



*The Southern N.H. Skating Club
Fifth Annual Basic Skills Competition
Saturday March 20, 2010*

This competition is open to ALL skaters who are current eligible (ER1.00) 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:

Eligibility will be based on skill level as of February 27, 2010.
All Basic Skills skaters levels 1 through 8 must skate at **highest level passed**.
Skaters above Basic 8 may skate at **highest level passed** or one level higher but **not** both. For events that are "Beyond the Basics" (beginner, pre-preliminary and preliminary) the U.S. Figure Skating rulebook #1032 applies. Skaters may NOT have passed any Pre-Juvenile tests in any discipline.
Males and females will compete in the same groups. (if necessary)
Skaters will be placed in flights according to age.
Awards will be given to all participants.
Applications will be handled on a first come first serve basis. We reserve the right to eliminate events due to ice availability.

Deadline:

February 27, 2010

Fees:

Entry fee must accompany the application form.
\$35.00 for the first event, and \$15.00 for each additional event. (see above)
Refunds are given ONLY if the event is canceled.
Applications may be returned if limit is reached prior to deadline date.
\$25.00 fee for any returned check.

Music:

The skater should provide music for all free skate programs. Music should be on cassette tape or CD with the name of the skater clearly marked and turned in at the time of registration.

Schedules:

Time schedules will be mailed or e-mailed approximately one week before the competition.
No information on times or flights will be available before that time.

Location:

John F. Kennedy Coliseum, 303 Beech St. Manchester, NH
Directions are available at www.SNHSC.com.

Information:

Southern N.H. Skating Club (603) 882-4306
e-mail: mmontanile@aol.com
website: SNHSC.com

Mail to:

Southern N.H. Skating Club
c/o Lisa Montanile
P. O. Box 4478
Manchester, NH 03108

Approval:

33465

Elements Event - Basic Skills Curriculum

- *To be skated on 1/3 to 1/2 ice*
- *No music*
- *All elements must be skated in the order listed*
- *Each skater performs one element at a time only when directed by a judge or referee*

Basic Programs (Snowplow Sam - Basic 1 - 8) - With Music

Snowplow Sam - TOTS:

1. March followed by a two foot glide and dip
2. Forward two foot swizzles 2-3-in a row
3. Forward snowplow stop
4. Backward wiggles 2-6 in a row

Basic 1

1. Forward two foot glide
2. Forward two foot swizzles - 6 -8 in a row
3. Forward snowplow stop
4. Backward wiggles 6-8 in a row
- 5.

Basic 2

1. Forward one foot glide - either foot
2. Backward two foot swizzles - 6 - 8 in a row
3. Two foot turn in place - forward to backward
4. Moving snowplow stop
5. Forward alternating 2 swizzle pumps, in a straight line across width of ice

Basic 3

1. Forward stroking
2. Forward 2 swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive
3. Moving forward to backward two foot turn - either direction
4. Backward one foot glide - either foot
5. Two foot spin

Basic 4

1. Forward outside edge on a circle clockwise or counter clockwise
2. Forward crossovers 6-8 consecutive both directions
3. Forward outside 3-turn - R and L
4. Backward stroking
5. Backward snowplow stop - R or L

Basic 5:

1. Backward outside edge on a circle - clockwise or counterclockwise
2. Backward crossovers 6-8 consecutive - both directions
3. One foot spin - min of three revolutions
4. Hockey stop
5. Side Toe hop -either direction

Basic 6:

1. Forward inside 3-turn - R & L
2. T-stop - R or L
3. Bunny Hop
4. Forward arabesque spiral on a straight line R or L
5. Lunge - R or L

Basic 7:

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

Basic 8:

1. Moving forward outside or forward inside 3 turns R and L
2. Waltz jump
3. Mazurka - either direction
4. Combination move - clockwise or counter clockwise (from Basic 8 curriculum)
5. Beginning one-foot upright spin, optional free foot position

- *The skating order of the required elements is optional*
- *The elements are not restricted as to number of times element is executed, or length of glides, number of revolutions in a spins etc., unless otherwise stated*
- *Minimum number of connecting steps are allowed*
- *May use vocal music*
- *May use elements from a previous level. Deductions will be made if elements from a higher level are skated*
- *Time 1:00 +/- 10 sec., to be skated on full ice*

Snowplow Sam Program (Tots)

1. March followed by a two foot glide & dip
2. Forward two foot swizzles 2-3 in a row
3. Backward wiggles 2-6 in a row
4. Forward snowplow stop

Basic 1

1. Forward two foot glide
2. Forward snowplow stop
3. Forward two-foot swizzles 6-8 in a row
4. Backward wiggles 6-8 in a row

Basic 2

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 across width of ice
5. Moving snowplow stop

Basic 3

1. Forward stroking
2. Forward ½ swizzle pumps on a circle, either clockwise
Or counter clockwise 6-8 consecutive
3. Moving forward to backward two foot turn
Either direction
4. Backward one foot glide-either foot
5. Two foot spin

