



# Bourne Skating Club's Skate Into Spring Basic Skills Competition



Saturday, April 10, 2010

The First Annual Basic Skills Competition sponsored by Bourne Skating Club at The John Gallo Arena on Saturday, April 10, 2010 from 12-6PM. The purpose of this competition is to promote a fun experience for our beginning competitive skaters.

## **THE ENTRY FEE WILL INCLUDE ALL MEDALS AND RIBBONS!**

**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 now 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 Monday, March 15, 2010

**Applications must be mailed to Bourne Skating Club P.O. Box 284 Buzzards Bay, MA 02532 Attn: Deborah Dever.** Please be considerate of the deadline. This is to allow time to put the schedule together or change the ice reservation if we need to.

**Applications that are not filled out completely and/or not signed will be returned for resubmission.** Any application received after the deadline will be subject to a \$15 late fee and the application will not be accepted until the late fee is received. There is a \$25 returned check fee.

You may simplify your registration process by using Entryeze. ***Secure Online Registration and credit card payment will be available at <http://comp.entryeeze.com/Home.aspx?cid=57>.*** This is a fast and efficient way to complete the application.

**ACCEPTANCE:** Only completed and signed applications, with correct payment, will be considered.

**REFUNDS:** Applications withdrawn, in writing, prior to the deadline, will receive a refund or if the event is canceled. **NO refunds will be issued after the deadline.** **Exceptions:** Injury/illness, confirmed by a doctor's note, or a death of an immediate family member. If registering on-line, the processing fee is non-refundable for any reason.

**SCHEDULE:** Information will be posted on the Bourne Skating Club website and e-mailed to all coaches.

**MUSIC:** The music for all Free Skating / Showcase programs must be provided with a back up on cassette tape or compact disk. Please have your music clearly marked with your name, event entered and length of music. Each cassette/disc must have only **one** track on it. Competition music must be turned in at the time of registration.

**FACILITY INFORMATION:** The Bourne Skating Club is located at 231 Sandwich Road Buzzards Bay MA 02532, has one ice surface that measures 200x85 feet. A snack bar will be open during the competition hours.

**DIRECTIONS:** **From Route 3 South:** Go over the Sagamore Bridge and take the first exit. At the end of the ramp, take a left at the lights onto Route 6A (a.k.a. Sandwich Road), which runs parallel to the Cape Cod Canal. Gallo Arena is located about 3 miles down the road on the right.

**From Route 495 South:** Continue on Route 25 South (495 turns into 25) and go over the Bourne Bridge. Travel  $\frac{3}{4}$  of the way around the rotary and exit onto Route 6A (a.k.a. Sandwich Road), which runs parallel to the Cape Cod Canal. Gallo Arena is located about 1/2 mile down the road on the left.

**From Route 195:** Follow 195 until it ends at 495. Take the next to last exit going South on 495 to the Cape. Follow the directions above from Route 495 South.



# Bourne Skating Club's Skate Into Spring Basic Skills Competition



## BASIC SKILLS

**COMPETITION DATE:** April 10, 2010

**DEADLINE:** Monday, March 15, 2010

**Please mail applications and payment to:** Bourne Skating Club P. O. Box 284 Buzzards Bay, MA 02532  
Attention: Deborah Dever

***This form must be filled out completely and signed to be considered or it will be returned to you.***

***Please Print Clearly***

Skate's Name:

Birth Date:

Sex:

Address:

City:

State:

Zip:

Phone: ( )

Email (Parents):

Club/Rink:

USFS #:

Highest Level Passed:

Instructor's Name:

Instructor's Email:

Instructor's Phone #:

**Please check the event (s) you are entering:**

### PROGRAMS WITH NO MUSIC

#### Basic Elements:

- Snowplow Sam/Tots
- Basic 1       Basic 6
- Basic 2       Basic 7
- Basic 3       Basic 8
- Basic 4
- Basic 5

#### Free Skate Elements:

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

#### Compulsory (Test Track and Well Balanced Levels):

- Limited Beginner Compulsory
- Beginner Compulsory
- No Test Compulsory
- Pre-Preliminary Compulsory
- Preliminary Compulsory

