEVEL:

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. Once you register through entryeeze.com, your eligibility to compete will be confirmed by an email sent directly to you Club to verify that you are a member in good standing. Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1 – 8 skaters must skate at highest level passed or one level higher - NO official USFSA tests may have been passed allowed (MIF, Freeskate or Dance). For Free skate 1 - 6, Test Track and Well Balanced levels, eligibility will be determined on the highest Free Skate Level passed (moves in 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: All competitors must register on-line at www.entryeeze.com. Please be sure to enter your Coach's correct email address. The DEADLINE for entry is no later than 11:59 on Friday, November 14, 2014. Late entries will be accepted at the discretion of the Competition Chair and will require a \$25.00 late fee. **THERE WILL BE NO REFUNDS** except for the cancellation of an event by the local organizing committee.

First Event: \$45.00
Add'l Event: \$25.00

FACILITIES: The competition will be held at Body Zone Sports and Wellness Center, 3103 Paper Mill Road, Wyomissing, PA 19608. Ice surface is official NHL sized. It is a non-smoking facility.

MUSIC: Only CD's will be accepted (no CD-RWs). They must be clearly marked with competitor's name and event. Only one tract oer CD is allowed. The official competition music must be turned in at the registration table at the time of check-in. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Body Zone Figure Skating Club cannot be responsible for CDs left at the end of the competition. Please have duplicate CDs at the competition in case of any issues.

LIABILITY: U.S. Figure Skating, Body Zone Figure Skating Club and Body Zone Sports and Wellness Center 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.

JUDGING SYSTEM: The 6.0 judging system will be used for this competition.

REGISTRATION: Please arrive 1 hour prior to your scheduled event. Report to the Registration Desk where you will check in and hand in your music. 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.

PRACTICE ICE: Will be reserved through Entryeze.com

PHOTOGRAPHY/VIDEOGRAPHY: Only battery operated video equipment is allowed. No flash photography will be permitted during the events.

AWARDS: Medals will be presented for 1st-3rd places in each event. Ribbons will be given for 4th place.

INFORMATION REGARDING COACHES:

All USFSA Coaches must be compliant and registered with USFSA. You will be asked to provide proof of your credentials upon check-in.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. 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. 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.

CONTACT INFO: If you have questions, please contact Betsy Cordova, Competition Chair (betsyecordova@gmail.com) or Tina Snader, Test Chair (tmsnader@gmail.com).

Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format choice of the skater: 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
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 • Back 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 • 4. 1 Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside 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

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 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 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 • Back 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 at standstill) • Mazurka, either direction • 1 Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside 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

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 .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 • 5. 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

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+/-10sec

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

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 <u>or</u> camel spin - minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

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

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.	<i>Max. 5 jump elements:</i> <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 	<i>Max. 2 spins:</i> <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.	<i>Max. 5 jump elements:</i> <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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <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.	<i>Max. 5 jump elements:</i> <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 	<i>Max. 2 spins:</i> <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	

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.
- 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.
- 6.0 judging system will be used at this competition

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <p>a) Any single jumps, including Axel, allowed.</p> <p>b) Max. 2 jump combinations or sequences</p> <p>c) Jump combinations are limited to 2 jumps.</p> <p>d) Number of jumps in a jump sequence is limited to a maximum of 3 single jumps ($\frac{1}{2}$ loop is not considered a single jump.)</p> <p>e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Maximum of 2 Axels</p> <p>f) Double or triple jumps are not allowed.</p>	<p><i>Maximum of 2 spins:</i></p> <p>a) Spins must be of a different nature.</p> <p>b) Spins may change feet and/or position.</p> <p>c) Spins may start with a fly.</p> <p>d) Minimum of 3 revolutions</p>	One step sequence that must use $\frac{1}{2}$ of the ice surface.	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> <p>a) One must be an Axel or Waltz jump.</p> <p>b) Maximum 2 jump combinations or sequences</p> <p>c) Jump combinations limited to 2 jumps</p> <p>d) Number of jumps in a jump sequence is limited to a maximum of 3 single jumps ($\frac{1}{2}$ loop is not considered a single jump.)</p> <p>e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe loop, double loop</p> <p>f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences.</p> <p>g) Maximum of 2 Axels or any double jump</p> <p>h) Double flips, double Lutzes, double Axels or triple jumps are not allowed.</p>	<p><i>Maximum of 2 spins:</i></p> <p>j) Spins must be of a different nature.</p> <p>b) Spins may change feet and/or position.</p> <p>c) Spins may start with a fly.</p> <p>d) Minimum of 3 revolutions</p>	One step sequence that must use $\frac{1}{2}$ of the ice surface	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

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. • Max. 2 jump combinations or sequences • Max. 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. (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 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). • Max. 2 jump combinations or sequences • Max. 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. (Min. 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