Basic 4

1. Forward outside edge on a circle clockwise
Or counter clockwise
2. Forward crossovers 6-8 consecutive both directions
3. Forward outside 3-turn-R and L
4. Backward stroking
5. Backward snowplow stop R or L

Basic 5

1. Backward outside edge on a circle
clockwise & counter clockwise
2. Backward crossovers 6-8 consecutive
both directions
3. One foot spin-min of three revolutions
4. Side Toe hop-either direction
5. Hockey Stop

Basic 6

1. Forward inside 3-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

Basic 7

1. Forward inside open Mohawk
2. Ballet jump either direction
3. Back crossovers to a back outside edge
landing position-clockwise & counter
clockwise
4. Forward inside pivot

Basic 8

1. Moving forward outside or forward inside
3 turn R and L
2. Waltz jump
3. Mazurka – either direction
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
5. Beginning one-foot upright spin, optional
free foot position

Compulsory Programs - No Music

- *The skater must demonstrate the required elements and may use any additional elements From previous levels (where applicable)*
- *The skating order of the required elements is optional*
- *To be skated on 2 ice - no music permitted*
- *In program form, using a limited number of connecting steps*
- *Time: 1:00 or less*
- *Deductions will be made if elements from a higher level are performed*

Compulsory Free Skate level 1

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. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

Compulsory Free Skate level 2

1. Forward outside spiral - R or L. and a forward inside spiral - R or L
2. Waltz Three's - R or L
3. Beginning back spin - entry optional
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

Compulsory Free Skate level 3

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls 4-6 consecutive
3. Back spin
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop combination

Compulsory Free Skate level 4

1. Spiral sequence: FI spiral/mohawk/BO spiral clockwise or counter clockwise
2. Forward power three-turns, 2-3 consecutive (RorL)
3. Sit spin
4. Loop jump
5. Waltz jump, loop combination

Compulsory Free Skate Level 5

1. Spiral sequence: FO Spiral, forward outside 3 turn, one back crossover, backward inside spiral
2. Camel Spin
3. Forward upright spin to back upright spin
4. Loop, loop jump combination
5. Flip jump

Compulsory Free Skate level 6

1. Five step Mohawk sequence – 1 set alternating pattern (clockwise and counter clockwise:
RFI-LBI Mohawk, RBO, step forward to LFO, slide to a RFI. Repeat series 3 times)
2. Camel spin, sit spin combination – minimum of 4 revolutions total
3. Split jump or stag jump
4. Waltz jump, ½ loop, salchow combination
5. Lutz jump

Compulsory Test Track and Well Balanced Levels

Limited Beginner Compulsory Program Time: 1:00

May not have passed tests higher than US Figure Skating Basic skills free skate badge tests

1. Waltz jump
2. ½ jump of choice
3. Forward two foot or one foot spin (free leg position optional)
4. Forward or backward spiral

Beginner Compulsory Program Time 1:00

May not have passed tests higher than US Figure Skating Basic skills free skate badge tests

1. Toe loop jump
2. Salchow jump
3. Forward scratch spin
4. Forward or backward spiral

No Test Compulsory Time 1:00

May not have passed tests higher than US Figure skating basic skills free skate badge tests, no official US Figure Skating free skate test passed

1. Loop jump
2. Jump combination to include a toe loop (may not use a loop or Axel)
3. Solo spin – sit or camel spin
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

Pre-preliminary Compulsory Program Time 1:00

Must not have passed tests higher than US Figure Skating Pre-preliminary free skate test

1. Flip jump
2. Jump combination waltz jump/toe loop jump or salchow/toe loop jump
3. Solo spin – sit or camel spin
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

Preliminary Compulsory Program Time 1:15

Must have passed at least the US Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test

1. Lutz Jump
2. Jump combination (may not use Lutz jump or Axel)
3. Camel spin (min. 3 revolutions)
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

Free Skate Program Events

- *Program duration 1:30 +/- 10 sec.*
- *To be skated on full ice*
- *Vocal music is allowed*
- *Deductions will be made if elements from a higher level are performed*
- *Programs must contain the following required elements and will be judged on technical merit and presentation*

Free Skate level 1

1. Basic forward outside edges or forward inside consecutive edges - 2-4 outside or 2-4 inside edges
2. Scratch spin from backward crossovers
3. Waltz jump from backward crossovers
4. Half flip jump

Free Skate level 2

1. Waltz Three's - R or L
2. Beginning back spin
3. Waltz jump, side toe hop, waltz jump series
4. Toe loop jump

Free Skate level 3

1. Advanced forward outside swing rolls - 4-6 consecutive
2. Back spin
3. Salchow
4. Waltz jump/toe loop or Salchow/toe loop

Free Skate level 4

1. Forward power 3's, 2-3 consecutive sets-R or L
2. Sit spin
3. Loop jump
4. Waltz jump, loop jump combination

Freeskate level 5

1. Camel spin
2. Forward upright spin to back upright spin
3. Loop/loop combination jump
4. Flip jump

Freeskate level 6

1. Camel, sit spin combination - minimum of 4 revolutions total
2. Split jump of stag jump
3. Waltz jump, 2 loop, salchow combination
4. Lutz jump

TEST TRACK

Limited Beginner Freeskate Program Time: Up to 1:30 +/-10

May not have passed tests higher than US Figure Skating Basic Skills free skating badge tests:

Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.

