



20th Annual SWFSC'S Basic Skills Competition Saturday March 5th 2016



Part of the WI Basic Skills Series

*****NEW***EVENT:** Basic Skills Team Compulsories

McFarland Community Ice Arena
4812 Marsh Rd, McFarland, WI 53558

Register online: swfsc.org

Mail check to SWFSC Basic Skills PO Box Sun Prairie, WI 53590

The annual Basic Skills Competition is growing each year and promises to be a great experience for all who enter. This competition caters to early skaters from Snowplow Sam and Basic Skills classes up through USFSA Preliminary level competitors. Every participant receives an award.

ENTRIES MUST BE POSTMARKED NO LATER
THAN February 5th, 2016

Online Registrations: If possible, please register online at swfsc.org, on the competition page. The online registration system only allows you to use one email per family. If you have multiple skaters please use a second email address. If you do not have a second email address you may use a fictitious email address (123@yahoo.com). This will not affect your entry. Synchro teams must register by mail.

Apparel: A T-shirt will be included in your entry. Please indicate size when you register. If no size is indicated you will get an adult small.

Awards: All events will be final rounds. Medals will be awarded to all places, 1st through 6th. All awards will be presented off-ice immediately following the completion of the event and posting of the results. Awards and pictures will be upstairs in the mezzanine area.

Pictures and Videotaping: We will have action photography by. Cheryl Schelm Photography will join us.



CHERYL SCHELM
PHOTOGRAPHY

Dress: All competitors are responsible for their own skating attire. It is not required that the skater wear a skating outfit. Participants should wear clothing they feel comfortable in and that allows movement. NO JEANS PLEASE. No props or items allowed on the ice.

Music: CDs only please. CDs must be clearly marked with the skater's name and event. Skaters must turn in CDs at the time of registration. Do not forget to pick up your music before leaving. Vocal music is permitted.

Note: No music for Elements, Compulsory, Jump and Spin events

Schedule of Events: The schedule will be e-mailed and posted to the Web site www.swfsc.org under the competition tab one week prior to the competition.

Registration Desk: The registration desk will be located in the main lobby. Skaters must check in at least 45 minutes prior to their event. Locker room assignments will be available at the registration desk.

Entry Fees

\$55.00 for the first event, all levels

\$20.00 for each additional event, all levels

Entry fees are NOT refundable after the entry deadline unless an event is cancelled.

Practice Ice: Is available for purchase when you register and the day of the competition if the sessions are not full.

Eligibility Rules for Individual Event Participants:

The competition is open to ALL skaters who are currently 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 register with a Basic Skills Program/Club. Eligibility will be based on skill level as of the closing date of entries (2/5/16). All Snowplow Sam skaters 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.

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

Each skater will perform each element when directed by a judge or referee. Referee format: all skaters perform first element before moving on to the next. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

- To be skated on 1/3 to 1/2 ice
- No music
- **Elements must be skated in the order listed**

Level	Skating rules / standards
Snowplow Sam 1-3	<ul style="list-style-type: none"> • March followed by a two foot glide and dip • Forward two foot swizzles 2-3 in a row • Forward snowplow stop • Backward wiggles 2-6 in a row
Basic 1	<ul style="list-style-type: none"> • Forward two foot glide and dip • Forward two foot swizzles 6-8 in a row • Forward snowplow stop • Backward wiggles 6-8 in a row
Basic 2	<ul style="list-style-type: none"> • Forward one foot glide - either foot • Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot • Moving snowplow stop • Two foot turn in place- forward to backward • Backward two foot swizzles 6 - 8 in a row
Basic 3	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive • Forward slalom • Backward one foot glide - either foot • Two foot spin – minimum three revolutions
Basic 4	<ul style="list-style-type: none"> • Standstill forward outside three-turn - R & L • Forward outside edge on a circle clockwise or counter clockwise • Forward crossovers 4-6 consecutive both directions • Backward stroking - 4-6 strokes • Backward snowplow stop - R or L
Basic 5	<ul style="list-style-type: none"> • Backward outside edge on a circle clockwise or counterclockwise • Backward crossovers 4-6 consecutive - both directions • Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions • Side toe hop -either direction • Hockey stop
Basic 6	<ul style="list-style-type: none"> • Standstill forward inside three-turn - R & L • Bunny Hop • Forward spiral on a straight line - R or L • Lunge - R or L • T-stop - R or L
Basic 7	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk - R to L and L to R • Ballet Jump - either direction • Back crossovers to a back outside edge landing position clockwise and counter clockwise • Forward inside pivot
Basic 8	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns R & L • Waltz jump (from standstill) • Mazurka - either direction • 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 • Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position - minimum three revolutions

EVENT: 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.