### PROGRAMS WITH MUSIC

#### Basic Elements:

- Snowplow Sam/Tots
- Basic 1       Basic 6
- Basic 2       Basic 7
- Basic 3       Basic 8
- Basic 4
- Basic 5

#### Free Skate Elements:

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

#### Competitive Test Track

- Limited Beginner
- Beginner
- Pre-Preliminary Test
- Preliminary Test

#### Well Balanced Program

- No Test Free Skate
- Pre-Preliminary Free Skate
- Preliminary Free Skate

### SHOWCASE:

- Snowplow Sam – Basic 8
- Free Skate Levels

**ENTRY FEE IS \$35.00 FOR THE FIRST EVENT AND \$15.00 FOR EACH ADDITIONAL EVENT.**

\$ 35.00 First Event Fee

\$ \_\_\_\_\_ \$15.00 each Additional Event

\$ \_\_\_\_\_ \$15.00 Late Fee

\$ \_\_\_\_\_ **Total Due** (Check or Money order payable to: Bourne Skating Club  
(\$25.00 Returned Check Fee))

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS YOU PROVIDE US WITH A DOCUMENTED MEDICAL REASON. PLEASE SEE REFUNDS: EXCEPTIONS ON THE REVERSE SIDE.**

**Certification of Competitor:** The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds Bourne 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.

By signing below, the skater/parent states this application is accurately completed and I/we agree with the CCSC Rules provided.

\_\_\_\_\_  
Signature of Skater & Date

\_\_\_\_\_  
Signature of Parent (skater under 18) & Date

\_\_\_\_\_  
Signature of Program Director / Club Officer & Date

\_\_\_\_\_  
Signature of Instructor / Coach & Date



# Bourne Skating Club's Skate Into Spring Basic Skills Competition Information and Application Instructions



The First Annual Basic Skills Competition sponsored by Bourne Skating Club will be held at The John Gallo Arena on Saturday, April 10, 2010 from 10:00 AM to 12:00 PM. The purpose of this competition is to promote a fun experience for our beginning competitive skaters.

## **THE ENTRY FEE WILL INCLUDE ALL MEDALS AND RIBBONS!**

**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 now 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 **Monday, March 15, 2010.**

**Applications must be mailed to Bourne Skating Club P.O. Box 284 Buzzards Bay, MA 02532 Attn: Deborah Dever.** Please be considerate of the deadline. This is to allow time to put the schedule together or change the ice reservation if we need to. **Applications that are not filled out completely and/or not signed will be returned for resubmission.** Any application received after the deadline will be subject to a \$15 late fee and the application will not be accepted until the late fee is received. There is a \$25 returned check fee. If you need additional information please email us at [boardofdirectors@bourneskatingclub.org](mailto:boardofdirectors@bourneskatingclub.org)

**ACCEPTANCE:** Only completed and signed applications, with correct payment, will be considered.

**REFUNDS:** Applications withdrawn, in writing, prior to the deadline, will receive a refund. **NO refunds will be issued after the deadline.** **Exceptions:** Injury/illness, confirmed by a doctor's note, or a death of an immediate family member or if the competition is canceled. If registering on-line, the processing fee is non-refundable for any reason.

**SCHEDULE:** Information will be posted on the Bourne Skating Club website and e-mailed to all coaches.

**MUSIC:** The music for all Free Skating / Showcase programs must be provided with a back up on cassette tape or compact disk. Please have your music clearly marked with your name, event entered and length of music. Each cassette/disc must have only **one** track on it. Competition music must be turned in at the time of registration.

**DIRECTIONS:** **From Route 3 South:** Go over the Sagamore Bridge and take the first exit. At the end of the ramp, take a left at the lights onto Route 6A (a.k.a. Sandwich Road), which runs parallel to the Cape Cod Canal. Gallo Arena is located about 3 miles down the road on the right.

**From Route 495 South:** Continue on Route 25 South (495 turns into 25) and go over the Bourne Bridge. Travel  $\frac{3}{4}$  of the way around the rotary and exit onto Route 6A (a.k.a. Sandwich Road), which runs parallel to the Cape Cod Canal. Gallo Arena is located about  $\frac{1}{2}$  mile down the road on the left.

**From Route 195:** Follow 195 until it ends at 495. Take the next to last exit going South on 495 to the Cape. Follow the directions above from Route 495 South.

