

12<sup>th</sup> Annual  
**ICE HOUSE**

**Basic Skills Competition**

Saturday  
April 07, 2012

Approved by US Figure Skating # 37665

Hosted by Ice House  
www.icehousenj.com  
201-487-8444 ext. 232

ICE HOUSE  
*"Home of Champions"*  
111 Midtown Bridge Approach  
Hackensack, NJ 07601



# ICE HOUSE Basic Skills Competition

**WHEN:** Saturday, April 07, 2012

**LOCATION:** Ice House  
111 Midtown Bridge Approach  
Hackensack, NJ 07601  
(201) 487- 8444

**CHAIRMAN:** Edward VanCampen  
figureskating@icehousenj.com

**CHIEF REFEREE:** Pat Lynch

**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 March 16, 2012. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Free skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

**RULES:** The competition will be conducted according to the rules in the 2011 Rule Book except as stated herein. **The 6.0 judging system will be used for this competition.**

**LIABILITY:** The USFS and the Ice House accept no responsibility for injury or damage sustained by any participant in this competition; competitors assume the risk of competing in accordance with US Figure Skating rule CR 10.12.

**PRACTICE ICE:** Information and applications will be posted on the Ice House website: [www.icehousenj.com](http://www.icehousenj.com).

**SCHEDULE:** **Do not send self-addressed, stamped envelopes.** A tentative schedule will be available approximately one week before the competition. Individual group assignments with dates and times will be posted on the Ice House website, [www.icehousenj.com](http://www.icehousenj.com) as soon as available. Please check for schedule changes prior to traveling to the competition.

**MUSIC:** Only CD's will be accepted. They must be clearly marked with competitor's name and event. Please submit CD's at the registration desk on arrival (at least one hour prior to scheduled event). Please pick up CD's promptly after the event. The Ice House assumes no responsibility or liability due to loss or damage to any CD's. All possible care will be taken. Competitors should have duplicate CD's with them at their scheduled event (in case of problems with the original music) and for practice sessions. **No CD's in RW format will be accepted**

**RINK:** Oval, 200 x 85 feet

**AWARDS:** Medals will be presented for First through Fourth places in each event.

**VIDEO:** Only battery operated video equipment will be permitted. There will be professional videotaping available for purchase.

**DEADLINE:** Applications must be accompanied by entry fee and must be postmarked no later than **March 16, 2012**. Late entries will be accepted at the discretion of the Competition Chair and will require **DOUBLE** the entry fee. **THERE WILL BE NO REFUNDS** except for the cancellation of an event. Make checks payable to: **Ice House**.

**ENTRY FEES:** 1<sup>st</sup> Event: \$50.00, 2<sup>nd</sup> Event: \$35.00

**EVENT CHANGE FEE:** Please review your application closely with your coach to ensure you have entered the correct events/levels. Once names have been submitted to the Chief Referee, no changes will be made except those due to an error by the LOC. After the deadline date any change in registration because of an error on your application will result in a \$25.00 fee per change.

**RETURNED CHECKS:** There will be a \$30.00 fee charged for every returned check.

**MAIL TO:** Edward VanCampen  
c/o: Basic Skills Competition  
ICE HOUSE  
111 Midtown Bridge Approach  
Hackensack, NJ 07601

**REGISTRATION::** Please arrive 1 hour prior to your scheduled event. Report to the Registration Desk where you will hand in your music and receive a skater's information packet. 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.

***NOTICE:*** ***You must fill out the entire form. Notice that the current USFS member number/Basic Skills member numbers are mandatory. Also mandatory is the highest level passed and the signatures of Coach and Rink/Club Official to verify membership and approval of levels. Failure to do so will result in return of application. NO APPLICATIONS MAY BE HANDED IN – COMPLETED APPLICATIONS MUST BE MAILED AND POSTMARKED NO LATER THAN March 16, 2012, TO BE ACCEPTED***

**COACHES: USFS has expanded coaches registration to Basic Skills Competitions. All instructors who are 18 years or older are required to be registered as an instructor and submit their information for a background check. Please contact USFS and speak to member services.**

Last Name First MI Sex Birthdate Age USFS/BS # (mandatory)

Street Address City State Zip Code

e-mail Home phone Cell Phone

Home club or rink Coach Coach's e-mail Coach's phone

Highest USFS/BS/ISI test level passed as of 3/16/2012: (mandatory)

Please check the event(s) you are entering:

