

**9th Annual
USFS South Florida Basic Skills Series**



Approved by USFS Basic Skills Committee

Events to take place at:

Pines Ice Arena

Date: March 11, 2012

12425 Taft Street

Pembroke Pines, FL 33028

954-704-8700 ext 104

Competition Director: Rachel Spoto

Competition Application Deadline: February 11, 2012

Glacier Ice and Snow Arena

Date: April 1, 2012

4601 North Federal Hwy.

Lighthouse Point, FL 33064

954-943-1437 (f) 954-781-1966

Competition Director: Wendy Baker

Competition Application Deadline: March 8, 2012

Kendall Ice Arena

Date: May 6, 2012

10355 Hammocks Blvd

Miami, FL 33196

305-386-8288 (F) 305-386-6112

Competition Director: Kent Johnson

Competition Application Deadline: April 6, 2012

Palm Beach Ice Works Date: June 3, 2012

1590 N Florida Mango Rd

West Palm Beach, FL 33409-5212

Phone: 561-656-4046

Competition Director: Vincent Van Vliet

Competition Application Deadline: May 3, 2012

Competition Website: basicskillsflorida.com

MISSION STATEMENT: To give Florida skaters a chance to develop their USFS Basic Skills in a fun competitive environment. During the competition season skaters will have the chance to compete at four different arenas and earn points for a final standing. *Trophies will be awarded to all skaters who compete in at least 3

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of the 4 scheduled competitions. *See “Series” Point System Rules

COMPETITION ANNOUNCEMENT

The **South Florida USFS Basic Skills Competition Series** is sponsored equally by and will be held at Palm Beach Ice Works, Pines Ice Arena, Glacier Ice and Snow Arena, and Kendall Ice Arena. Competition packages will be available on the official competition website (basicskillsflorida.com) and at all four arenas before and during the run of the “Series”. Competition information and Results will be posted at each rink and on the official competition website: www.basicskillsflorida.com.

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 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.

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 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 chair 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.

OFFICIALS

#1241 For Basic Skills Competitions three judges, not related to the competitor, are required for each event. Judges may be any official U.S. Figure Skating or Skate Canada judge or any other qualified eligible or ineligible person in skating who is a U.S. Figure Skating member and/or Basic Skills member.

#1242 For Basic Skills Competitions, the Basic Skills Program or member club sponsoring and conducting the competition shall approve all judges and officials. All persons serving as judges and officials shall be at least 16 years of age.

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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 **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 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.

ENTRIES AND FEES - All entries must be postmarked no later than one month before the competition date of each arena. The first event is \$55.00 and each additional event is \$25.00. Entry fees are per person, and must be paid in U.S. dollars. **Late entries will be accepted at the discretion of the competition director of the arena in question, and will be subject to an administrative fee of \$15.00.**

There will be NO REFUNDS after the closing date, unless an event is canceled by any of the 4 sponsors. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY** and returned with fees. Check / Money Order must be made payable to the corresponding arena. A \$20.00 fee will be charged for returned checks.

AWARDS - Medals will be awarded by the organizers of each competition to the 1st, 2nd and 3rd place winners in each competition, 4th, 5th and 6th place will receive ribbons. **Any skater who competes in a minimum of two (2) events in at least three (3) of the four "Series" competitions will be eligible to win final placement trophy.** (Please see the attached point system chart for a complete detailed explanation of the point system).

SCHEDULE OF EVENTS - Will be posted online at: basicskillsflorida.com, faxed or

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emailed to each participating arena (for posting) no later than one week prior to the start of each competition. Information regarding groups and skating times will be mailed to each participant who provides a self addressed envelope along with the entry form.

PRACTICE ICE - Practice ice will be available at each arena before the start of each competition. A schedule of Practice Ice will be posted along with the competition schedule. ***Reservations with payment must be made through the arena hosting the competition.*** Each practice session must be paid in full prior to taking the ice. A maximum of 20 skaters will be allowed on the ice during any one session.

MUSIC - Music for free skating programs and showcase ***must*** be provided on CD. CDs should be clearly marked with the following: skater's name, event entered, home club/arena name, and coach name. CDs should have only one track recorded and no mini CDs are allowed. CDs must be turned in at the time of registration. Time duration is always ± 10 seconds. We encourage you to have an additional copy of the music in case of emergency.

PHOTOGRAPHER/VIDEOGRAPHER - A photographer/videographer ***may*** be available at each rink during the competitions. If so, photographs/video will be taken of all individual participants and award ceremonies. *Contact the arena hosting the competition for more information.*



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HOTEL ACCOMODATIONS – The following Hotels are near the participating facilities and may have agreed to offer the participants attending the competition a discounted rate.

