

# *North Shore Classic*

## *2010*

A US Figure Skating  
Basic Skills & Beyond Competition



March 7, 2010

Centennial Ice Arena  
Highland Park  
3100 Trailway Drive  
Highland Park, IL



## Second Annual U.S. Figure Skating Illinois Basic Skills Series

During the season, skaters will have the chance to compete at different competitions and earn points for a final standing. Awards will be mailed to skaters with the highest point totals when they compete in at least four scheduled events. The final award announcement will be e-mailed to all qualifying skaters on November 18, 2010.

### Series Point System

The Freeskating events and the Compulsory/Elements events of each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

Place	Points
1	6
2	5
3	4
4	3
5	2
6	1

**If an event that has 2-6 skaters, the points will be awarded as if there were 6 skaters in the group. If there is only one skater in the group, they will be awarded 3 points. At the end of the Series, in the case of total points tied all skaters tied for a place will be awarded a medal, no ties will be broken. Points are accumulated for Compulsory and Freeskate events separately.**

A skater **MUST** enter **BOTH** the compulsory event and freeskating program music event in each of four competitions to be eligible for accumulating points.

The following events will be offered:

- Snowplow Sam - up to Freeskate 1
- Test Track: Limited Beginner- up to Preliminary
- Well-Balanced: No Test- up to Preliminary

Skaters moving to the next level during the Series will take their points with them. If a skater moves up a level for more than two competitions, they will receive an additional 3 points.

Skate for the Gold  
**February 27/28, 2010**  
 Oak Orthopedic Sports Arena  
 1601 River Rd.  
 Kankakee, IL 60901  
 Angela Pace  
[apace@kvpd.com](mailto:apace@kvpd.com)  
 (815)939-1946 ext 235

**North Shore Classic**  
**March 7, 2010**  
 Centennial Ice Arena  
 3100 Trailway Dr,  
 Highland Park, IL 60035  
 Anita Squillo or Sharyn Weiss  
[Skatingcoordinators@pdhp.org](mailto:Skatingcoordinators@pdhp.org)

5th Annual Shamrock Open  
**March 14, 2010**  
 Carlson Ice Arena  
 4150 N Perryville Rd  
 Loves Park, IL 61111  
 Brigitte Carlson Roquet  
[BrigitteCarlson@rockfordparkdis.trict.org](mailto:BrigitteCarlson@rockfordparkdis.trict.org)

10th Annual Wagon Wheel Basic Skills  
**April 18, 2010**  
 Crystal Ice House  
 320 E Prairie  
 Crystal Lake, IL  
 Lanny Nelson  
[Lannyww@sbcglobal.net](mailto:Lannyww@sbcglobal.net)  
 (815) 455-6403

Sunshine Open  
**April 25, 2010**  
 Hoffman Estates Park District  
 Community Center & Ice Arena  
 1685 W. Higgins Rd.  
 Hoffman Estates, IL 60195  
 Liz Miles  
[lizmls@yahoo.com](mailto:lizmls@yahoo.com)

Quad Cities Championships  
**June 11-13, 2010**  
 Quad City Sports Center  
 700 W. River Dr.  
 Davenport, IA 52802  
 Rosemary Olt  
[Rwolt61@mchsi.com](mailto:Rwolt61@mchsi.com)  
 (563)322-5220

2010 Rockford Open Basic Skills & Beyond  
**June 26<sup>th</sup>, 2010**  
 Rockford Skating Club  
 Mary Kroll  
[marykroll@tds.net](mailto:marykroll@tds.net)  
 (815) 979-2615

1<sup>st</sup> Annual Kankakee Valley Open  
**July 17/18, 2010**  
 Oak Orthopedic Sports Arena  
 1601 River Rd.  
 Kankakee, IL 60901  
 Angela Pace  
[apace@kvpd.com](mailto:apace@kvpd.com)  
 (815)939-1946 ext 235

2010 Springfield Skating Invitational  
**September 2010 DATE TBA**  
 The Nelson Center  
 1600 North Fifth Street  
 Springfield, Illinois 62702  
 Teresa Chessare (217)529-4314  
[teresa.chessare@sbcglobal.net](mailto:teresa.chessare@sbcglobal.net)