Basic Elements: (A) (no music - half ice)
Basic Program: (B) (with music - full ice)
Adult Program: (C) (with music - full ice)
Snowplow Sam/Tots
Basic 1 Basic 5
Basic 2 Basic 6
Basic 3 Basic 7
Basic 4 Basic 8

Free Skate Elements/Compulsories: (D) (no music - half ice)
Free Skate Program Event: (E) (with music - full ice)
Competitive Test Track Program: (F) (with music - full ice)
Free Skate 1 Limited Beginner
Free Skate 2 Beginner
Free Skate 3 No Test
Free Skate 4 Pre preliminary
Free Skate 5 Preliminary
Free Skate 6

Well Balanced Program: (G) (with music - full ice)
Artistic/Showcase Event (H) (with music - full ice)
No Test Free skate
Pre-preliminary Free skate
Preliminary Free skate
Singles Entertainment
Duet Entertainment ( list other skater)
Small Ensemble - 3 skaters (list other skaters on separate sheet)

Endorsement of coach "These are the correct events for this skater." (Mandatory)

Entry Fee: \$50.00 1st Event \$35.00 Per Additional Event

Deadline: March 16, 2012. Make Checks Payable to: ICE HOUSE Total fees enclosed \$

Please review your entry form carefully as all event changes due to your error will incur a \$25.00 fee per change. Entry forms postmarked later than March 16, 2012 must pay double entry fee as late fee if accepted

I understand that I, my son or daughter, skate at this competition at my/their own risk and hereby release the ICE HOUSE, its directors and volunteers, its Director and professional staff, and all other personnel from all liability.

Signature (Parent of Skater if under 18)

Rink/Club Authorized Signature (Mandatory)

Mail entry form with check to: Edward VanCampen Attn: Basic Skills Competition ICE HOUSE, 111 Midtown Bridge Approach, Hackensack, NJ 07601

# BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: 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**
- Time: 1:00 or less

## A

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

# 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.

- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

## B

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

# BASIC SKILLS – ADULT EVENTS – ADULT 1-4, PRE-BRONZE, BRONZE

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 moves and steps should be demonstrated throughout the program.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec unless otherwise noted

## C

<p><b>Adult 1</b></p> <ul style="list-style-type: none"> <li>A. Backward swizzles</li> <li>B. Forward one-foot glides, one time skater's height: R &amp; L</li> <li>C. Two-foot turns</li> <li>D. Snowplow stops: R or L</li> <li>E. Forward curves on two feet</li> </ul>	<p><b>Adult 2</b></p> <ul style="list-style-type: none"> <li>A. Forward stroking</li> <li>B. Forward crossovers, clockwise and counter clockwise</li> <li>C. Backward one-foot glide: R or L</li> <li>D. Forward pivot</li> <li>E. Forward Chasses on a circle</li> </ul>
<p><b>Adult 3</b></p> <ul style="list-style-type: none"> <li>A. Backward crossovers, clockwise and counter clockwise</li> <li>B. Inside Mohawk, either direction</li> <li>C. Backward snowplow stops: R and L</li> <li>D. Forward progressives</li> <li>E. Beginning two-foot spin</li> </ul>	<p><b>Adult 4</b></p> <ul style="list-style-type: none"> <li>A. Forward three turns, outside or inside: R &amp; L</li> <li>B. Alternate backward crossovers with two-foot transition</li> <li>C. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle</li> <li>D. Power three turns: one direction only</li> <li>E. Backward Chasses on a circle</li> </ul>
<p><b>Adult Pre-Bronze:</b> Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max Refer to the current U.S. Figure Skating Rulebook #3806 for specific requirements</p>	<p><b>Adult Bronze:</b> Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 max Refer to the current U.S. Figure Skating Rulebook #3801 for specific requirements</p>

## FREE SKATE 1-6 COMPULSORY EVENT

Format: In a 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

### D

<p><b><u>Free skate level 1 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking - 4-6 consecutive</li> <li>2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside</li> <li>3. One foot upright scratch spin from backward crossovers – minimum 3 revolutions</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b><u>Free skate level 4 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive sets-R or L</li> <li>2. Sit spin – minimum 3 revolutions</li> <li>3. Loop jump</li> <li>4. Waltz jump/loop jump</li> </ol>
<p><b><u>Free skate level 2 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside or inside spiral - R or L.</li> <li>2. Waltz Three's R or L 2 -3 sets</li> <li>3. Beginning back spin - entry optional</li> <li>4. Waltz jump, side toe hop, waltz jump series</li> <li>5. Toe loop jump</li> </ol>	<p><b><u>Free skate level 5 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Camel spin – minimum 3 revolutions</li> <li>2. Forward upright spin to back upright spin – minimum 3 revolutions each foot</li> <li>3. Loop/loop jump</li> <li>4. Flip jump</li> </ol>
<p><b><u>Free skate level 3 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Advanced forward outside swing rolls 4 - 6 consecutive</li> <li>3. Back spin – minimum 3 revolutions</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p><b><u>Free skate level 6 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>2. Camel, sit spin combination - minimum of 4 revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>