**ON COMPETITION DAY:** You should arrive at the rink no later than 30 minutes prior to your scheduled warm up time!



# Bourne Skating Club's Skate Into Spring Basic Skills Competition



## BEGINNER SYNCHRONIZED SKATING

**COMPETITION DATE:** April 10, 2010

**DEADLINE:** Monday, March 15, 2010

**Please mail applications and payment to:** Bourne Skating Club P.O. Box 284 Buzzards Bay, Ma 02532  
Attn: Deborah Dever

*This form must be filled out completely and signed to be considered or it will be returned to you.  
Please Print Clearly*

Name of the team:

Name of the club represented:

LEVEL OF THE TEAM (BEGINNER 1, 2, or 3)

Name of contact person:

Email:

Phone:

Mailing address:

Coach's name:

Email:

Phone:

Mailing address:

### TEAM ROSTER (Please include any alternates)

| Skater's Name | Membership # | Age | Signature of skater / Parent in under 18 |
|---------------|--------------|-----|--|
| 1.            |              |     |  |
| 2.            |              |     |  |
| 3.            |              |     |  |
| 4.            |              |     |  |
| 5.            |              |     |  |
| 6.            |              |     |  |
| 7.            |              |     |  |
| 8.            |              |     |  |
| 9.            |              |     |  |
| 10.           |              |     |  |
| 11.           |              |     |  |
| 12.           |              |     |  |
| 13.           |              |     |  |
| 14.           |              |     |  |
| 15.           |              |     |  |
| 16.           |              |     |  |
| 17. (alt)     |              |     |  |
| 18. (alt)     |              |     |  |

**ENTRY FEE IS \$35.00 FOR THE TEAM. ADD AND EXTRA \$10 FOR EACH SKATER**

\$ 35.00 Team Fee (Not refundable unless the event is cancelled)

\$ \_\_\_\_\_ \$10.00 Each Skater

\$ \_\_\_\_\_ \$15.00 Late Fee

\$ \_\_\_\_\_ Total Entry Fee (\$25.00 returned check fee)

The completed entry form and all fees must be postmarked **NO LATER THAN MONDAY, March 15, 2010.** Please make your checks payable to Bourne Skating Club, PO Box 284 Buzzards Bay, Ma 02532 Attn: Deborah Dever If you need additional information please email us at [boardofdirectors@bourneskatingclub.org](mailto:boardofdirectors@bourneskatingclub.org)

**Certification of Team:** I certify that the skaters on the roster are eligible to enter the Beginner Synchronized Skating level. Also, the competitor and family hold Bourne Skating Club harmless from any and all liability both during practice or competition, and from any and all liability for damages to or loss of property (by virtue of their signatures above).

\_\_\_\_\_  
Instructor Signature

\_\_\_\_\_  
Date



# Bourne Skating Club's Skate Into Spring Basic Skills Competition



## BEGINNER SYNCHRONIZED SKATING

This beginner level will be offered at non-qualifying synchronized skating competitions and US Figure Skating Basic Skills Competitions.

### THE ENTRY FEE WILL INCLUDE ALL MEDALS AND RIBBONS!

**SKATER ELIGIBILITY:** All team members must be a full US Figure Skating Member or members of the US Figure Skating Basic Skills program. All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills program. The team may choose to represent a U.S. Figure Skating club or their Basic Skills Program/Club. 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 of their choice. In order for the team to be eligible for this event, no skaters on the team may have passed higher than the preliminary or adult bronze test in any discipline.

**NUMBER OF SKATERS:** There are no age requirements or restrictions for this event. Skaters may be of any age. Teams must be comprised of 8 – 16 skaters.

**PROGRAM REQUIREMENTS:** The competitive program shall consist only of the following required elements skated in any order. Teams should link the elements together with steps and a minimum of stopping in the program. Teams are not allowed to perform any additional elements. Coaches should refer to the U.S. Figure Skating Basic Skills Instructor's Manual for further details on the elements and teaching tips.

