

# Conway Arena & Gate City FSC 7th Annual Basic Skills Competition

Saturday, November 12, 2011 Conway Arena Nashua, NH Starting at 1:30 P.M.

## ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/club or any other Basic Skills Program/club.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-8 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level 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 during the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below their class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Please be sure to check for the director/instructor's signature confirming the level of the skater.

Males and females will compete in the same groups.(if necessary) Skaters will be placed in flights according to age. Awards will be given to all participants.

**Deadline: October 24, 2011. Applications will be handled on a first come first serve basis.  
We reserve the right to eliminate events due to ice availability.**

**Fees:** Entry fee must accompany the application form.

\$40.00 for the first event, and \$15.00 for each additional event. \$12 fee shall apply if skater is not a member of US FIGURE SKATING and the skater will be registered with Gate City Learn to Skate.

Refunds are given ONLY if the event is cancelled.

Applications may be returned if limit is reached prior to deadline date.

\$20.00 fee for any returned check. Checks payable to "CONWAY ARENA"

**Music:** CD's for all free skating programs must be provided by skater. CD's should be clearly marked with the name of skater and event. They are turned in at time of registration.

**Schedules:** Competition will start at 1:30pm on Saturday. Schedules will be emailed approximately one week before competition & posted online at [www.conwayarena.com/skating/basicskills](http://www.conwayarena.com/skating/basicskills) under. Do not have internet access? Please indicate on your application!

**Location:** Conway Arena, 5 Stadium Drive Nashua, NH 03062

**More Information:** Lisa Langley or (603) 595-2400 ext.103  
e-mail: [Lisa@conwayarena.com](mailto:Lisa@conwayarena.com)

**Mail Applications to: Conway Arena  
5 Stadium Drive  
Nashua, NH 03062  
Attn. Basic Skills Competition**

**Approval Number: BSC -36560**



**& Gate City FSC 7th Annual Basic Skills Competition  
Saturday, November 12<sup>th</sup>, 2011 Conway Arena, Nashua, NH**

Please complete one application for each skater.

**Please Print**

Skaters Name \_\_\_\_\_ Tel.(\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Age as of 10/24/11 \_\_\_\_\_ yrs. \_\_\_\_\_ mos. Birthdate \_\_\_/\_\_\_/\_\_\_\_ Male Female

Highest Level Passed (as of 10/2011) \_\_\_\_\_

Home Club or Rink \_\_\_\_\_ USFS# \_\_\_\_\_

I certify that the above student has passed the test level indicated above:

Coaches/Director's Name \_\_\_\_\_ Coaches USFS: \_\_\_\_\_

Tel. (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Please answer the questions below as to whether or not you have either passed or competed in:

1. Any Open Competition Yes \_\_\_ No \_\_\_ 2. Passed Pre-Preliminary Moves Yes \_\_\_ No \_\_\_

**Please circle Events Entered:**

<u>Basic Elements</u>	<u>Basic 1-8 Program</u>	<u>Compulsory Events</u>	<u>Test Track Program</u>	<u>Well Balanced Program</u>	<u>Hockey</u>
Snowplow Sam	Snowplow Sam	Limited Beginner	Limited Beginner	No Test Program	Hockey 1
Basic 1	Basic 1	Compulsory	Beginner	Pre Preliminary Free	Hockey 2
Basic 2	Basic 2	Beginner Compulsory	Pre Preliminary Test	Preliminary Free	Hockey 3
Basic 3	Basic 3	No Test Compulsory	Preliminary Test		Hockey 4
Basic 4	Basic 4	Pre Preliminary			
Basic 5	Basic 5	Compulsory			
Basic 6	Basic 6				
Basic 7	Basic 7				
Basic 8	Basic 8				

**Entry Fees:** \$40.00- 1<sup>st</sup> event \$15.00 – 2<sup>nd</sup> event

**NOT A MEMBER OF US FIGURE SKATING?** Conway Arena will register each skater who is not currently a Basic Skills Member of US Figure Skating 2011-2012 Season for an additional \$12 Fee.

Total Enclosed \$ \_\_\_\_\_

Make Checks Payable to: Conway Arena

*Please Note:* All applications received after the deadline date, **October 24, 2011**, will be accepted at the discretion of the competition chairman.

**Address all entries to:** Conway Arena  
5 Stadium Drive  
Nashua, NH 03062 Attn: Basic Skills Competition

Parent/Guardian Signature \_\_\_\_\_

The above named member is in good standing of the above named club for 2011-2012 season and is eligible to compete at the above levels.

Signature of Club Officer/Skating Director \_\_\_\_\_ Date: \_\_\_\_\_

## BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- 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:</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 4-6 consecutive - both directions</li> <li>3. Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>4. Side toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide and dip</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. Standstill forward inside three-turn - R &amp; L</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 – 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two foot turn in place- forward to backward</li> <li>5. Backward two foot swizzles 6 - 8 in a row</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Standstill 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 4-6 consecutive</li> <li>3. Backward one foot glide - either foot</li> <li>4. Forward slalom</li> <li>5. Two foot spin – minimum three revolutions</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. 1 Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn - R &amp; L</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 4-6 consecutive both directions</li> <li>4. Backward stroking - 4-6 strokes</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

Format: 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. Vocal music is allowed.