For Palm Beach Ice Works

Comfort Inn & Conference Center

1901 Palm Beach Lakes Blvd.
West Palm Beach, FL 33409
561-689-6100
\$79.00

Marriott Hotels & Resorts
1001 Okeechobee Blvd.
West Palm Beach, FL 33401
561-803-1913
\$169

Doubletree Hotel
1808 South Australian Ave.
West Palm Beach, FL 33409
561-689-6888
\$129

Hampton Inn
1601 Worthington Road
West Palm Beach, FL 33409
561-472-7333

Hilton Garden Inn
1611 Worthington Road
West Palm Beach, FL 33409
561-472-5956

For Pines Ice Arena

Residence Inn by Marriott
14700 Hotel Road
Miramar, FL 33027
Office: 954-450-2717
Fax: 954-450-9395

Courtyard by Marriott
14500 Hotel Road
Miramar, FL, 33027
Office: 954-450-1801
Fax: 954-450-9130

For Kendall Ice Arena

Best Western - Kendall
Hotel and Suites
8560 SW 124th Avenue
Miami, Florida 33183
(305)-271-4848
For Reservations Call 1-800-WESTERN

7600 N. Kendall Drive
Miami, FL 33156
(305)-595-6000
Fax 305-279-6988

Comfort Suites
3901 SW 117th Ave
Miami, FL
(305) 220-3901

Ameri Suites
11520 SW 88th St
Miami, FL
(305) 279-8688

RAMADA Limited
South Miami/Dadeland

Miccosukee Resort
500 SW 177 Ave
Miami, FL
(305) 222-4600

For Glacier Ice & Snow Arena

Comfort Suites
1040 E. Newport Center Dr.
Deerfield Beach, FL 33442
(954)570-8887

Best Western
1050 E. Newport Center Dr.
Deerfield Beach, FL 33442
(954)570-8888

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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><u>Snowplow Sam:</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 counter clockwise 2. Backward crossovers 4-6 consecutive – both directions 3. Basic one foot spin – free leg held to side of spinning leg – minimum 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 and dip 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. Standstill forward inside three-turn – R & L 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 – 2-3 each foot 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. Standstill 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, 4-6 consecutive 3. Backward one foot glide – either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<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 <u>or</u> 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 – free foot held to side of spinning leg or crossed position – minimum three revolutions
<p><u>Basic 4:</u></p> <ol style="list-style-type: none"> 1. Standstill forward outside three-turn – R & L 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 4-6 consecutive both directions 4. Backward stroking – 4-6 strokes 5. Backward snowplow stop – R or L 	

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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
- Time: 1:00 +/- 10 seconds
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

<p><u>Snowplow Sam:</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 crossovers 4-6 consecutive – both directions 2. Basic one foot spin – free leg held to side of spinning leg – minimum three revolutions 3. Side toe hop – either direction 4. Hockey stop
<p><u>Basic 1:</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 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. Standstill forward inside three-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. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot 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. Standstill 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, 4-6 consecutive 3. Backward one foot glide – either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<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 <u>or</u> 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 – free foot held to side of spinning leg or crossed position – minimum three revolutions
<p><u>Basic 4:</u></p> <ol style="list-style-type: none"> 1. Standstill forward outside three-turn – R & L 2. Forward crossovers 4-6 consecutive both directions 3. Backward stroking – 4-6 strokes 4. Backward snowplow stop – R or L 	

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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 .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

<p><u>Free skate 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. One-foot upright scratch spin from backward crossovers-minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Free skate 4 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets-R or L 2. Sit spin- minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump
<p><u>Free skate 2 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward outside or inside spiral - R or L 2. Waltz Three's - R or L, 2-3 sets 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p><u>Free skate 5 Compulsory</u></p> <ol style="list-style-type: none"> 1. Camel spin- minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions, each foot 3. Loop/loop jump 4. Flip jump
<p><u>Free skate 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- minimum three revolutions 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Free skate 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 four revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump



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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 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

<p><u>Free skate 1</u></p> <ol style="list-style-type: none"> 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers- minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump 	<p><u>Free skate 4</u></p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin-minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump
<p><u>Free skate 2</u></p> <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 	<p><u>Free skate 5</u></p> <ol style="list-style-type: none"> 1. Camel spin-minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions each foot 3. Loop/loop combination jump 4. Flip jump
<p><u>Free skate 3</u></p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin-minimum three revolutions 3. Salchow 4. Waltz jump/Toe loop or Salchow/Toe loop 	<p><u>Free skate 6</u></p> <ol style="list-style-type: none"> 1. Camel/sit spin combination-minimum four revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump



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Compulsory Event Test Track and Well Balanced Levels

Format: 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 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	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral 	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"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin- minimum three revolutions 4. Forward or backward spiral 	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"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit <u>or</u> camel spin - minimum three revolutions 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 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"> 1. Flip jump 2. Jump combination - single/single (no axel or flip jump) 3. Solo spin- sit <u>or</u> camel spin - minimum three revolutions 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 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"> 1. Lutz jump 2. Single jump combination (Axel allowed. May not use Lutz jump) 3. Camel spin- minimum three revolutions 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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Test Track Program Event

Skaters may enter EITHER 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 allowed.