7th Annual Cranberry Classic  
**November 7, 2010**  
 Carlson Ice Arena  
 4150 N Perryville Rd  
 Loves Park, IL 61111  
 Brigitte Carlson Roquet  
[BrigitteCarlson@rockfordparkdis.trict.org](mailto:BrigitteCarlson@rockfordparkdis.trict.org)

Autumn Blast 2010  
**November 14, 2010**  
 All Season's Ice Rinks  
 31W330 North Aurora Road  
 Naperville, IL  
 Pegg Hislop  
[pegg@northernice.org](mailto:pegg@northernice.org)

If you have any questions, please contact the Illinois Basic Skills Chair: Brigitte Carlson Roquet @ [BrigitteCarlson@rockfordparkdistrict.org](mailto:BrigitteCarlson@rockfordparkdistrict.org)



*North Shore Classic 2010*  
**Basic Skills Competition, Sunday, March 7, 2010**  
**Centennial Ice Arena, 3100 Trailway, Highland Park, Ill 60035 (847) 432-4790**

This will be a Basic Skills and Beyond competition, approved by US Figure Skating and conducted according to the 2009-2010 Basic Skills Competition Manual and the Official USFSA Rulebook for the 2009-2010 competitive season except as modified in this announcement.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to all skaters who are current eligible (E.R. 1.00) members of either the Basic Skills program, and/or full members of U.S. Figure Skating. All Skaters in the Centennial Highland Park Basic Skills Classes have been registered. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program or any other Basic Skills Program/Club and must get certification from their skating program director to verify competition level.

Event levels will be based on skill or test level as of February 1, 2010.

All Snowplow Sam (Tots) and Basic Skill Skaters though Basic 8 must skate at highest level passed and NO official USFSA tests may have been passed including MIF or individual dances.

For Freeskate 1-6, Test Track and Well Balanced levels, skaters may skate at highest freeskate level passed OR one level higher BUT not BOTH levels in the same event during the same competition. For Test Track and Well Balanced events, a club officer signature is required.

Events will be divided up by age groups of approximately 5-6 skaters. A minimum of 2 entrants will be required to schedule an event.

ENTRIES AND FEES -All entries must be postmarked no later than **February 1, 2010**. Late entries will be accepted, time permitting. Entry fees are per person, the first event is \$50 and each additional event is \$20. NO refunds after closing date unless event is canceled. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made **payable to Park District of Highland Park**. There will be a fee for returned checks.

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be made at appropriate times throughout the competition.

SCHEDULE OF EVENTS - Will be posted on the Official Bulletin Board no later than February 28, 2010. Information regarding groups and skating times will be e-mailed and faxed to your Ice Arena. Schedule will be available for viewing on-line at [www.Centennialice.org](http://www.Centennialice.org) no later than February 28.

MUSIC - The music for all free skating programs and showcase must be provided on CD's by the skater. CD's should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds.

VIDEO TAPING- This will be available and can be arranged for at the rink.

**North Shore Classic 2010 Basic Skills Competition Sunday, March 7, 2010**

*Please read all information carefully*

First Name:	Last Name:	USFSA #
Address:	City:	State: Zip:
Age (as of 2/1/10):	Birthdate:	Gender M/F:
Daytime Phone:	Evening Phone:	
Home Club:	E-mail to send schedule:	
Home Rink:	Check Here if no USFSA Tests Passed:	
Highest USFS Test Passed as of 2/1/10	Coach's Name:	
Highest Basic Skills Level Passed as of 2/1/10	Coach's Address:	
Please register (\$10) this skater for U.S. Basic Skills	<input type="checkbox"/>	Coach's Phone No.:

*Please circle each event entered. One entry form may be used for all events.*

Compulsories	Programs with Music	Compulsories (USFS levels)	Interpretive Programs
	Tots	Limited Beginner	
Basic 1	Basic 1	Beginner	Freestyle 1 Freestyle 2
Basic 2	Basic 2	No Test	Freestyle 3 Freestyle 4
Basic 3	Basic 3	Pre-Preliminary	Freestyle 5 Freestyle 6
Basic 4	Basic 4	Preliminary	
Basic 5	Basic 5	<b>USFS Freestyle</b>	Limited Beginner Beginner
Basic 6	Basic 6	No Test	Pre- Preliminary
Basic 7	Basic 7	Pre-Preliminary	Preliminary
Basic 8	Basic 8	Preliminary	<b>Adult Freestyle</b>
Freestyle 1	Freestyle 1	<b>Test Track Freestyle</b>	Basic skills 1-4
Freestyle 2	Freestyle 2	Limited Beginner	Pre Bronze
Freestyle 3	Freestyle 3	Beginner	Bronze
Freestyle 4	Freestyle 4	Pre-Preliminary Test	<b>Adult Artistic</b>
Freestyle 5	Freestyle 5	Preliminary	Artistic/Dramatic
Freestyle 6	Freestyle 6		Comedy/Light Entertainment
			Pre Bronze/Bronze/Silver
			Gold/Masters