Required elements:

1. **Line:** The line must cover the whole ice surface and include forward and backward skating. There should be no change of hold, and shoulder to shoulder hold is suggested.
2. **Block:** The block should cover the entire ice surface and include two changes of axis. See the block in Synchro 2, Synchro 3 and Synchro 4 for illustrations of changing axis.
3. **Wheel:** A four-spoke wheel with backward skating that completes at least two full rotations (720 degrees). See the wheel element in Synchro 2.
4. **Intersection:** An intersection with one line on each side of the rink approaching each other. See intersection in Synchro 2 and Synchro 3. Skaters must do a one foot glide at the point of intersection. What they do after the intersection is optional.
5. **Circle:** One circle in either hand to hand or shoulder to shoulder hold. The circle must rotate at least two full rotations (720 degrees), and contain the combination element (item C) from Basic 8.

**ENTRIES AND FEES:** All entries must be postmarked no later than Monday, March 15, 2010.

**Applications must be mailed to Bourne Skating Club P.O. Box 284 Buzzards Bay, MA 02532 Attn: Deborah Dever.** Please be considerate of the deadline. This is to allow time to put the schedule together or change the ice reservation if we need to. **Applications that are not filled out completely and/or not signed will be returned for resubmission.** Any application received after the deadline will be subject to a \$15 late fee and the application will not be accepted until the late fee is received. There is a \$25 returned check fee.

**SCHEDULE:** Information will be posted on the Bourne Skating Club website and e-mailed to all coaches.



## BEGINNER SYNCHRONIZED SKATING

**OVERVIEW:** The beginner level will be offered at non-qualifying synchronized skating competitions and U.S. Figure Skating Basic Skills competitions. The intent of the level is to provide a place for Basic Skills or pre-preliminary level skaters to start. Teams competing in this level should be at approximately the **Synchro 4** level from the Basic Skills program, but not yet ready for preliminary, pre-juvenile or open juvenile. In order to safely practice and compete at this level, it is recommended that skaters have passed or can easily perform elements through at least Basic 5.

**ELIGIBILITY RULES:** All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills program. The team may choose to represent a U.S. Figure Skating club or their Basic Skills Program/Club. 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 of their choice. In order for the team to be eligible for this event, no skaters on the team may have passed higher than the preliminary or adult bronze test in any discipline.

**AGE / NUMBER OF SKATERS:** There are no age requirements or restrictions for this event. Skaters may be of any age. Teams must be comprised of 8 – 16 skaters.

**PROGRAM DURATION:** Teams will skate a program to music of their choice of 1 ½ – 2 minutes. There are no restrictions or requirements on music choice.

**PROGRAM REQUIREMENTS:** The competitive program shall consist only of the following required elements skated in any order. Teams should link the elements together with steps and a minimum of stopping in the program. Teams are not allowed to perform any additional elements. Coaches should refer to the U.S. Figure Skating Basic Skills Instructor's Manual for further details on the elements and teaching tips.

Required elements:

6. **Line:** The line must cover the whole ice surface and include forward and backward skating. There should be no change of hold, and shoulder to shoulder hold is suggested.
7. **Block:** The block should cover the entire ice surface and include two changes of axis. See the block in Synchro 2, Synchro 3 and Synchro 4 for illustrations of changing axis.
8. **Wheel:** A four-spoke wheel with backward skating that completes at least two full rotations (720 degrees). See the wheel element in Synchro 2.
9. **Intersection:** An intersection with one line on each side of the rink approaching each other. See intersection in Synchro 2 and Synchro 3. Skaters must do a one foot glide at the point of intersection. What they do after the intersection is optional.
10. **Circle:** One circle in either hand to hand or shoulder to shoulder hold. The circle must rotate at least two full rotations (720 degrees), and contain the combination element (item C) from Basic 8.

**JUDGING OF THIS EVENT:** The main emphasis of this level is mastering the basic skills of synchronized skating: control in the elements, straight lines, unison, use of guiding and shadowing, etc. The focus is **not** on difficulty of the steps or transitions.