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

- 0.1 from EACH mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	Jumps	Spins	Steps	Qualifications
Limited Beginner Time: 1:30 +/- 10	Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.	Two upright spins, no change of foot (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Beginner Time: 1:30 +/- 10	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. Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two upright spins, change of foot optional (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary Test Time: 1:30 +/- 10 ****	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 <u>loop</u> jump only. Jump combinations and sequences with the above jumps are allowed. Maximum 5 jump elements.	Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary Test Time: 1:30 +/- 10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test

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

LEVEL	Jumps	Spins	Steps	Qualifications
No Test Time 1:00-1:30 +/-10	Max 5 Single Jumps (no Axel) Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted Number of jumps in sequence is not limited	Max 2 Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	Max 1 Straight line, circular or serpentine Must use one half the ice surface	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.
Pre-preliminary Time: 1:30 +/- 10	Max 5 Single Jumps (Axel permitted, no doubles) Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted Number of jumps in sequence is not limited Axel may be repeated as individual jump, combo, or sequence. Max 2 Axels.	Max 2 Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	Max 1 Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.
Preliminary Time: 1:30 +/- 10	Max 5 1 Axel or Waltz jump type jump Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted 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	Max 2 Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	Max 1 Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.

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**ADULT ELEMENTS EVENT –BASIC SKILLS
CURRICULUM**

To be skated on 1/2 ice

- No music
- All elements must be skated in the order listed
- Each skater performs one element at a time and will perform the next element only when directed by a judge or referee. (All skaters perform element 1 before moving on to element 2 and so on).

<p>Adult 1 Elements</p> <ol style="list-style-type: none"> 1. Forward strides and glides. 2. Forward Swizzles (4-6 in a row). 3. Backward Swizzles (4-6 in a row). 4. Forward one foot glides, right and left. 5. Snow plow stop (right or left). 	<p>Adult 3 Elements</p> <ol style="list-style-type: none"> 1. Backward inside edges on a circle, clockwise and counter clockwise. 2. Backward crossovers, clockwise and counter clockwise. 3. Inside Mohawk, right to left or left to right. 4. Beginning two foot spin. 5. Backward snowplow stop – right or left.
<p>Adult 2 Elements</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Backward ½ swizzle pumps on a circle – clockwise and counter clockwise. 3. Forward outside edges on a circle, clockwise and counter clockwise. 4. Forward crossovers, Clockwise and counter clockwise. 5. Forward Pivot – One direction only. 	<p>Adult 4 Elements</p> <ol style="list-style-type: none"> 1. Forward outside three turns, right and left. 2. Forward inside three turns, right and left. 3. Alternate back crossovers with two foot transition. 4. Footwork sequence: 3-5 forward crossovers to a inside Mohawk, 3-5 backward crossovers, step forward inside the circle.

ADULT COMPULSORY REQUIREMENTS

Format: 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 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*

<p>Adult Pre Bronze Compulsory Program</p>	<ol style="list-style-type: none"> 1. Two (2) different jumps, either one-half (1/2) or one (1) full revolution. 2. A one foot upright spin (Min. 3 revolutions in position). 3. A two foot upright spin (Min. 3 revolutions in position). 4. Crossovers – Fwd & back either direction). 5. Lunge or Spiral. 	<p>Time 1:15 max</p>
<p>Adult Bronze Compulsory Program</p>	<ol style="list-style-type: none"> 1. Two different single jumps of which one must be a Salchow or toe loop. 2. One (1) jump combination consisting of a waltz jump and a toe loop (no turn or change of foot between jumps). 3. One upright spin (minimum 3 revolutions in positions). 4. Sit spin. Minimum 3 revolutions in positon 	<p>Time 1:15 max</p>

9th Annual USFS South Florida Basic Skills Series

Adult Program Events

ADULT EVENTS: Adult 1-4, Pre-Bronze and 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