**ENTRY FEE IS \$50 PER EVENT, \$20 PER EACH ADDITIONAL EVENT**

First Event \$ \_\_\_\_\_  
 Additional Events \$ \_\_\_\_\_  
 Basic Skills Membership \$ \_\_\_\_\_  
 (\$10.00 if you require USFS Basic Skills registration)  
**Total:** \$ \_\_\_\_\_

Make check or money order payable to:  
**Park District of Highland Park**  
**Mail to: Centennial Ice Arena**  
**3100 Trailway, Highland Park, Ill 60035**

**The completed entry form, with fees, must be postmarked no later than February 1, 2010.**  
**Entry Fees are not refundable after the entry deadline unless an event is canceled.**

## Skater Authorization

### Authorization by Club Officer (USFSA members)

I hereby approve the entry of \_\_\_\_\_ (skater's name) into North Shore Classic 2010. I further certify that he/she is a full member in good standing of our club, and is an eligible skater as defined in the Official Rules of the USFSA, and has passed the appropriate tests to skate the events entered. (If you are an individual member you will certify your own form.)

Club Officer:	
Signature:	
Title:(Pres., VP, Sec. Or Treas. Only)	Phone #:
Club:	

### Authorization by Director or Rink Manager (Basic Skills and Freeskate levels)

I hereby approve the entry of \_\_\_\_\_ (skater's name) into North Shore Classic 2010 Competition. I further certify that he/she represents our facility and is competing at the appropriate level.

Name:	Date:
Signature:	Title:(Director, Manager)
Rink:	Phone #:

### Authorization by Athlete and Parent/Guardian

***Athlete:** I agree to conduct myself, both on and off the ice, in a manner that will reflect favorably upon this competition and upon the sport of figure skating, and that is consistent with the high standards of the sport. I agree to respect the person and property of others, and in the event I cause injury, damage, or loss to another or to the property of another, I hereby indemnify the USFSA, the local Competition committee, the Park District of Highland Park and agree to hold them harmless against any and all claims that another person may have or which may arise out of such injury, damage or loss, together with any reasonable costs and attorney's fees that may be incurred as a result of any such claims, whether valid or not.*

**Athlete/Parent/Guardian:** I understand that the USFSA, the Park District of Highland Park, and organizers of this competition, undertake no responsibility for damages or injuries, or loss of property suffered by the competitors. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, the USFSA, organizers of the competition, and the Park District of Highland Park and their entries shall be accepted only on such condition. (Per USFSA Rulebook 3235)

**Athlete's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian's Signature (If athlete is under age 18)** \_\_\_\_\_

Date \_\_\_\_\_

### Primary Coach's Authorization

I have read this entry form and certify that it is complete and that the information on this form is true and correct.

Coach signature \_\_\_\_\_ Date \_\_\_\_\_

## COMPULSORY EVENTS -BASIC SKILLS CURRICULUM

Each skater will have the option to perform one element at a time

- A. In the order listed below( no excessive connecting steps) **OR**
- B. Will perform each element when directed by a judge or referee

**All elements will be skated in the order listed.**

\* Time 1:00 or less- NO music and will be skated on ½ ice

<p><b>Snowplow Sam-Tots</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>Basic 5</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle - clockwise or counter clockwise</li> <li>2. Backward crossovers 6-8 consecutive - both directions.</li> <li>3. One foot spin - min of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -either direction</li> </ol>
<p><b>Basic 1</b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</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>Basic 6</b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn - R &amp; L from standstill</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>Basic 2</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/across width of ice</li> <li>3. Two foot turn in place –forward to backward</li> <li>4. Backward 2 foot swizzles 6-8 in a row</li> <li>5. Moving snowplow stop</li> </ol>	<p><b>Basic 7</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>Basic 3</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 6 –8 consecutive</li> <li>3. Moving forward to backward two foot turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b>Basic 8</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside 3 turns -R and L</li> <li>2. Waltz jump</li> <li>3. Mazurka - either direction</li> <li>4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge)</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b>Basic 4</b></p> <ol style="list-style-type: none"> <li>1. Forward outside 3 turn –R and L from a standstill</li> <li>2. Forward outside edge on a circle clockwise or counterclockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## COMPULSORY EVENTS FREESKATE 1-6