# Bourne Skating Club's Skate Into Spring

## Basic Skills Competition

### BASIC SKILLS THEATRE ON ICE



**COMPETITION DATE:** April 10, 2010 **DEADLINE:** Monday, March 15, 2010

**Please mail applications and payment to:** Bourne Skating Club P.O. Box 284 Buzzards Bay, Ma 02532  
Attn: Deborah Dever

***This form must be filled out completely and signed to be considered or it will be returned to you.***  
***Please Print Clearly***

Name of the team: \_\_\_\_\_

Name of the club represented: \_\_\_\_\_

Name of contact person: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Coach's name: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing address: \_\_\_\_\_

**TEAM ROSTER (Please include any alternates)**

| Skater's Name | Membership # | Age | Signature of skater / Parent in under 18 |
|---------------|--------------|-----|--|
| 1.            |              |     |  |
| 2.            |              |     |  |
| 3.            |              |     |  |
| 4.            |              |     |  |
| 5.            |              |     |  |
| 6.            |              |     |  |
| 7.            |              |     |  |
| 8.            |              |     |  |
| 9.            |              |     |  |
| 10.           |              |     |  |
| 11.           |              |     |  |
| 12.           |              |     |  |
| 13.           |              |     |  |
| 14.           |              |     |  |
| 15.           |              |     |  |
| 16.           |              |     |  |
| 17.           |              |     |  |
| 18.           |              |     |  |
| 19.           |              |     |  |
| 20.           |              |     |  |
| 21. (alt)     |              |     |  |
| 22. (alt)     |              |     |  |

**ENTRY FEE IS \$35.00 FOR THE TEAM. ADD AND EXTRA \$10 FOR EACH SKATER**

- \$ 35.00 Team Fee (Not refundable unless the event is cancelled)
- \$ \_\_\_\_\_ \$10.00 Each Skater
- \$ \_\_\_\_\_ \$15.00 Late Fee
- \$ \_\_\_\_\_ Total Entry Fee (\$25 returned check fee)

The completed entry form and all fees must be postmarked **NO LATER THAN MONDAY, March 15, 2010.** Please make your checks payable to Bourne Skating Club, PO 284 Buzzards Bay, Ma 02532 Attn: Deborah Dever. If you need additional information please email us at [boardofdirectors@bourneskatingclub.org](mailto:boardofdirectors@bourneskatingclub.org)

**Certification of Team:** I certify that 100% of the skaters on my team have mastered the skills in Basic 4, in the USFS Basic Skills Curriculum. Also, the competitor and family hold Cape Cod Skating Club harmless from any and all liability either during practice or competition, and from any and all liability for damages to or loss of property (by virtue of their signatures above).

**Instructor Signature** \_\_\_\_\_

**Date** \_\_\_\_\_



# Bourne Skating Club's Skate Into Spring Basic Skills Competition



## BASIC SKILLS THEATRE ON ICE

This is an Introductory Level of Theatre on Ice. The choreographic exercise has been created to introduce the beginning skater to Theatre on Ice. It is here that the beginning skater can get a feel for Theatre on Ice.

### THE ENTRY FEE WILL INCLUDE ALL MEDALS AND RIBBONS!

**SKATER ELIGIBILITY:** All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills program. It is strongly suggested teams register with U.S. Figure Skating, but this is not required. Members of other organizations are eligible to compete, but must be registered with a Basic Skills Program or as full members of U.S. Figure Skating.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than the pre-preliminary moves in the field or adult pre-bronze test in any discipline.

**NUMBER / AGE OF SKATERS:** Skaters may not have reached 18 years of age as of September 1 of the current skating season. Teams should be comprised of 8 – 16 skaters.

**SKATER SKILL LEVEL:** 100% of the team must have mastered the elements of Basic 4 in the USFS Basic Skills Curriculum (forward crossovers, backward skating, stopping forward and backwards). No more than 50% of the team may have passed pre-preliminary MITF. No skater may have passed any test higher than pre-preliminary MITF. No skaters may cross over to skate on another team at a different level. A team coach will be required to sign a waiver stating that his/her skaters have mastered the required elements on the competition application.

**ENTRIES AND FEES:** All entries must be postmarked no later than Monday, March 15, 2010.

Applications must be mailed to Bourne Skating Club P.O. Box 284 Buzzards Bay, MA 02532 Attn: Deborah Dever. Please be considerate of the deadline. This is to allow time to put the schedule together or change the ice reservation if we need to. **Applications that are not filled out completely and/or not signed will be returned for resubmission.** Any application received after the deadline will be subject to a \$15 late fee and the application will not be accepted until the late fee is received. There is a \$25 returned check fee.

