



3Phillips Academy Basic Skills Competition



254 South Main Street Andover, MA 01810

Saturday, March 20, 2010

US Figure Skating Approved # BSC-33213

- 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 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 **February 26, 2010**. 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 (FS1-Preliminary) may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and moves in the field will not affect their levels. **Freeskate 1 thru Preliminary may have passed any moves test.** For events that are "Beyond the Basics" (Beginner, Pre-Preliminary and Preliminary) the US Figure Skating Rulebook # 1032 applies. Please note: If a skater competes at a non-qualifying competition in a "Beginner or No Test" category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.
- FEES:** All entries must be **postmarked no later than February 26, 2010**. Late entries will be accepted at the discretion of the organizers and only if an additional \$10.00 late entry fee accompanies the application. **ENTRY FEES: \$45.00 for first event and \$15.00 for each additional event.** There will be **No Refunds** after the closing date unless the event is canceled by The Phillips Academy Skating School or for a **documented** medical reason. **Entry forms must be filled out completely** and returned with check made payable to "The Trustees of Phillips Academy." There will be a \$20.00 fee for returned checks. Mail to Phillips Academy Ice Rinks, Basic Skills Competition, c/o Michaela Maione, 180 Main Street, Andover, MA 01810. For additional information, please contact Michaela Maione at michaela.maione@gmail.com.
- GROUPS/ AWARDS:** Skaters will be broken into groups of approximately four skaters, by birth date. Males and females may be placed in the same group. Everyone will receive an award. Medals will be awarded to first, second, third, and fourth place finishers. Professional pictures will be available! Information will be sent with confirmation packets.
- SCHEDULE:** Information regarding groups and skating times will be mailed to registered competitors prior to the beginning of competition. Practice ice information will be mailed with the confirmation information.
- MUSIC:** The music for all free skating programs must be provided on cassette tape or compact disk (standard compact disk format only). Music must be clearly marked with the name of the skater, event entered, and length of music. Each disk or tape must have only **one** track on it. Competition music is to be turned in at the time of registration on the day of the competition. Time duration listed is always ± 10 seconds. It is strongly recommended that the skater or coach bring more than one copy of music.
- FACILITY:** The state-of-the-art Phillips Academy ice rink measures 200' X 96' with rounded corners. 1-978-684-7203 (Andrea Mohns-Brillaud, Figure Skating Director). 1-978-684-7200 (rink office).
- DIRECTIONS:** From I-495 North, take Exit 41A; from I-495 South, take Exit 41. Head south on Route 28 towards Andover. The rinks at Phillips Academy are approx. 3.5 miles on your left, $\frac{1}{4}$ of a mile after the campus clock tower.
From Rt. 93, take Exit 41 and head North onto route 125 for 2.5 miles. Take route 28 North towards Andover. The rinks at Phillips Academy are approx. 2.5 miles on the right (254 South Main Street).

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 	

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 0.2 point 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. 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 ELEMENTS EVENT: FREE SKATE 1-6

- 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>Free skate level 1 Elements</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 Elements</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 Elements</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 Elements</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 Elements</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 Elements</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

FREE SKATE COMPULSORY 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 0.2 point 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

FREE SKATE MUSIC EVENT: FREE SKATE 1-6

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 0.2 point deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

<p><u>Free skate level 1</u></p> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive strokes 2. Scratch spin from backward crossovers 3. Waltz jump from backward crossovers 4. Half flip jump 	<p><u>Free skate level 4</u></p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets-R or L 2. Sit spin 3. Loop jump 4. Waltz jump/loop jump
<p><u>Free skate level 2</u></p> <ol style="list-style-type: none"> 1. Forward outside spiral - R or L 2. Beginning back spin - entry optional 3. Waltz jump, side toe hop, waltz jump 4. Toe loop 	<p><u>Free skate level 5</u></p> <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
<p><u>Free skate level 3</u></p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin 4. Salchow 5. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Free skate level 6</u></p> <ol style="list-style-type: none"> 1. Camel, sit spin combination - minimum of 4 revolutions total 2. Split or stag jump 3. Waltz jump, ½ loop, Salchow combination 4. Lutz jump

Competitive Test Track

Skaters may enter EITHER the 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.

Skaters may have passed ANY Moves in the Field USFS test to qualify.