- o In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- o To be skated on ½ ice
- o The skater must demonstrate the required elements and may use, but is not required to use any additional elements from previous levels
- o No music is allowed
- o A .2 deduction will be taken for each element performed from a higher level
- o Time: 1:00 or less

<p><b>Freestyle level 1 Compulsory</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. Scratch spin from backward crossovers</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b>Freestyle level 4 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</li> <li>2. Forward power 3's, 2-3 consecutive sets-R or L</li> <li>3. Sit spin</li> <li>4. Loop jump</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b>Freestyle level 2 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral - R or L. and a forward inside spiral - R or L</li> <li>2. Waltz Three's - R or L</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>Freestyle level 5 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop jump</li> <li>5. Flip jump</li> </ol>
<p><b>Freestyle level 3 Compulsory</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</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p><b>Freestyle level 6 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freestyle 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>

## BASIC PROGRAMS WITH MUSIC

- To be skated on Full Ice
- 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.
- **Vocal music is allowed.**
- May use elements from a previous level. A .2 deduction will be on each element performed from a higher level that is skated.
- Time is 1:00 +/- 10 sec.

<p><b>Snowplow Sam -TOTS:</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>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle - clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive – both directions</li> <li>3. One foot spin - min of three revolutions</li> <li>4. Side Toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b>Basic 1</b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</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>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn from a standstill- 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</li> </ol>
<p><b>Basic 2</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 -across width of ice</li> <li>5. Moving snowplow stop</li> </ol>	<p><b>Basic 7:</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>Basic 3</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 6 –8 consecutive</li> <li>3. Moving forward to backward two foot turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	
<p><b>Basic 4</b></p> <ol style="list-style-type: none"> <li>1. Forward outside edge on a circle, clockwise or counter clockwise</li> <li>2. Forward crossovers, 6-8 consecutive, both directions</li> <li>3. Forward outside 3-turn - R and L from a standstill</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	<p><b>Basic 8:</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside 3 turns R and L</li> <li>2. Waltz jump</li> <li>3. Mazurka - either direction</li> <li>4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin – optional free foot position</li> </ol>

## FREE SKATE 1-6 MUSIC 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

<b>Free skate 1</b> 1. Advanced forward stroking 4-6 strokes 2. Scratch spin from back crossovers 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 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 2. Forward upright spin to back upright spin 3. Loop/loop combination jump 4. Flip jump
<b>Free skate 3</b> 1. Forward crossovers in a figure 8 2. Back spin 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop	<b>Free skate 6</b> 1. Camel/sit spin combination, min of 4 revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

## Limited Beginner, Pre-Preliminary & Preliminary COMPULSORY EVENTS Test Track and Well Balanced Levels

- 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

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 (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: 1:00
Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin</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:1:00
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</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks 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:1:00
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</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:00
Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Lutz jump</li> <li>2. Jump combination (may not use Lutz jump or Axel)</li> <li>3. Camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks 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

## COMPETITIVE TEST TRACK FREESKATE PROGRAMS

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 non-qualifying competition. 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.

- 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.

LEVEL	JUMPS	SPINS	STEPS	QUALIFICATIONS
Limited Beginner  Time 1:40 max	Jumps with not more than ½ rotation (front to back or back to front) Jump sequences are allowed Maximum 5 jump elements	2 upright spins, no change of foot ( 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.
Beginner  Time 1:40 max	Jumps with no more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements.	2 upright spins Change of foot optional ( 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
Pre-Preliminary Test  Time 1:40 max	Jumps with not more than one rotation. ( No Axels.) Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted. Maximum 5 jump elements.	2 Spins held in one position only, Of a different nature, no change of foot. (min 3 revolutions and no flying spins)	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	Jumps with no more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins),	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 Freeskiate Program (U.S. Figure Skating rulebook requirements)

