

Lighthouse Figure Skating Club of Cape Cod, Inc.

4th Annual Basic Skills Competition

Sunday August 8th 2010

Name: _____ Age: _____ M/F: _____ DOB: _____

Address: _____

Town: _____ State: _____ Zip: _____

Phone # _____ E-Mail Address: _____

Club or Rink: _____ USFS # _____

Coach's Name: _____ Coach's Phone # _____

Highest Level Passed : _____ (as verified by the skater's coach only)

Please Check the Event(s) you are entering:

Elements: (No Music/No Program)

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

Free skate Compulsories (No Music/Half Ice Program)

Free skate 1 Free skate 6
 Free skate 2 Limited Beginner
 Free skate 3 Beginner
 Free skate 4 No Test
 Free skate 5 Pre-Preliminary
 Preliminary

Basic Programs with Music (Full Ice)

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

Free skate Program with Music (Full Ice)

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 Preliminary

Showcase: Basic SS-8
 Free skate levels

Well-Balanced Program

No Test Free skate Pre-Preliminary
 Preliminary

Entry Fee: First Event \$45.00

Each Additional Event (+20.00 each) _____

(+\$10.00 late fee if applicable) _____

Total Enclosed: _____

Completed Entry Forms and Checks made out to Lighthouse FSC must be postmarked by July 23rd 2010 and mailed to:

Lighthouse FSC c/o Briana Lackenby 180 Castlewood Circle Hyannis MA 02601

Entry Fees are non-refundable except in the event of cancellation of competition. Lighthouse FSC of Cape Cod Inc and Mid-Cape Ice Arena assume no responsibilities for injuries to the skater, parents/guardians or spectators and will not be held responsible or liable for injuries during practice ice or competition, and from damage to or loss of personal property.

Signature of Skater, Parent or Guardian (if Minor) _____ Date _____

The above named member is a member in good standing for the 2009 - 2010 season and is eligible to compete in this event.

Signature Club Officer/Director: _____ Date _____

Signature of Skater's Coach/Professional _____ Date _____

Lighthouse Figure Skating Club of Cape Cod Inc.
3rd Annual Basic Skills Competition
Approved by U.S. Figure Skating Basic Skills

When: Sunday August 8th 2010

Where: Tony Kent Arena - 8 South Gages Way S. Dennis MA 02660

******FEE INCLUDES COMPLIMENTARY MEDAL ENGRAVING AND
COMMEMORATIVE PIN******

Eligibility: Open to all Skaters including Adults who meet the following criteria:

- 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. No official US Figure Skating tests may have been passed including MIF or individual dances.
- For the free skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field tests will NOT determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event in the same competition.
- If a participant has skated in the Beginner or No-Test category at a non-qualify event then they must skate at that level or higher in approved Basic Skills Competitions
- Both tapes and CDs can be played on our sound system, we also offer a full menu snack-bar and Moon's pro shop with laces, tights, dresses, guards, skilled skate sharpening and much more.

Entry Fee: \$45.00 First Event and \$20.00 Additional Events

Applications: Must be postmarked by July 23rd 2010 and should be sent with check or money order made out to Lighthouse FSC to:

Lighthouse FSC Inc.
c/o Briana Lackenby
180 Castlewood Circle
Hyannis, MA 02601

If deadline has passed entry fees will be accepted if space is available at the discretion of the Lighthouse organizing committee and will be subject to a \$10.00 late fee

Visit our website for competition schedule and availability of practice ice the day of the event, practice ice will be available the morning of the event: www.lighthousefigureskatingclub.com

**** Schedule will be posted no later than 1 week before the event, NO SCHEDULES WILL BE MAILED all information will be available on our website, directions and map to arena also available on web site, please e-mail blackenby@hotmail.com or call 508-776-9002 with any questions.

ELEMENTS EVENT -BASIC SKILLS CURRICULUM

- To be skated on 1/3 to 1/2 ice
- No music
- All elements will be performed in the order listed
- Each skater will perform each element when directed by a judge or referee.