<p>Adult 1</p> <p>A. Backward swizzles</p> <p>B. Forward one-foot glides, one time skater's height: R & L</p> <p>C. Two-foot turns</p> <p>D. Snowplow stops: R or L</p> <p>E. Forward curves on two feet</p>	<p>Adult 2</p> <p>A. Forward stroking</p> <p>B. Forward crossovers, clockwise and counter clockwise</p> <p>C. Backward one-foot glide: R or L</p> <p>D. Forward pivot</p> <p>E. Forward Chasses on a circle</p>
<p>Adult 3</p> <p>A. Backward crossovers, clockwise and counter clockwise</p> <p>B. Inside Mohawk, either direction</p> <p>C. Backward snowplow stops: R and L</p> <p>D. Forward progressives</p> <p>E. Beginning two-foot spin</p>	<p>Adult 4</p> <p>A. Forward three turns, outside or inside: R & L</p> <p>B. Alternate backward crossovers with two-foot transition</p> <p>C. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle</p> <p>D. Power three turns: one direction only</p> <p>E. Backward Chasses on a circle</p>
<p>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 #3806 for specific requirements</p>	<p>Adult Bronze: 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 #3801 for specific requirements</p>



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Jumps Events

- To be skated on 1/2 of the ice surface
- Skater will perform 2 different jumps with 2 opportunities for each. The best jump of each will be judged.
- No music will be allowed
- Boys and girls may be grouped together

LEVEL	ELEMENTS	QUALIFICATIONS
Freeskate	1. Waltz Jump 2. Half Flip or Half Lutz	Freeskate 1 – Freeskate 3
Beginner	1. Salchow 2. Toe Loop Combination (No Loop, Flip, Lutz or Axel).	Must not have passed the Pre-Preliminary Free Skate Test
Pre-Preliminary	1. Lutz Jump 2. Waltz Jump / Loop Jump Combination	Must have passed no higher than the Pre-Preliminary Free Skate Test
Preliminary	1. Axel 2. Single / Single Combination [no axel]	Must have passed no higher than the Preliminary Free Skate Test

SPIN EVENTS

Groups will be divided by level

Program Duration 1:00min max

Elements may be performed in any order

Program to be skated on ½ ice with no excessive connecting steps

All spins should have a minimum of three revolutions

Deductions will be made if element from higher levels are performed

Level	Elements	Qualifications
Beginner level	2 foot spin, Forward Scratch Spin, Beginning Back Spin	(Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests)
Pre-Preliminary level	Forward Scratch Spin, Back Scratch Spin, Sit Spin	(Must have passed Pre-Preliminary Test)
Preliminary Level	Sit Spin, Camel Spin, Back Scratch Spin	(Must have passed Preliminary Test)
Adult Pre-Bronze	2 foot upright spin, 1 foot upright spin	(Must have passed Adult Pre Bronze Test)
Adult Bronze	1 foot upright spin, 1 foot back spin (entry optional), Sit Spin	(Must have passed Adult Bronze Test)

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ARTISTIC/SHOWCASE EVENTS:

Artistic/Showcase events are open to skaters in Free Skate, Limited Beginner through Preliminary and Adult Pre Bronze and Bronze. Groups will be divided by number of entries and ages if possible. 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
Free skate 1-6/ Limited Beginner/ Beginner/	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
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
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

INTERPRETIVE PROGRAM

COMPETITION RULES

The Organizing Committee will 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.

LEVELS:

Limited Beginner, Beginners, Pre Preliminary, Preliminary.

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.

TIMING:

Music Duration Limited Beginner- No Test: 1:15 minute

Pre-preliminary- Preliminary: 1:30 minute

COACHING RULES: 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.

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Series Point System

The Freeskating Events and the Compulsory/Elements events in each of the 4 Series Competitions will be eligible for accumulating points.

The system for scoring points for the final trophy will be as follows:

Each event will have a maximum of 6 skaters

1 st Place	6 points
2 nd Place	5 points
3 rd Place	4 points
4 th Place	3 points
5 th Place	2 points
6 th Place	1 point

If an event has less than 6 skaters, the points will be adjusted. ie. For a group of 3 skaters the 1st place would receive 3 points, 2nd place would be 2 points and 3rd place would be 1 point.

