

Martha's Vineyard FSC

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Sunday, November 15, 2009



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Basic Skills Skate with U.S. Competition

USFS Basic Skills Approved

The First Annual Basic Skills Skate with U.S. Competition sponsored by the Martha's Vineyard FSC at the Martha's Vineyard Arena on November 15, 2009. The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

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 US 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 the closing date of entries. 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. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and moves in the field will not affect their levels. 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.

See the individual event descriptions for information on maximum permitted test levels for each event.

ENTRIES AND FEES: All entries must be **postmarked no later than October 2, 2009**, and are limited to the first 250 applications received. Late entries will be accepted at the discretion of the organizers and only if the limit has not been reached and the application is accompanied by an additional \$15.00 late entry fee. Entry fees are per person, U.S. Dollars. The first event is \$40.00 and each additional event is \$20.00. **No refunds** after closing date unless the event is canceled by the Martha's Vineyard FSC or for a **documented** medical reason. **Entry forms must be filled out completely** and returned with fee check made payable to MVFSC. There will be a \$20.00 fee for returned checks.

GROUPS: Skaters will be broken into groups of up to 4 skaters, by birth date. Males/Females may be in the same group.

AWARDS: Everyone will receive a medal. Awards will be presented at appropriate times throughout the competition.

SCHEDULE OF EVENTS: Information on groups/skating times will be posted online at www.mvfsc.org prior to the competition.

MUSIC: The music for all free skating programs must be provided on cassette tape or compact disk (standard compact disk format only). Music must be clearly marked with the name of the skater, event entered, and length of music. Each disk or tape must have only **one** track on it. Competition music is to be turned in at the time of registration. Time duration listed is always \pm 10 seconds. It is strongly recommended that the skater or coach bring more than one copy of music.

FACILITY INFORMATION: The Martha's Vineyard Arena has one ice surface that measures 85x200 feet

EVENTS: Events are being offered for: Basic Elements (Snowplow Sam to Basic 8), Basic Programs (Snowplow Sam to Basic 8), Free Skate Elements (FS 1-6 Compulsory), Free Skate (FS 1-6 w/Music), Compulsory (Test Track and Well Balanced Levels), Beyond the Basic (Test Track and Well Balanced Levels).

HOTELS: The Mansion House, Vineyard Haven: www.mvmansionhouse.com or 800.332.4412. Mention "skate." The Clarion Hotel, Edgartown: www.clarionmv.com or 508.627.5161. Mention "skate."

FERRY BOAT: Steamship Authority: www.islandferry.com or 508.477.8600

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

- 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
- 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

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

5. Backward snowplow stop - R or L	
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BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

- 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**

FREE SKATE ELEMENTS EVENT: FREE SKATE 1-6

- 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 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: 1:00 or less

<p><u>Snowplow Sam - Tots:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn from a standstill - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place - forward to backward 3. Backward two foot swizzles 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive 3. Moving forward to backward two foot turn in either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 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 & L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L 	



<p><u>Free skate level 1 Compulsory</u></p> <ol style="list-style-type: none">1. Advanced forward stroking - 4-6 consecutive2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside3. Scratch spin from backward crossovers4. Waltz jump from backward crossovers5. Half flip jump	<p><u>Free skate level 4 Compulsory</u></p> <ol style="list-style-type: none">1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise2. Forward power 3's, 2-3 consecutive sets-R or L3. Sit spin4. Loop jump5. Waltz jump/loop jump
<p><u>Free skate level 2 Compulsory</u></p> <ol style="list-style-type: none">1. Forward outside spiral - R or L. and a forward inside spiral - R or L2. Waltz Three's - R or L3. Beginning back spin - entry optional4. Waltz jump, side toe hop, waltz jump series5. Toe loop jump	<p><u>Free skate level 5 Compulsory</u></p> <ol style="list-style-type: none">1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral2. Camel spin3. Forward upright spin to back upright spin4. Loop/loop jump5. Flip jump
<p><u>Free skate level 3 Compulsory</u></p> <ol style="list-style-type: none">1. Forward crossovers in a figure 82. Advanced forward outside swing rolls 4 - 6 consecutive3. Back spin4. Salchow jump5. Waltz jump/toe loop or Salchow/toe loop	<p><u>Free skate level 6 Compulsory</u></p> <ol style="list-style-type: none">1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)2. Camel, sit spin combination - minimum of 4 revolutions total3. Split jump or stag jump4. Waltz jump, ½ loop, Salchow combination5. Lutz jump

FREE SKATE EVENT: FREE SKATE 1-6

- 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.**
- **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

Freestyle 1 1. Advanced Forward stroking. 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump	Freestyle 4 1. Spiral sequence:FI spiral, FI Mohawk, BO spiral R or L 2. Forward power 3's, 2-3 consecutive R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
Freestyle 2 1. Forward outside spiral R or L 2. Waltz three's R or L 3. Beginning back spin 4. Waltz jump, side toe hop, waltz jump 5. Toe loop	Freestyle 5 1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover Backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop combination jump 5. Flip jump
Freestyle 3 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or Salchow/toe loop	Freestyle 6 1. 5 step Mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, min of 4 revolutions total 3. Split or stag jump 4. Waltz jump/1/2 loop /Salchow combination 5. Lutz jump

Suggested Compulsory Event/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"> 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 	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"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin 4. Forward or backward spiral 	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"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit <u>or</u> 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. 	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"> 1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit <u>or</u> 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. 	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"> 1. Lutz jump 2. Jump combination (may not use Lutz jump or Axel) 3. Camel spin 	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may	Time :1:15

	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.	not have passed tests higher than the preliminary free skate test	
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Competitive Test Track

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.

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 one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.	Two 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 not 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.	Two 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.	Two 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 not 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
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Well-balanced Program Requirements (U.S. Figure Skating rulebook requirements)

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