No Test Free skate	<p>A well balanced program consisting of:                  Jumps: maximum of 5 jump elements. No axels or double jumps permitted.                  Spins: maximum of 2 spins of a different nature                  Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3721 for more information</i></p>	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.	Time: 1:30+/-10
Pre-preliminary Free skate	<p>A well-balanced program consisting of:                  Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted.                  Spins: maximum of 2 spins of a different nature                  Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3711 for more information</i></p>	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +/-10
Preliminary Free skate	<p>A well-balanced program consisting of:                  Jumps: maximum of 5 jump elements, one of which must be an axel/waltz -type jump                  Spins: maximum of 2 spins of a different nature                  Steps: one step sequence utilizing ½ the ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3701 for more information</i></p>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10

### INTERPRETIVE PROGRAM:

**COMPETITION RULES:** The organizing committee must pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear a selection of music twice. Following warm-up all skaters except for the first skater will be escorted to a sound proof 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 be allowed to view the performing skater.

**LEVELS :** Levels should be broken up 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.

**TIMING:** Music Duration : Limited Beginner – No Test : 1:15 min.

Pre–preliminary - preliminary : 1:30 min.

**COACHING RULES:** There is to be **NO** instruction allowed during this event from coaches, parents or fellow skaters. Staging area must be kept clear except for the ice monitor and listening competitor.

## ADULT FREESKATE

**Adult Basic Skills Levels** - use elements from the Basic Skills Adult 1-4 curriculum Basic-Must have passed no higher than Adult 4. Time: 1:40 max

**Adult Pre Bronze-** Refer to U.S. Figure Skating rulebook #3805 for more information Pre-Bronze- Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max

**Adult Bronze** - #3800 Refer to U.S. Figure Skating rulebook for more information. Bronze- Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 max

### ADULT Artistic/Dramatic & Light Entertainment/Comedy.

Adult interpretive free skate events shall consist of a variety of skating moves and elements selected for their value in enhancing the skater's interpretation of the music. Costumes that enhance the performance by appropriately reflecting the character of the music and theme will be considered in the judging. Props may be used but only within the guidelines set out below. Vocal music is permitted; age categories will be the same as for free skate events.

In interpretive events, skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills. The judges will use two marks. The first mark is for skating technique and the second mark is for presentation.

**Skaters may enter ONE category of interpretive skating: Artistic/Dramatic OR Light Entertainment/Comedy.**

**Skaters may not switch categories after entering. Age levels may be combined.**

**A. Artistic/ Dramatic** - A program of serious, emotional artistic interpretation designed to simply interpret the music (typically dramatic, classical, power ballads, ballads, instrumental, love songs, etc.) which conveys an emotion other than humor. You may portray a specific character, so long as the portrayal does not change the nature of the program to a comedic style. For example a skater's portrayal of a clown performing to *Send in the Clowns* would not be considered comedic, but dramatic and appropriate for this category. Where as a skater (dressed as a clown or not) who intentionally takes spills and pratfalls to the same music for comedic effect would be considered light entertainment/comedy.

**B. Light Entertainment/Comedy** - A program designed to be light-hearted, entertaining, upbeat, clever, comedic or that incorporates some type of gimmick. If the skater's music is dramatic but his/her costume or style of movement creates a comedic effect, the skater should enter this category, since either affects the overall tone of the program. For example, a classical piece of music, power ballad or slow song (typically associated with dramatic styles) might be used, yet the skater's costume or frantic style of movement is what makes the program light entertainment or comedic and therefore appropriate for this category.

**Adult Interpretive Free Skate** — Music not to exceed 1:40

A competitor in the adult interpretive free skate event must meet the requirements for the adult bronze free skate event or the adult silver free skate event, or have passed the complete pre-bronze dance test, and have passed no higher than the complete adult pre-silver or standard pre-silver dance test. No axels or double jumps are allowed.

**Masters Interpretive Free Skate**---Music not to exceed 1:40

A competitor in the adult interpretive free skate event must meet the requirements for the adult bronze free skate event or the adult silver free skate event, or have passed the complete pre-bronze dance test, and have passed no higher than the complete adult pre-silver or standard pre-silver dance test. No axels or double jumps are allowed.