ALL SKATERS WHO PARTICIPATE IN AT LEAST THREE OF THE FOUR COMPETITIONS IN THE SERIES WILL BE ELIGIBLE TO WIN A TROPHY WITH AN OVERALL PLACEMENT. PLEASE NOTE THAT THE ELEMENTS/COMPULSORY AND FREESKATE EVENTS MUST BOTH BE ENTERED TO COUNT IN THE FINAL POINTS TABULATION. POINT RESULTS WILL BE POSTED ON: basicskillsflorida.com

PLEASE NOTE: EACH SPIN, JUMP, INTERPRETIVE AND SHOWCASE EVENT ENTERED WILL GIVE ONE ADDITIONAL POINT EACH, PROVIDED THAT THE SKATERS COMPLETE AN ELEMENTS/COMPULSORY EVENT AND BASIC PROGRAM/FREESKATE EVENT

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9th Annual USFS South Florida Basic Skills Series

ENTRY FORM *This entry form is for only one of the USFS South Florida Basic Skills Series Competitions. A separate application and payment is necessary for each of the three competitions. Check one of the following:*

Pines Ice Arena **Glacier Ice & Snow** **Kendall Ice Arena** **PB Ice Works**

Name _____ Age _____ Sex _____

Last First

Address _____ City _____

State _____ Zip _____ Email _____

Area Code/Phone # _____ Birth date _____

USFSA Number _____

Current Skating Level _____

Last Home Rink **or** name of Club that I represent _____

Coach's name _____

Coach Phone # _____ Coach's Email _____

USFSA Level Passed _____

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

Snowplow Sam (Tots)

Elements
 Solo Program

Basic 1

Elements
 Solo Program

Basic 2

Elements
 Solo Program

Basic 3

Elements
 Solo Program

Basic 4

Elements
 Solo Program

Basic 5

Elements
 Solo Program

Basic 6

Elements
 Solo Program

Basic 7

Elements
 Solo Program

Basic 8

Elements
 Solo Program

Freestyle 1

Compulsories
 Solo
 Showcase
 Spins
 Jumps

Freestyle 2

Compulsories
 Solo
 Showcase
 Spins
 Jumps

Freestyle 3

Compulsories
 Solo
 Showcase
 Spins
 Jumps

Freestyle 4

Compulsories
 Solo
 Showcase
 Spins
 Jumps

Freestyle 5

Compulsories
 Solo
 Showcase
 Spins
 Jumps

Freestyle 6

Compulsories
 Solo
 Showcase
 Spins

Limited Beginner

Compulsories
 Freestyle
 Showcase
 Interpretive

Beginner

Compulsories
 Freestyle
 Showcase (Freestyle 1 to
Beginner)
 Spins
 Jumps
 Interpretive

Pre Preliminary

Compulsories
 Test Track FS Program
 Well Balanced FS Program
 Showcase
 Spins
 Jumps

Preliminary

Compulsories
 Test Track FS Program
 Well Balanced FS Program
 Showcase
 Spins
 Jumps
 Interpretive

Adult 1

Elements
 Solo Program

Adult 2

Elements
 Solo Program

Adult 3

Elements
 Solo Program

Adult 4

Elements
 Solo Program

Adult Pre-Bronze

Compulsories
 Solo
 Showcase
 Spins

Adult Bronze

Compulsories
 Solo
 Showcase
 Spins

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ENTRY FEE IS \$55.00 FOR 1st EVENT AND \$25 PER EACH ADDITIONAL EVENT

First Event \$ _____
Additional Event \$ _____
Additional Event \$ _____
Additional Event \$ _____
Personal Program ad \$ _____
Total: \$ _____

The completed entry form, with fees, must be postmarked no later than one month before the scheduled start date for each arena's competition.

Make check or money order payable to the appropriate host rink and mail to: Host Arena c/o Competition Chairman. *Please note: This application is for only one of the competitions in the USFS South Florida Basic Skills Series. A separate application must be filled out for each competition. For additional information call or email the contacts for the competition you are entering:*

Palm Beach Ice Works Competition Chairman, Vincent Van Vliet (561) 656-4046
Email: vsv23@aol.com ,

Pines Ice Arena Competition Chairman, Rachel Spoto 954-704-8700 Ext. 104
Email: rachel@pinesicearena.com

Glacier Ice and Snow Arena, Competition Chairman, Wendy Baker 954-943-1437
Email: wendyb@glaciericeandsnow.com

Kendall Ice Arena, Competition Chairman, Kent Johnson 305-386-8288
Email: sk8johnson@hotmail.com

IMPORTANT---ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS THE EVENT IS CANCELED BY THE HOST RINK.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds USFS, Palm Beach Ice Works, Glacier Ice and Snow Arena, Kendall Ice Arena, and Pines 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 Signature _____ Date _____

***Instructor Signature** (Coach certifies that his/her student is competing at the correct level).

Coach: _____ Date _____

***Program Director/Club Officer** _____ Date _____

COMPETITOR SIGNATURE _____ Date _____

***It is strongly recommended that the instructor and authorized USFS Club Officer/Program Director sign AFTER the parents have filled out the form to assure correctness.**