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- 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

Level	Time	Skating rules / standards
Snowplow Sam 1-3	1:10 max.	<ul style="list-style-type: none"> • March followed by a two foot glide and dip • Forward two foot swizzles 2-3 in a row • Forward snowplow stop • Backward wiggles 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two foot glide and dip • Forward two foot swizzles 6-8 in a row • Forward snowplow stop • Backward wiggles 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one foot glide - either foot • Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot • Moving snowplow stop • Two foot turn in place- forward to backward • Backward two foot swizzles 6 - 8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive • Forward slalom • Backward one foot glide - either foot • Two foot spin – minimum three revolutions
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn - R & L • Forward crossovers 4-6 consecutive both directions • Backward stroking - 4-6 strokes • Backward snowplow stop - R or L
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward crossovers 4-6 consecutive - both directions • Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions • Side toe hop -either direction • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn - R & L • Bunny Hop • Forward spiral on a straight line - R or L • Lunge - R or L • T-stop - R or L
Basic 7	1:10 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk - R to L and L to R • Ballet Jump - either direction • Back crossovers to a back outside edge landing position clockwise and counter clockwise • Forward inside pivot
Basic 8	1:10 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns R & L • Waltz jump • Mazurka - either direction • 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 • Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position -minimum three revolutions

EVENT: Introductory Levels Compulsory Moves

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
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

Level	Time	Qualifications	Skating rules / standards
Beginner	1:15 max.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests.	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two foot or one foot spin, minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin- minimum three revolutions • Forward or backward spiral
No Test	1:15 max.	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.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Solo spin- sit <u>or</u> camel spin - minimum three revolutions • Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included.

EVENT: Compulsory Moves

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
- Elements may be performed only once
- No music is allowed

Pre – Preliminary	1:15 max.	<ul style="list-style-type: none"> • Toe Loop Jump • Jump combination: single / single (no Axel) • Sit spin or camel spin; min. 3 revolutions • Spiral sequence with 1 forward spiral and 1 backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Single Lutz • Jump combination: single / single (may include Axel) • Back upright spin; min., 3 revolutions • Forward inside spiral

*****NEW***EVENT: Basic Skills Team Compulsories**

Format:

The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

1. Minimum of three skaters on a team; each skater will do at least one required element.
2. When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
3. This will be followed by a one (1) minute individual warm-up for the elements.
4. Teams will be directed to find a "base" for their team along the boards on the ice where they will stay for the remainder of the event.
5. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
6. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
7. Once all the teams have had their skaters complete the element, the next element will be called.
8. Judging is done with one mark for each element (skater) for total team points.
9. Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

BASIC SKILLS LEVELS (SNOWPLOW SAM, HOCKEY 1-4, BASIC 1-8, FREE SKATE 1-6)

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
Snowplow Sam – Basic 3, Hockey 1-4	a) Wiggles, two-foot swizzles, forward or backward, (4-8 in a row) b) Snowplow stop (one or both feet) or hockey stop (with skid)	a) Curves, glide turns, or hockey turns (right and left, forward) b) March then glide on two feet or forward one-foot glide on left and right foot (one time skater's height, forward)	a) Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)
Basic 4-Basic 8	a) Side-toe hop, bunny hop, ballet jump, mazurka b) Waltz jump	a) Forward inside pivot or two-foot spin (min. 3 revs.) b) One-foot upright spin, optional entry & free foot position (min. 3 revs.)	a) Combination Move (from Basic 8)
Basic Skills Free Skate 1-6 levels	a) Single jump (no Axel) b) Jump combination or jump sequence (no Axel allowed)	a) Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) b) Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	a) Spiral Sequence (from Free Skate 4 or Free Skate)

EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice. Vocal music IS permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 max	Max 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front). • Max 2 jump sequences • Max 2 of any same jump 	Max 2 spins: <ul style="list-style-type: none"> • 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
High Beginner 1:40 max	Max 5 jump elements: <ul style="list-style-type: none"> • 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. • Max 2 jump combinations or sequences • Max 2 of any same type jump 	Max 2 spins: <ul style="list-style-type: none"> • 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
No Test 1:40 max	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) No single Axels, double jumps or triple jumps	<i>Maximum 2 spins:</i> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. • Spins must be of a different character (For definition see rule 4103E) 	<ul style="list-style-type: none"> • Step sequence • Must use one-half the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements. • Jumps may be included in the step sequence 	

EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- The following deductions will be taken:
- 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 element included.
- 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Pre-Preliminary 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	Maximum of 2 spins: Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 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.
Preliminary 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per 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.