Beginner Freeskate Program Time: 1:30 +/- 10

May not have passed tests higher than US Figure Skating Basic Skills free skating badge tests

Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.

Pre-preliminary Test Freeskate Program Time: 1:30 +/- 10

May not have passed tests higher than US Figure Skating pre-preliminary free skate tests

At least two solo spins of a different nature (min 3 revolutions and no flying spins), all single solo jumps allowed (No axels), jump combinations or sequences using only a waltz jump, toe loop, and salchow. Connecting moves and steps should be demonstrated throughout the program.

Preliminary Test Freekate Program Time: 1:30 +/-10

Must have passed at least US Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test.

At least two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (No axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. Connecting moves and steps should be demonstrated throughout the program.

Well-balanced Program requirements

No Test Free skate Time: 1:30 +/-10

May not have passed any official US Figure Skating free skate tests. Refer to US Figure Skating rulebook #3721 for more information.

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

Pre-preliminary Freeskate Time: 1:30 +/-10

Must have passed no higher than US Figure Skating Pre-preliminary Free Skating test. Refer to US Figure Skating Rulebook #3711 for more information.

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.

Preliminary Free Skate Time: 1:30 +/-10

Must have passed no higher than US Figure Skating Preliminary free skate test. Refer to US Figure Skating Rulebook #3701 for more information.

A well-balanced program consisting of:

Jumps: maximum of 5 jump elements, one must be an axel or waltz jump type plus up to two different double jumps as individual jumps, jump sequences or jump combinations are allowed.

Spins: maximum of 2 spins of a different nature.

Steps: one step sequence utilizing ½ ice surface.

Showcase Event with Music

Duration for Basic Badge Levels (Snowplow Sam through Basic D) is 1:00 +/- 10 seconds

Duration for Basic Freestyle Levels (Freeskate 1 through Preliminary) is 1:30 +/- 10 seconds

Theme is Skater's choice

May have music with words

Judging to emphasize interpretation of music and artistic value instead of technical elements

Costumes may complement the music

May use hand props or those that the skater can get on and off the ice without assistance

Boys and girls may be combined in the same event

Southern New Hampshire Skating Club
Basic Skills Competition ***Saturday March 20, 2010***

Name _____ Tel. (____) _____

Address _____ City _____ State _____ Zip _____

Email address: _____
(fill in if you would like to receive confirmation by email)

Birth date ____/____/____ M / F _____ Age(as of 2/27/10) _____ yrs. _____ mos.

Highest Level Passed (as of 2/27/10) Basic _____ Freestyle _____

Home Club or Rink _____ USFSA # _____

Coach's Signature: _____ Tel. (____) _____

Check Events Entered:

<u>Basic Elements</u>		<u>Freeskate Compulsory</u>		<u>Test Track & Well Balanced Compulsory</u>		<u>Other events</u>
Snowplow Sam _____		FS 1 _____	FS 4 _____	Limited Beg _____		Showcase _____
Basic 1 _____	Basic 5 _____	FS 2 _____	FS 5 _____	Beginner _____		
Basic 2 _____	Basic 6 _____	FS 3 _____	FS 6 _____	No Test _____		
Basic 3 _____	Basic 7 _____			Pre-Preliminary _____		
Basic 4 _____	Basic 8 _____			Preliminary _____		
 <u>Basic program with music</u>		<u>Freeskate with music</u>		<u>Test Track</u>		<u>Well balanced Program</u>
Snowplow Sam _____		FS 1 _____	FS 4 _____	Limited Beginner _____		No Test _____
Basic 1 _____	Basic 5 _____	FS 2 _____	FS 5 _____	Beginner _____		Pre-preliminary _____
Basic 2 _____	Basic 6 _____	FS 3 _____	FS 6 _____	Pre-preliminary _____		Preliminary _____
Basic 3 _____	Basic 7 _____			Preliminary _____		
Basic 4 _____	Basic 8 _____					

Entry Fees: \$35.00 - first event \$15.00 - each additional event Total Enclosed \$ _____

Make Checks Payable to: Southern NH Skating Club

This application may be copied. Please complete one application for each skater.

PLEASE NOTE: All applications received after the deadline date February 27, 2010 will be accepted at the discretion of the competition chairman.

Address all entries to: Southern N.H. Skating Club, c/o Lisa Montanile, PO Box 4478, Manchester, NH 03108
It is fully understood and agreed that the Southern NH Skating Club assumes no responsibility or liability for injuries or loss of property which might occur during this Club sponsored event. In acceptance of this application, the undersigned hereby waives any claim or course of action, which might accrue to him or her against the Club by reason of injuries, loss, or damage of property arising from this event. The undersigned assumes all risk of personal injury and / or loss of property. I have read and accept this statement.

Competitor's Signature (parent or guardian, if minor) _____

The above named member is in good standing and is eligible to compete at the above-entered levels.

Signature of Club Officer or Test Chairperson: _____ Date: _____