<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 - 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 - 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 - 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 3 turns R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge) 5. Beginning one-foot upright spin, optional free foot position
<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 and L 4. Backward stroking 5. Backward snowplow stop - R or L 	

COMPULSORY PROGRAMS FREESKATE 1-6 - NO MUSIC

- In program form, using a limited number of connecting steps, skating order of the required elements is optional
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- Deductions will be made if elements from a higher lever are performed
- To be skated on ½ ice
- No music permitted
- Time: 1:00 or less
- Deductions will be made if elements from a higher lever are performed

<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

COMPULSORY EVENTS TEST TRACK & WELL BALANCE PROGRAM

- 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 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 2 foot or 1 foot spin (free leg position optional) 4. Forward or Backward Spiral 	<p>Skaters may not have passed tests higher than U.S Figure Skating Basic Skills free skate badges</p>	<p>Time: 1:00</p>
Beginner Compulsory	<ol style="list-style-type: none"> 1. Toe Loop Jump 2. Salchow Jump 3. Forward Scratch Spin 4. Forward or backward Spiral 	<p>Skaters may not have passed tests higher than U.S Figure Skating Basic Skills free skate badges</p>	<p>Time: 1:00</p>
No Test Compulsory	<ol style="list-style-type: none"> 1. Loop Jump 2. Jump combo to include a toe loop (may not use a loop or axel) 3. Solo Spin: Sit OR Camel 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 	<p>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.</p>	<p>Time: 1:00</p>
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> 1. Flip Jump 2. Combo: Waltz jump/toe loop OR salchow/toe loop 3. Solo Spin: Sit OR camel 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 	<p>Skaters may not have passed tests higher than U.S Figure Skating pre-preliminary frees skate test</p>	<p>Time: 1:00</p>

Preliminary Compulsory	<ol style="list-style-type: none"> 1. Lutz Jump 2. Jump combo (may NOT use lutz 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
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MUSIC PROGRAM EVENTS

Basic Programs with Music Snowplow Sam – Basic 8

- 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.
- To be skated on full ice
- May use elements from a previous level.
- **Vocal music is allowed.**
- A .2 deductions will be made for each element from a higher level that is skated.

- Time is 1:00+/- 10 sec.

<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 - 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 - 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 - 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 3 turns R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge) 5. Beginning one-foot upright spin, optional free foot position
<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 and L 4. Backward stroking 5. Backward snowplow stop - R or L 	

Free Skate Events – Free Skate 1-6 with music

- 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
- Time 1:30+/-10sec
- The skater must demonstrate the required elements and may use but is NOT required to use additional elements from previous levels.
- A .2 deductions will be taken for **each element** performed from a higher level

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

Competitive Test Track Events

Skaters may enter EITHER the test track free skate program or the well-balanced track frees skate program but NOT both during the same non-qualifying competition. Competitors will skate to music of their choice. 6.0 judging will be used.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 0.1 for 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 rotations

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	Two upright spins, no change of foot (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating free skating badge tests.	Time: Up to 1:30 +/- 10
Beginner	Tow upright spins, change of foot optional (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and Toe-Loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating free skating badge tests.	Time: Up to 1:30 +/- 10
Pre-Preliminary Test	Two solo spins of a different nature, no change of foot (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and salchow. Maximum 5 jump elements. 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 skating test.	Time: Up to 1:30 +/- 10
Preliminary Test	Two spins of a different nature, no change of foot (min 3 revolutions and no flying spins), jumps with not more than one rotation (no axels). Jump combinations and sequences are allowed. Maximum 5 jump elements. 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 not have passed tests higher than the preliminary free skate test.	Time: Up to 1:30 +/- 10

Well-balanced Program Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
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 $\frac{1}{2}$ ice surface <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i>	May NOT have passed any official U.S. Figure Skating free skate tests	Time: Up to 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 $\frac{1}{2}$ ice surface <i>Refer to U.S. Figure Skating rulebook #3711 for more information</i>	May have passed no higher than U.S Figure Skating Pre-Preliminary free skate test.	Time: Up to 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 $\frac{1}{2}$ ice surface <i>Refer to U.S. Figure Skating rulebook #3701 for more information</i>	May have passed no higher than U.S Figure Skating Preliminary free skate test.	Time: Up to 1:30 +/- 10

SHOWCASE EVENTS

Skaters will be divided and grouped into age and level categories

- Deductions will be made for dropped props or props that leave debris on the ice.
- May have vocal music
- Judging to emphasize interpretation of music rather than technical skills to theme of skater's choice, costumes should complement the music
- Duration 1:30 +/- 10

Once you get to the arena please check out our club bulletin board for recommended places to eat, local attractions, and local entertainment. If you have questions please do not hesitate to ask one of our staff members we will be happy to help. Directions/maps to and from the facility are available on our web site www.lighthousefigureskatingclub.com

We look forward to seeing you all on beautiful, sunny Cape Cod!!