EVENT: Well Balanced Program Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted pre pre- intermediate.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- 6.0 judging system will be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles/Pairs".

Level	Time	Jumps	Spins	Step Sequence
Pre-Preliminary	1:40 Max Vocal music permitted	Maximum of 5 jump elements: <ol style="list-style-type: none"> Any single jumps, including Axel, allowed. Max. 2 jump combinations or sequences Jump combinations are limited to 2 jumps. Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Maximum of 2 Axels Double or triple jumps are not allowed. 	Max 2 spins: <ol style="list-style-type: none"> Spins must be of a different nature Spins may change feet and/or position. Spins may start with a fly. Minimum of 3 revolutions 	One step sequence that must use ½ of the ice surface.
Preliminary	1:40 Max Vocal music permitted	Maximum of 5 jump elements: <ol style="list-style-type: none"> One must be an Axel or Waltz-jump. Maximum 2 jump combinations or sequences Jump combinations limited to 2 jumps Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. Maximum of 2 Axels or any double jump Double flips, double Lutzes, double Axels or triple jumps are not allowed. 	Max 2 spins: <ul style="list-style-type: none"> • Spins must be of a different nature • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions 	One step sequenced that must use ½ of the ice surface.

EVENT: Free Skate 1-6 Compulsory Event

- 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 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules / standards
Free Skate 1	1 : 15 max.	Advanced forward stroking, 4-6 consecutive Backward outside three-turns, right and left One-foot upright scratch spin from backward crossovers - minimum three revolutions Waltz jump from backward crossovers Half flip jump
Free Skate 2	1 : 15 max.	Forward outside or inside spiral, right or left Waltz three's, right or left, 2-3 sets Beginning back spin, entry optional – minimum two revolutions Waltz jump, side toe hop, Waltz jump sequence Toe loop jump
Free Skate 3	1 : 15 max.	Forward crossovers in a figure 8 Backward inside three-turns, right and left Back spin - minimum three revolutions Salchow jump Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1 : 15 max.	Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Loop jump Waltz jump-loop jump combination
Free Skate 5	1 : 15 max.	Camel spin - minimum three revolutions Forward upright spin to back upright spin - minimum three revolutions each foot Loop-loop jump combination Flip jump
Free Skate 6	1 : 15 max.	Five step Mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free Skate 6) Camel, sit spin combination - minimum of four revolutions total Split jump or stag jump Waltz jump, ½ loop, Salchow jump sequence Lutz jump

EVENT: Free Skate 1-6 Program Event

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- To be skated on full ice.
- 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 deduction will be taken for each element performed from a higher level.
- Time 1:40 max

Level	Time	Skating rules / standards
Free Skate 1	1:40 max	Advanced forward stroking, 4-6 consecutive One-foot upright scratch spin from backward crossovers - minimum three revolutions Waltz jump from backward crossovers Half flip jump
Free Skate 2	1:40 max.	Forward outside spiral, right or left Beginning back spin, entry optional - minimum two revolutions Waltz jump, side toe hop, Waltz jump sequence Toe loop jump
Free Skate 3	1:40 max	Forward crossovers in a figure 8 Back spin - minimum three revolutions Salchow jump Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max	Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Loop jump Waltz jump-loop jump combination
Free Skate 5	1:40 max	Camel spin - minimum three revolutions Forward upright spin to back upright spin - minimum three revolutions each foot Loop-loop jump combination Flip jump
Free Skate 6	1:40 max	Camel, sit spin combination - minimum of four revolutions total Split jump or stag jump Waltz jump, ½ loop, Salchow jump sequence Lutz jump

SPIN EVENTS:

- **SPINS:** No music on half-ice. Spins should be skated exactly as stated and in this order in program format. Skaters will perform one spin at a time (no excessive connecting steps) Skaters have one opportunity to perform each spin. Spins should be a minimum of three revolutions each. Skaters should perform the spins in a simple routine format. Events will be skated on half ice, 1:00 max
- Event will not earn points in the Wisconsin Basic Skills Series