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	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 Basic Skills free skating badge tests	Time: Up to 1:30 +/- 10
Beginner	Two 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 Basic Skills free skating badge tests	Time: 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 prepreliminary free skate test	Time :1:30 +/-10
Preliminary Test	Two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 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 may not have passed tests higher than the preliminary free skate test	Time :1:30 +/-10

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

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
No Test Free skate	<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 not have passed any official U.S. Figure Skating free skate tests.</p>	<p>Time: 1:30+/-10</p>
Prepreliminary Free skate	<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>
Preliminary Free skate	<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>



The Phillips Academy Skating Club Basic Skills Competition

Saturday, March 20, 2010 USFSA Approved # BSC-33213



Last Name: _____ First Name: _____ Sex _____

Address: _____ City: _____

State: _____ Zip Code: _____ Email Address: _____

Area Code/Phone: () _____ -- _____ Birth Date: _____

USFS Membership Number: _____ Highest Basic Skills Level Passed: _____

Highest US Figure Skating Tests Passed: MITF _____ Free Skate _____ Dance _____
(no higher than PRE)

Program Affiliation: _____ Instructor's Name: _____

Please check the event(s) you are entering:

Elements: (may enter only one) **NO MUSIC**

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Snowplow Sam | <input type="checkbox"/> Basic 5 | <input type="checkbox"/> Freeskate 2 |
| <input type="checkbox"/> Basic 1 | <input type="checkbox"/> Basic 6 | <input type="checkbox"/> Freeskate 3 |
| <input type="checkbox"/> Basic 2 | <input type="checkbox"/> Basic 7 | <input type="checkbox"/> Freeskate 4 |
| <input type="checkbox"/> Basic 3 | <input type="checkbox"/> Basic 8 | <input type="checkbox"/> Freeskate 5 |
| <input type="checkbox"/> Basic 4 | <input type="checkbox"/> Freeskate 1 | <input type="checkbox"/> Freeskate 6 |

Compulsory Programs: (may enter only one) **NO MUSIC**

- | | | |
|---------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Free Skate 1 | <input type="checkbox"/> Free Skate 3 | <input type="checkbox"/> Free Skate 5 |
| <input type="checkbox"/> Free Skate 2 | <input type="checkbox"/> Free Skate 4 | <input type="checkbox"/> Free Skate 6 |

Basic and Freeskate Programs: (may enter only one) **MUSIC**

- | | | | |
|---------------------------------------|---------------------------------------|---|--|
| <input type="checkbox"/> Snowplow Sam | <input type="checkbox"/> Basic 6 | <input type="checkbox"/> Free Skate 4 | <input type="checkbox"/> Pre-Preliminary |
| <input type="checkbox"/> Basic 1 | <input type="checkbox"/> Basic 7 | <input type="checkbox"/> Free Skate 5 | <input type="checkbox"/> Preliminary |
| <input type="checkbox"/> Basic 2 | <input type="checkbox"/> Basic 8 | <input type="checkbox"/> Free Skate 6 | Well Balanced Program |
| <input type="checkbox"/> Basic 3 | <input type="checkbox"/> Free Skate 1 | Competitive Test Track | <input type="checkbox"/> No Test |
| <input type="checkbox"/> Basic 4 | <input type="checkbox"/> Free Skate 2 | <input type="checkbox"/> Limited Beginner | <input type="checkbox"/> Pre-Preliminary |
| <input type="checkbox"/> Basic 5 | <input type="checkbox"/> Free Skate 3 | <input type="checkbox"/> Beginner | <input type="checkbox"/> Preliminary |

ENTRY FEE IS \$45.00 FOR THE FIRST EVENT AND \$10.00 FOR EACH ADDITIONAL EVENT.

**ENTRY FEES ARE NOT REFUNDABLE
AFTER THE ENTRY DEADLINE UNLESS
AN EVENT IS CANCELED OR WITH
DOCUMENTED MEDICAL REASON**

First Event	\$ 45.00
# Additional Events (\$15.00 each)	\$ _____
Late fee \$10.00 (if applicable)	\$ _____
Total:	\$ _____

The completed entry form, with fees, must be postmarked **no later than February 26, 2010**. Make check or money order payable to "Trustees of Phillips Academy" and mail to Phillips Academy Ice Rinks, Basic Skills Competition, C/O Michaela Maione, 180 Main Street, Andover, MA 01810. For additional information, please contact Michaela Maione at michaela.maione@gmail.com.

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

Competitor Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Instructor Signature _____ Date _____

Program Director/Club Officer _____ Date _____