**SCHEDULE:** Information will be posted on the Bourne Skating Club website and e-mailed to all coaches.

**MUSIC:** Two minutes plus or minus 10 seconds – vocals are permitted.

**PROGRAM REQUIREMENTS:** The programs should create a story based on the theme while demonstrating the choreographic process and gesture or movement. Programs should contain skating skills from the Basic Skills program levels listed. Elements from higher levels are not allowed. Elements from lower levels are encouraged. Coaches should refer to the US Figure Skating Basic Skills Instructor's Manual for further details on the elements.

PROPS, SCENERY AND THEATRICAL MAKEUP ARE NOT ALLOWED.

**PROGRAM DURATION:** Teams will skate a program to music of their choice (vocals are allowed) 1 ½ min. +/-10 sec. There are no restrictions or requirements on music choice but each level has a different THEME, CHOREOGRAPHIC PROCESS and MOVEMENT or GESTURE (See program requirements).

**COMPETITION GUIDELINES:** The warm up period is one minute with a 30 second warning. There is no scenery or props allowed. Before the music is started the team must take a stationary position on the ice and a team member must give a hand signal as for the free program. All team members must wear all black, including legs (black tights or pants for ladies, black pants for men) and long sleeves on arms. Dance length skirts are not allowed, however regular length skating skirts and dresses are allowed with black tights. Accessories such as headbands, decorated scrunchies, etc., are not permitted. All costumes must be the same (with the exception of men wearing black pants if ladies are wearing skirts with black tights). Deductions will be made if all of the above are not adhered to.

**JUDGING:** The main emphasis of each level is mastering the basic skills of Theatre on Ice and showing control in the skating skills from the badge levels required. The focus is not difficulty, but the performance and expression of the three required elements.



## **BASIC SKILLS THEATRE ON ICE 1 – 4**

**Figure Skating Basic Skills competition. In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Basic Skills level at which they are skating. (See program requirements.) Props, Scenery and theatrical make up are not allowed.**

**ELIGIBILITY RULES:** All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills program. It is strongly suggested teams register with U.S. Figure Skating, but this is not required. Members of other organizations are eligible to compete, but must be registered with a Basic Skills Program or as full members of U.S. Figure Skating.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than the pre-preliminary moves in the field or adult pre-bronze test in any discipline.

**AGE / NUMBER OF SKATERS:** Skaters may not have reached 18 years of age as of September 1 of the current skating season. Teams should be comprised of 8 – 16 skaters.

**PROGRAM DURATION:** Teams will skate a program to music of their choice (vocals are allowed) 1 ½ min. +/-10 sec. There are no restrictions or requirements on music choice but each level has a different THEME, CHOREOGRAPHIC PROCESS and MOVEMENT or GESTURE (See program requirements).

**JUDGING:** The main emphasis of each level is mastering the basic skills of Theatre on Ice and showing control in the skating skills from the badge levels required. The focus is not difficulty, but the performance and expression of the three required elements.

When possible, judges should be selected from those who have participated in a PSA or USFS Schools/ Seminars where Theater on Ice has been discussed, or have some familiarity with the discipline of Theatre on Ice.

## **BASIC SKILLS THEATRE ON ICE**

**PROGRAM REQUIREMENTS:** The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement. Programs should contain skating skills from the Basic Skills program levels listed. Elements from higher levels are not allowed. Elements from lower levels are encouraged. Coaches should refer to the US Figure Skating Basic Skills Instructor's Manual for further details on the elements.

Props, Scenery and Theatrical makeup are not allowed.

### **TOI/CE 1**

- **THEME: JOY**
- **CHOREOGRAPHIC PROCESS - REPETITION**
- **MOVEMENT OR GESTURE - RAPID MOVEMENT**

Program length is 1 ½ mi. +/- 10 sec.

Skaters should demonstrate elements from the Basic Skills Program levels 1 through 4.  
Elements from higher levels are not allowed.

### **TOI/CE 2**

- **THEME - FEAR**
- **CHOREOGRAPHIC PROCESS - CASCADE**
- **MOVEMENT OR GESTURE - ROUND MOVEMENT**

Program length is 1 ½ min. +/- 10 sec.