LOW (Basic 1 – Basic 8)

1. Pivot on either foot
2. 2-foot spin

MEDIUM (Freestyle 1 – 6, Beginner, High Beginner)

1. Two foot spin
1. Forward one foot spin— optional free leg position position or foot

HIGH (No Test, Pre-Preliminary)

1. Forward scratch Spin or Back scratch spin
2. Sit Spin

ADVANCED (Preliminary)

1. Forward scratch Spin or Back scratch spin
2. Combination Spin- 1 change of foot and 1 change of position

JUMP EVENTS:

Entrants will qualify according to their free skate level, but may 'skate up' one level. All levels will be skated on ½ ice. Jumps should be performed exactly as stated. Skaters will be given two opportunities to perform each jump and will be judged on the best one. Repeated jumps must be the same as the original. The following format will be used: the first skater will take the ice and attempt the first jump twice, then attempt the second jump twice before going to the next skater. The repeat of each jump element must be the same jump(s) as the first when there is a choice. This procedure will be repeated throughout the event. Maximum time is 1:15 max.

Free Skate 1-6, Beginner: Waltz jump from standstill, ballet jump

Beginner/High Beginner: Waltz jump, Salchow or Toe Loop

Pre-Preliminary: Toe loop; combination of any two single jumps (no Axels)

Preliminary: Loop; combination of any two single jumps (Axel Allowed)

Adult Elements and Compulsory Events:

Adult Elements Events for Adult 1-6: Skaters will perform each element one at a time when directed by a referee. 1/3- 1/2 ice. No music.

Adult 1 <ul style="list-style-type: none"> Falling and Recovery Forward Marching Forward two-foot glide Forward swizzle Moving Snowplow Stops 	Adult 4 <ul style="list-style-type: none"> Basic forward outside and forward inside consecutive edges Backward edges on a circle, (outside and inside, clockwise and counterclockwise) Backward crossovers, (clockwise and counterclockwise, 5 consecutive) Forward outside 3-turns, right and left Forward outside swing rolls to a count of 6
Adult 2 <ul style="list-style-type: none"> Forward stroking showing correct use of the blade Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row Forward one-foot glides Slalom Backward swizzles, (4 to 6 in a row, clockwise and counterclockwise) 	Adult 5 <ul style="list-style-type: none"> Forward and Backward Crossovers in a Figure 8 pattern Forward outside to inside change of edge on a line T-stop, right or left Forward inside 3-turns, R & L Beginning one foot spin
Adult 3 <ul style="list-style-type: none"> Forward outside and inside edges on a circle, (clockwise and counterclockwise) Forward crossovers, (clockwise and counterclockwise) Backward ½ swizzle pumps on a circle (4 to 6 in a row consecutive, clockwise and counterclockwise) Moving forward to backward and backward to forward two-foot turn Beginning 2-foot spin 	Adult 6 <ul style="list-style-type: none"> Forward Perimeter Stroking with crossover end patterns Backward crossovers to a backward outside edge glide (landing position) Lunge Spiral Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)

Adult Compulsory: Skaters will perform the elements on an 1/2 sheet of ice in any order. No music. 1 minute max.

Adult Pre-Bronze Compulsory-May have passed Adult Pre Bronze MIF test <ul style="list-style-type: none"> Split jump or half flip Waltz jump Forward lunge Spin in an upright position 	Adult Bronze Compulsory- Must have passed no higher than the Adult Bronze free skate test <ul style="list-style-type: none"> Salchow Waltz Jump Forward Spiral Spin in the upright position
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Freestyle Events for Adult 1-6, Pre-Bronze & Bronze:

The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec unless otherwise noted

