

THE NANTUCKET CLASSIC BASIC SKILLS COMPETITION

Sponsored by Nantucket Skating Club

Nantucket Ice Rink

1 Backus Lane PO Box 3155

Nantucket, MA 02584

Sunday, June 13, 2010

.ELIGIBILITY RULES FOR PARTICIPANTS

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.

All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed OR one level higher, BUT not both levels in the same event during the same competition. NO official U.S. Figure Skating tests may have been passed including MIF or Individual Dances.

ALL FREE SKATE 1-6 Skaters must skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

NO U.S. Figure Skating Freestyle tests may have been passed.

ENTRIES AND FEES -All entries must be postmarked no later than **Friday, May 14, 2010**. Late entries will be accepted at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is \$45.00 and each additional event is \$20.00. NO refunds after closing date unless event is canceled by the Nantucket Skating Club. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to The Nantucket Skating Club. 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, third, and fourth 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 Monday, June 7, 2010. Information regarding groups and skating times will be emailed out prior to the beginning of competition.

PRACTICE ICE - Practice ice will be available on Sunday, June 13th (Times **TBA**) Sign in and pay \$10.00 at the door for a 25 minute session. A maximum of 20 skaters will be allowed on the ice during any one session. You may sign up for NO MORE THAN TWO SESSIONS on a first come first served basis.

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). NO PAPER LABELS PLEASE. Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds.

Cassette tapes will not be accepted.

Due to compatibility and reliability reasons, music may not be submitted on re-recordable "CD-RW" discs.

VIDEO TAPING AND PHOTOGRAPHS - (TBA)

PLEASE NOTE: Incomplete applications will not be processed. ALL signatures are necessary.

THE NANTUCKET CLASSIC
June 13, 2010
BASIC SKILLS COMPETITION ENTRY FORM

Name _____ Age _____ Sex _____
Last First

Address _____ City _____

State _____ Zip _____ Email Address _____

Area Code/Phone # _____ Birth date _____

U.S. Figure Skating number _____ Highest Level Passed _____

Program/Club Affiliation _____

Director's/Instructor's Name _____

Please check the event(s) you are entering:

Basic Elements:

_____ Snowplow Sam
 _____ Basic 1 _____ Basic 5
 _____ Basic 2 _____ Basic 6
 _____ Basic 3 _____ Basic 7
 _____ Basic 4 _____ Basic 8

Basic Free Skate Program:

_____ Snowplow Sam
 _____ Basic 1 _____ Basic 5
 _____ Basic 2 _____ Basic 6
 _____ Basic 3 _____ Basic 7
 _____ Basic 4 _____ Basic 8

Free Skate Elements/Compulsories:

_____ Free Skate 1
 _____ Free Skate 2
 _____ Free Skate 3
 _____ Free Skate 4
 _____ Free Skate 5
 _____ Free Skate 6

Free Skate Program:

_____ Free Skate 1
 _____ Free Skate 2
 _____ Free Skate 3
 _____ Free Skate 4
 _____ Free Skate 5
 _____ Free Skate 6

Showcase Event:

_____ Free Skate
 _____ Free Skate
 _____ Pre Preliminary & up

Competitive Test Track Program w/ Music:

_____ Limited Beginner
 _____ Beginner
 _____ Pre Preliminary Test
 _____ Preliminary Test

Well Balanced Program w/ Music:

_____ No Test
 _____ Pre Preliminary
 _____ Preliminary

ENTRY FEE IS \$45.00 PER EVENT/ \$20.00 PER EACH ADDITIONAL EVENT/\$20.00 LATE FEE

First Event	\$ _____	Late Fee	\$ _____
Additional Event	\$ _____		
Additional Event	\$ _____	Total	\$ _____

The completed entry form, with fees, must be postmarked no later than Friday, May 14, 2010.
Make check or money order payable to **Nantucket Skating Club** and mail to:

Deborah Holdgate
NSC/ Nantucket Classic
PO Box 3155
Nantucket, MA 02584

For additional information call: **Belinda Yancy 508-241-1755** or **Jo Sullivan 508-246-2424**