## Suggested Compulsory Event Test Track and Well Balanced Levels

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

### D

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two foot or one foot spin - minimum 3 revolutions (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:15 or less
Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin – minimum 3 revolutions</li> <li>4. Forward or backward spiral</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:15 or less
No Test Compulsory	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin- sit <u>or</u> camel spin – minimum 3 revolutions</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed	Time: 1:15 or less
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Flip jump</li> <li>2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump</li> <li>3. Solo spin- sit <u>or</u> camel spin – minimum 3 revolutions</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:15 or less
Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Lutz jump</li> <li>2. Single jump combination (may not use Lutz jump or Axel)</li> <li>3. Camel spin minimum 3 revolutions</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>	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	Time :1:15 or less

## 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 moves and steps should be demonstrated throughout the program.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

### E

<b>Free skate 1</b> 1. Advanced forward stroking 4-6 strokes 2. One foot upright scratch spin from back crossovers – minimum 3 revolutions 3. Waltz jump from back crossovers 4. Half flip jump	<b>Free skate 4</b> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin – minimum 3 revolutions 3. Loop jump 4. Waltz jump/loop jump
<b>Free skate 2</b> 1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop	<b>Free skate 5</b> 1. Camel spin – minimum 3 revolutions 2. Forward upright spin to back upright spin – minimum 3 revolution each foot 3. Loop/loop combination jump 4. Flip jump
<b>Free skate 3</b> 1. Forward crossovers in a figure 8 2. Back spin – minimum 3 revolutions 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop	<b>Free skate 6</b> 1. Camel/sit spin combination, minimum of 4 revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

# Test Track Program Event

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 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 or lacking element.
- 0.1 for any spin with less than required revolutions.

## F

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
<b>Limited Beginner</b> 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). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> 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
<b>Beginner</b> 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 and toe 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 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
<b>Pre-Preliminary Test</b> 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
<b>Preliminary Test</b> 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 entry (Min 3 revs) and One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on 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 Requirements

## (U.S. Figure Skating rulebook requirements)

### G

LEVEL	Jumps	Spins	Steps	Qualifications
<b>No Test</b>  <b>Time 1:00-1:30 +/-10</b>	Max 5 Single Jumps (no Axel) Max 2 combos or sequences Combos limited to 2 jumps, Number of jumps in sequence is not limited	Max 2 Spins must be a different nature Minimum three revolutions each Spins may change feet, position and start with a fly	Max 1 Straight line, circular or serpentine Must use one half the ice surface	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.
<b>Pre-preliminary</b>  <b>Time: 1:30 +/- 10</b>	Max 5 Single Jumps (Axel permitted, no doubles) Max 2 combos or sequences Combos limited to 2 jumps Number of jumps in sequence is not limited Axel may be repeated as individual jump, combo, or sequence. Max 2 Axels.	Max 2 Spins must be a different nature Minimum three revolutions each Spins may change feet, position and start with a fly	Max 1 Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.
<b>Preliminary</b>  <b>Time: 1:30 +/- 10</b>	Max 5 1 Axel or Waltz jump type jump Max 2 combos or sequences Combos limited to 2 jumps Number of jumps in sequence is not limited Only 2 different double jumps may be attempted (double Salchow, toe or loop only) Axel and no more than 2 different double jumps may be repeated as individual jumps, combos, or in sequences. Max of 2 Axels or any double jump	Max 2 Spins must be a different nature Minimum three revolutions each Spins may change feet, position and start with a fly	Max 1 Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.

## BASIC SKILLS – ARTISTIC/SHOWCASE EVENTS

Artistic/Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description. A .2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance. Depending on the number of entries, the referee has the option of combining event.

Categories include:

- Singles Entertainment
- Duets (2 skaters)
- Small Ensemble (3 skaters)

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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 Max
Free skate 1-6/ Limited Beginner/ Beginner/ Adult 1-4	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 Max
No Test/ Pre- preliminary/ Adult Pre- Bronze	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 Max
Preliminary/ Adult Bronze	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 Max