Skaters should demonstrate elements from the Basic Skills Program levels 5 through 8.  
Elements from higher levels are not allowed.

### **TOI/CE 3**

- **THEME: ANGER**
- **CHOREOGRAPHIC PROCESS - MIRROR**
- **MOVEMENT OR GESTURE - SHARP MOVEMENT**

Program length is 1 ½ min. +/- 10 sec.

Skaters should demonstrate elements from the Basic Skills Free Skate 1 through 3.  
Elements from higher levels are not allowed.

### **TOI/CE 4**

- **THEME: GROWTH**
- **CHOREOGRAPHIC PROCESS - CANON**
- **MOVEMENT OR GESTURE – SLOW MOVEMENT**

Program length is 1 ½ min. +/- 10 sec.

Skaters should demonstrate elements from the Basic Skills Free Skate 4 through 6.  
Elements from higher levels are not allowed.

Please refer to the Basic Skills Instructor's Manual  
for more detailed information on TOI 1-4.

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

## 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

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

## 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><b><u>Free skate level 1 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking - 4-6 consecutive</li> <li>2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside</li> <li>3. Scratch spin from backward crossovers</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol> | <p><b><u>Free skate level 4 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. 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><u>Free skate level 2 Compulsory</u></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><u>Free skate level 5 Compulsory</u></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><u>Free skate level 3 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Advanced forward outside swing rolls 4 - 6 consecutive</li> <li>3. Back spin</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>   | <p><b><u>Free skate level 6 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>2. Camel, sit spin combination - minimum of 4 revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol> |

## MUSIC EVENT FREE SKATE: 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

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

## Compulsory Events Test Track and Well Balanced Levels

1. In program form, using a limited number of connecting steps, the skating order of the required elements is optional
2. To be skated on ½ ice
3. No music is allowed
4. The skater must demonstrate the required elements and may use any additional elements from previous levels
5. A .2 deduction will be taken for each element performed from a higher level
6. *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 | <ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ jump of choice</li> <li>• Forward two foot or one foot spin (free leg position optional)</li> <li>• Forward or backward spiral</li> </ul>  | 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>5. Toe loop jump</li> <li>6. Salchow jump</li> <li>7. Forward scratch spin</li> <li>8. 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  | <ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump</li> <li>• Solo spin- sit <u>or</u> camel spin</li> <li>• 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> </ul>      | Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test   | Time :1:00     |
| Preliminary Compulsory      | <ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination (may not use Lutz jump or Axel)</li> <li>• Camel spin</li> <li>• 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> </ul>   | 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

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  |
|---|--|--|---|---|
| <b>Limited Beginner</b><br><br>Time: 1:40 max     | Jumps with not more than one-half rotation (front to back or back to front).<br>Jump sequences are allowed.<br>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   |
| <b>Beginner</b><br><br>Time: 1:40 max             | Jumps with not more than one-half rotation (front to back or back to front)<br>Single rotation jumps: Salchow and toe loop only.<br>Jump combinations and sequences are allowed.<br>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   |
| <b>Pre-Preliminary Test</b><br><br>Time: 1:40 max | Jumps with not more than one rotation (no Axels).<br>Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted.<br>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   |
| <b>Preliminary Test</b><br><br>Time: 1:30 +/- 10  | Jumps with not more than one rotation (no Axels).<br>Jump combinations and sequences are allowed.<br>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 Program Requirements (U.S. Figure Skating rulebook requirements)

|                                       |  |  |                         |
|---------------------------------------|--|--|-------------------------|
| <p>No Test<br/>Free skate</p>         | <p>A well balanced program consisting of:<br/>         Jumps: maximum of 5 jump elements. No axels or double jumps permitted.<br/>         Spins: maximum of 2 spins of a different nature<br/>         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<br/>Free skate</p> | <p>A well-balanced program consisting of:<br/>         Jumps: maximum of 5 jump elements.<br/>         Axels allowed. No double jumps permitted.<br/>         Spins: maximum of 2 spins of a different nature<br/>         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<br/>Free skate</p>     | <p>A well-balanced program consisting of:<br/>         Jumps: maximum of 5 jump elements, one of which must be an axel/waltz jump-type jump<br/>         Spins: maximum of 2 spins of a different nature<br/>         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> |

## Showcase Event

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

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