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Nantucket Skating Club harmless from any and all liability either during practice or the competition and from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____ **Date** _____

Competitor Signature _____ **Date** _____

Instructor/Coach Signature _____ **Date** _____

Program Director/Club Officer _____ **Date** _____

BASIC PROGRAM w/ MUSIC 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

<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 	

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 	

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

<p><u>Free skate 1</u></p> <ol style="list-style-type: none"> 1. <u>Advanced forward stroking 4-6 strokes</u> 2. <u>Scratch spin from back crossovers</u> 3. <u>Waltz jump from back crossovers</u> 4. <u>Half flip jump</u> 	<p><u>Free skate 4</u></p> <ol style="list-style-type: none"> 1. <u>Forward power 3's, 2-3 consecutive R or L</u> 2. <u>Sit spin</u> 3. <u>Loop jump</u> 4. <u>Waltz jump/loop jump</u>
<p><u>Free skate 2</u></p> <ol style="list-style-type: none"> 1. <u>Forward outside spiral R or L</u> 2. <u>Beginning back spin</u> 3. <u>Waltz jump, side toe hop, waltz jump</u> 4. <u>Toe loop</u> 	<p><u>Free skate 5</u></p> <ol style="list-style-type: none"> 1. <u>Camel spin</u> 2. <u>Forward upright spin to back upright spin</u> 3. <u>Loop/loop combination jump</u> 4. <u>Flip jump</u>
<p><u>Free skate 3</u></p> <ol style="list-style-type: none"> 1. <u>Forward crossovers in a figure 8</u> 2. <u>Back spin</u> 3. <u>Salchow</u> 4. <u>Waltz jump/Toe loop or Salchow/toe loop</u> 	<p><u>Free skate 6</u></p> <ol style="list-style-type: none"> 1. <u>Camel/sit spin combination, min of 4 revolutions total</u> 2. <u>Split or stag jump</u> 3. <u>Waltz jump/1/2 loop /Salchow combination</u> 4. <u>Lutz jump</u>

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>Free skate level 1 Compulsory</u></p> <ol style="list-style-type: none"> 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 	<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 clockwise 2. Forward power 3's, 2-3 consecutive sets-R or L 3. Sit spin 4. Loop jump 5. 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 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 	<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 spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
<p><u>Free skate level 3 Compulsory</u></p> <ol style="list-style-type: none"> 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 	<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 total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump

SHOWCASE EVENTS:

Duration: 1:30 or less - may divide into age and level categories

1. Theme of skater's choice or designated by the organization
2. May have music with words
3. Judging to emphasize interpretation of music rather than technical skills
4. Costumes that complement music
5. NO Feathers or glitter on props

May use hand props or any items that skater can get on and off ice without assistance.

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*

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 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 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

Test Track Music Event

Skaters may enter EITHER 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
<p>Limited Beginner</p> <p>Time: 1:40 max</p>	<p>Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.</p>	<p>Two upright spins, no change of foot (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>Beginner</p> <p>Time: 1:40 max</p>	<p>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.</p>	<p>Two upright spins, change of foot optional (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>Pre-Preliminary Test</p> <p>Time: 1:40 max</p>	<p>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.</p>	<p>Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>
<p>Preliminary Test</p> <p>Time: 1:30 +/- 10</p>	<p>Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.</p>	<p>Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>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</p>

Well-balanced Program Requirements (U.S. Figure Skating rulebook requirements)

<p>No Test Free skate</p>	<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>	<p>May <u>not</u> have passed any official U.S. Figure Skating free skate tests.</p>	<p>Time: 1:30+/-10</p>
<p>Pre-preliminary Free skate</p>	<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>	<p>Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test</p>	<p>Time: 1:30 +-10</p>
<p>Preliminary Free skate</p>	<p>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</p> <p><i>Refer to U.S. Figure Skating rulebook #3701 for more information</i></p>	<p>Must have passed no higher than U.S. Figure Skating Preliminary free skate test.</p>	<p>Time: 1:30 +/-10</p>