- To be skated on full ice
- 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:</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. Backward wiggles 2-6 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward crossovers 4-6 consecutive in both directions</li> <li>2. Basic one-foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>3. Side toe hop -either direction</li> <li>4. Hockey stop</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide and dip</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Backward wiggles 6-8 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque 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. Two foot turn in place- forward to backward</li> <li>3. Backward two foot swizzles 6 - 8 in a row</li> <li>4. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Standstill 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 4-6 consecutive</li> <li>3. Backward one foot glide – either foot</li> <li>4. Forward slalom</li> <li>5. Two foot spin – minimum three revolutions</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 in either direction</li> <li>4. 1 Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers 4-6 consecutive both directions</li> <li>2. Standstill forward outside three- turn - R &amp; L</li> <li>3. Backward stroking - 4-6 strokes</li> <li>4. Backward snowplow stop - R or L</li> </ol>	

# Compulsory Event

## Test Track and Well Balanced Levels

Format: In simple 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
- Time: 1:15 or less
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two foot or one foot spin, minimum three revolutions (free leg position optional)</li> <li>4. 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: 1:15
Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin- minimum three revolutions</li> <li>4. 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: 1:15
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 - minimum three revolutions</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves 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: 1:15
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Flip jump</li> <li>2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump</li> <li>3. Solo spin- sit <u>or</u> camel spin - minimum three revolutions</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:15
Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Lutz jump</li> <li>2. Single jump combination (may not use Lutz jump or Axel)</li> <li>3. Camel spin- minimum three revolutions</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time :1:15

## Test Track Program Event

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. The 6.0 judging system will be used for all Test Track events.

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	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
<b>Limited Beginner</b> Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> Two upright spins, no change of foot, no flying entry (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> Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two upright spins, change of foot optional, no flying entry (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> Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two spins of a different nature, one position only, no change of foot, no flying entry. (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 pre-preliminary free skate test
<b>Preliminary Test</b> Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot, no flying entry (Min 3 revs) and One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on each foot).	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)

LEVEL	Jump Elements	Spins	Steps	Qualifications
<p><b>No Test</b></p> <p><b>Times Vary</b> <b>1:00-1:30</b> <b>+/-10</b></p> <p><b>Refer to</b> <b>announcement</b></p>	<p style="text-align: right;">Max 5</p> <p>Single Jumps (no Axel) Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited.</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Straight line, circular or serpentine Must use one half the ice surface</p>	<p>May <u>not</u> have passed any official U.S. Figure Skating free skate tests.</p>
<p><b>Pre-preliminary</b></p> <p><b>Time: 1:30 +/- 10</b></p>	<p style="text-align: right;">Max 5</p> <p>Single Jumps (Axel permitted) Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited. Axel may be repeated as individual jump, combo, or sequence. Max 2 Axels.</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Straight line, circular or serpentine Must use one half the ice surface</p>	<p>Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.</p>
<p><b>Preliminary</b></p> <p><b>Time: 1:30 +/- 10</b></p>	<p style="text-align: right;">Max 5</p> <p>1 Axel or Waltz jump type jump Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited. Only 2 different double jumps may be attempted (double Salchow, toe or loop only) Axel and no more than 2 different double jumps may be repeated as individual jumps, combos, or in sequences. Max of 2 Axels or any double jump.</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Straight line, circular or serpentine Must use one half the ice surface</p>	<p>Must have passed no higher than U.S. Figure Skating Preliminary free skate test.</p>

**HOCKEY EVENTS: Hockey 1-4 Elements and Skills Competition**

Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult. These age groups may be combined based upon number of entries.

**Hockey 1-4 Elements:** Each skater will perform each element when directed by a judge or referee. Format choice: All skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- All elements must be skated in the order listed
- Time: 1:00 or less

<p><b>Hockey 1</b></p> <ul style="list-style-type: none"><li>A. Moving dip or squat</li><li>B. Skating forward – width of ice</li><li>C. Forward swizzles- 4 to 6 in a row</li><li>D. Snowplow stop</li><li>E. Backward skating</li></ul>	<p><b>Hockey 2</b></p> <ul style="list-style-type: none"><li>A. Skating forward using full strides</li><li>B. Forward one-foot glides- Right and left</li><li>C. Backward swizzles- 4 to 6 in a row</li><li>D. Glide turns, both directions</li><li>E. Moving snowplow stops</li></ul>
<p><b>Hockey 3</b></p> <ul style="list-style-type: none"><li>A. Forward C-Cuts (1/2 swizzle pumps) on a circle- R &amp; L</li><li>B. Hockey turns, R &amp; L, with speed in and out of turn</li><li>C. Forward slalom</li><li>D. Forward stop and starts- 3 times</li><li>E. Backward V-stop</li></ul>	<p><b>Hockey 4</b></p> <ul style="list-style-type: none"><li>A. Forward crossovers -clockwise and counter clockwise</li><li>B. Backward C-Cuts in a line (alternating 1/2 swizzle pumps)</li><li>C. Backward one foot glide, R &amp; L, one time skater’s height</li><li>D. <b>Mohawk – R to L and L to R</b></li><li>E. Hockey stop</li></ul>