Adult 1 <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle • Moving Snowplow Stops 	Adult 4 <ul style="list-style-type: none"> • Basic forward outside and forward inside consecutive edges • Backward edges on a circle, (outside and inside, clockwise and counterclockwise) • Backward crossovers, (clockwise and counterclockwise, 5 consecutive) • Forward outside 3-turns, right and left • Forward outside swing rolls to a count of 6
Adult 2 <ul style="list-style-type: none"> • Forward stroking showing correct use of the blade • Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row • Forward one-foot glides • Slalom • Backward swizzles, (4 to 6 in a row, clockwise and counterclockwise) 	Adult 5 <ul style="list-style-type: none"> • Forward and Backward Crossovers in a Figure 8 pattern • Forward outside to inside change of edge on a line • T-stop, right or left • Forward inside 3-turns, R & L • Beginning one foot spin
Adult 3 <ul style="list-style-type: none"> • Forward outside and inside edges on a circle, (clockwise and counterclockwise) • Forward crossovers, (clockwise and counterclockwise) • Backward ½ swizzle pumps on a circle (4 to 6 in a row consecutive, clockwise and counterclockwise) • Moving forward to backward and backward to forward two-foot turn • Beginning 2-foot spin 	Adult 6 <ul style="list-style-type: none"> • Forward Perimeter Stroking with crossover end patterns • Backward crossovers to a backward outside edge glide (landing position) • Lunge • Spiral • Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)

Adult Pre-Bronze- Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test.
Time: 1:40 max
Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements

Adult Bronze Compulsory- Must have passed no higher than adult bronze free skate test or the preliminary free skate test.
Time: 1:50 max
Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements

Artistic Free Skate Events:

Artistic events are open to skaters in Basic Skills through Preliminary. Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. Only hand held props are allowed. Props must remain in the skater's hand(s) at all times. 6.0 Judging will be used. Deductions WILL be made for skaters including technical elements not permitted in the event description.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6/ Beginner/High Beginner/ Adult 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 Max
No Test/ Pre-preliminary/ Adult Pre-Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 Max
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 Max

INTERPRETIVE PROGRAM:

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Judging Rules:

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

Level	Qualifications
Basic 1-8 Time: 1:00	May <u>not</u> have passed any higher than Basic 8 level
Free skate 1-6 Beginner/ High Beginner Adult 1-4 1:00	Must not have passed any official U.S. Figure Skating free skate tests.
No Test/ Pre Preliminary/Adult Pre Bronze 1:00	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test
Preliminary/Adult 1:00	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test

BEGINNER SYNCHRONIZED SKATING

The beginner competition program is also part of the U.S. Figure Skating Basic Skills program. The beginner competition program is for Basic Skills level skaters who are interested in a first competition or "team" experience, taking the Synchro 1-4 badges a step further. Beginner teams compete at Basic Skills competitions and nonqualifying synchronized skating competitions around the country.

Required elements – Each level has specific required elements that must be completed:

Level	Circle	Line	Block	Wheel	Intersection
LEVEL 1 8-16 skaters, majority under 9 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must contain a 2-foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3-spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
LEVEL 2 8-16 skaters , majority Under 12 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1 foot glide (held for at least 2 counts), back pump, 1 backward crossover, FI stroke (1 direction only, don't need to repeat)	One line, which must cover the ice and may include forward and backward skating .	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
LEVEL 3 8-16 skaters, majority at least 12 years old 2 – 2 ½ minutes +/- 10 seconds	Circle element, which must include the combination move from Basic 8. (1 direction only, don't need to repeat)	Line element, which must cover the ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 or 3 configurations	Wheel element of the team's choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

The emphasis of the Beginner competition is on mastering the "basic skills" of synchronized skating:

- Control of rotation in wheels and circles.
- Unison and use of skills such as guiding and shadowing.
- Straight lines in lines, blocks and intersections.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

Restrictions in Beginner 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Beginner 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Beginner 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Beginner 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

Restrictions in all levels: All of the synchronized skating "illegal elements" found in Rule #7160 of the U.S. Figure Skating Rulebook .

Please reference <http://usfsa.org/Programs.asp?id=338> for most up-to-date Beginner Synchronized Skating rules.

SWFSC BASIC SKILLS COMPETITION ENTRY FORM

T-SHIRT SIZE: (Circle One) Youth-S -M -L Adult-S -M -L (no selection =adult small)

Name: _____ Age: _____ Sex: **M** **F**

Address: _____ City: _____ State: _____ ZIP: _____
First name Middle initial Last name circle one

Date of Birth: _____ E-mail: _____ Phone: () _____

USFS# _____ Highest level passed: _____

Program/Club Affiliation _____ Director's/Instructor's Name _____

Please check the events you are entering:

Basic Elements

- ☐ Snowplow/Tots
- ☐ Basic 1 ☐ Basic 2
- ☐ Basic 3 ☐ Basic 4
- ☐ Basic 5 ☐ Basic 6
- ☐ Basic 7 ☐ Basic 8
- ☐ Adult _____
- Fill in Level # _____

Basic Program Event

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

Jumps

- ☐ FS 1-6
- ☐ Beginner
- ☐ Beginner/High Beginner
- ☐ Pre-Pre
- ☐ Preliminary

Intro Compulsory

- ☐ Beginner
- ☐ High Beginner
- ☐ No Test
- Compulsory**
- ☐ Pre-Preliminary
- ☐ Preliminary
- ☐ Adult Pre-Bronze

Artistic

- ☐ Basic
- ☐ Freeskate
- ☐ No Test,
- Pre Preliminary,
- Adult Pre-Bronze
- ☐ Preliminary,

Intro Level Freestyle

- ☐ Beginner
- ☐ High Beginner
- ☐ No Test

Well-Balanced

- ☐ Pre-Preliminary
- ☐ Preliminary

Adult Freeskate

- ☐ Adult _____
- Fill in Level # _____
- ☐ Adult Pre-Bronze

Spin Event Interperative

- ☐ Low ☐ Basic
- ☐ Medium ☐ Freeskate

Test Track

- ☐ Pre-Preliminary
- ☐ Preliminary

Team

Compulsory

- ☐ Must Enter Team Name
- here: _____

- ☐ Adult Bronze

- ☐ High ☐ No Test, Pre Preliminary
- ☐ Advanced ☐ Preliminary, Adult Pre Bronze

Note: Skaters may enter EITHER the test track OR the well-balanced free skate track, but NOT both.

Practice ice: There will be two 20 minute practice sessions the morning of the competition. 8-8:20am, 8:20-8:40. You may purchase more than one practice ice. Please specify which time you prefer. Practice ice is sold on a first come, first served basis. We will not guarantee which practice session you will get. Practice ice is not sold over the phone or e-mail. McFarland Ice Arena is an Olympic-size rink. Practice ice is \$13 per 25 min. or \$15 per 25 min. to "walk-on" the morning of the competition.

Mail payment to: SWFSC Basic Skills- PO Box 94, Sun Prairie, WI 53590

For additional information contact: Dena Vidlock at 608-206-4512 or marieh2001@hotmail.com

Registration must be postmarked no later than Feb 5th, 2016. Fees *not* refundable unless for cancelation of the event.

No late entries will be accepted

First event (\$55)	\$ _____
Additional event (\$20)	\$ _____
Additional event (\$20)	\$ _____
Team Compulsory(\$15, per skater)	\$ _____
Practice ice 20 min (\$13)	\$ _____
Late fee (\$25)	\$ _____
Total	\$ _____

Entry Fee is \$55 for the first and \$20 for each additional event

Must Enter Team name above

If postmark is Feb 5th, 2016 or later

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

Parent/Guardian Name: (print) _____ (sign) _____ (date) _____

Competitor Name: (print) _____ (sign) _____ (date) _____

Instructor/Coach: (print) _____ (sign) _____ (date) _____

Synchronized Team Event Entry Form-Must Mail

Team Name: _____ Club/Program: _____
 Primary Coach: _____ Additional Coach: _____
 Primary Coach Phone: _____ Primary Coach Email: _____
 Team Contact: _____ Team Contact Email: _____
 Please Check Level of Team: Beginner 1: _____ Beginner 2: _____ Beginner 3: _____

Skaters Name & T-shirt size	Date of Birth	Highest Level Passes	USFS Number
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
Alt.			

Parent or Guardian Signatures (required):

Skaters Name:	Parent Signature:	Skaters Name:	Parent Signature:
1.		9.	
2.		10.	
3.		11.	
4.		12.	
5.		13.	
6.		14.	
7.		15.	
8.		Alt.	

Total Number of Skaters: _____ X \$15 = _____ *****FEES and ENTRY FORMS MUST**
 Team Entry Fee: \$50 _____ **BE POSTMARKED BY FEB 5TH, 2016.**

15 min. Practice Ice Session(s): _____ X \$50= _____

Total Entry Fees: _____

Skaters participating in a team event, but NOT a solo event, please include T-shirt size next to their name on the team roster. Please make check or money order payable to SWFSC

Mail everything to: Mail payment to: SWFSC Basic Skills- PO Box 94, Sun Prairie, WI 53590