

WARWICK FIGURE SKATERS

24th ANNUAL BASIC SKILLS COMPETITION

WHEN: SATURDAY, MARCH 6, 2010

WHERE: THAYER ARENA- MICKEY STEVENS SPORTS COMPLEX
975 SANDY LANE
WARWICK, RHODE ISLAND 02886
(401) 738-2000 EXT 6811

ELIGIBILITY: Open to all skaters (through adult) who meet the following criteria:

- + Skaters who are current eligible members of either the Basic Skills Program and/or are full members of US 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 the closing date of entries, February 21, 2010. **Refer to eligibility chart included at the end of this application for further information:**
 - o All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must **skate at highest test level passed** and NO official US Figure Skating tests may have been passed including MIF or individual Dances. Skaters may not skate below their badge or test level.
 - o Skaters in other events may skate **at the highest test level passed OR one level higher BUT** not both levels in the same event during the same competition and **may have passed Pre-Preliminary Moves in the Field.**

NOTES:

- + If a skater competes in a non-qualifying competition in a "Beginner" or "NO Test" category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.
- + Age and badge (test) level as of February 21, 2010.
- + Levels 1 through 8 will be skated on 1/5 ice, compulsory programs will be skated on 1/3 ice. Free skate programs will be skated on full ice.

INFORMATION: **BASICS:** A private professional is not necessary. See dance clarification** at bottom of Element Requirements page. To encourage competitive skating and to assure a feeling of accomplishment among skaters, a maximum of three skaters will be assigned to each flight. Medals will be awarded to first, second, and third place.

BEGINNER FREESKATE: Open to all skaters who have **not** passed any official **freeskate** tests higher than Skate With US Basic Skills badge levels. Medals will be awarded to first, second, and third place only.

Free Skating events will be skated on full ice. Skaters will provide their own music marked with name and event to be handed in at front desk during check in.

ENTRY FEES: **\$30.00 FIRST EVENT**
\$10.00 EACH ADDITIONAL EVENT

PLEASE MAKE CHECKS PAYABLE TO: WARWICK FIGURE SKATERS

RETURN DEADLINE: **APPLICATIONS MUST BE POST MARKED NO LATER THAN FEBRUARY 21, 2010. IF SPACE IS AVAILABLE, LATE ENTRIES WILL BE ACCEPTED AND MAY REQUIRE A \$10 LATE FEE. ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELLED.**

RETURN COMPLETED APPLICATIONS TO:

Rita Bapties
130 Gorham Avenue
Warwick, RI 02886

Questions may be directed to: Cheryl St.George (401) 467-5479 cst1335@aol.com
Rita Bapties (401) 739-1606 rlbapties@juno.com
Beth Flanders (401) 823-5436 baflanders@doctechinc.com

Visit our club Web Site for further information: www.warwickfs.org

Tentative Time Schedule: Basics Skills Events 9 - 11am, All Other Events 11am – 3pm
Directions to the Arena and flight information will be mailed to you by March 1, 2010

USFS Approval # BSC33079

WARWICK FIGURE SKATERS

24th ANNUAL BASIC SKILLS COMPETITION

SATURDAY, MARCH 6, 2010

NAME _____ M F _____ AGE _____ yrs _____ mos. (As of 2/21/10)
 (Please Print) (Circle One) DOB: _____

STREET _____ CITY _____ STATE _____ ZIP _____

PHONE _____ CLUB OR RINK _____

COACHES NAME _____ COACHES PHONE# _____

LAST BASIC BADGE LEVEL PASSED _____ (SPS 1 – 3, Basics 1 - 8 (or) Freeskate 1-6), DANCE (1-6) _____

Have you tested or skated in any of the following competitions? Please answer questions below.

NEICC Competition? Yes/No (Circle one) Any Open Competition? Yes/No (Circle one)

HIGHEST TEST LEVEL PASSED: MIF _____ FREESKATE _____ DANCE _____

BASIC SKILLS EVENTS

PLEASE CIRCLE EVENT (S) TO BE ENTERED:

<u>BASIC SKILLS EVENTS</u>	<u>COMPULSORIES</u>	<u>FREESKATE PROGRAMS</u>	<u>BASIC DANCE SOLO</u>
Snow Plow Sam (tots)	Freeskate 1	Basic 7	
	Freeskate 2	Basic 8	Dutch Waltz
Basic 1	Freeskate 3	Freeskate Program level 1	Canasta Tango
Basic 2	Freeskate 4	Freeskate Program level 2	Rhythm Blues
Basic 3	Freeskate 5	Freeskate Program level 3	
Basic 4	Freeskate 6	Freeskate Program level 4	
Basic 5	Spins B 1-8	Freeskate Program level 5	
Basic 6	Spins FS 1-6	Freeskate Program level 6	
Basic 7	Spins Pre-Pre		
Basic 8	Jumps B 1-8	<u>Test Track Programs – w/Music</u>	<u>Well-Balanced Programs</u>
	Jumps FS 1-5	Limited Beginner	<u>w/Music</u>
	Jumps Pre-Pre	Beginner	No Test
		Pre-Preliminary	Pre-Preliminary
		Preliminary	Preliminary

MAKE CHECKS PAYABLE TO “WFS” AND MAIL COMPLETED APPLICATION TO:

RITA BAPTIES
 130 GORHAM AVENUE
 WARWICK, RI 02886

First event \$30.00 _____
 add'l event \$10.00 _____
 add'l event \$10.00 _____
 add'l event \$10.00 _____
 Late Fee \$10.00 _____

TOTAL AMOUNT ENCLOSED \$ _____

APPLICATIONS MUST BE POST MARKED NO LATER THAN FEBRUARY 21, 2010

Warwick Figure Skaters assumes no responsibility for injuries sustained by any skater while on the ice, in the building or on the premises.

 Parent or Guardian (If Under 18)

 Date

For Office Use

Check # _____ Amt: _____ Date Rec'd: _____

BASIC SKILLS REQUIRED ELEMENTS

ELEMENTS EVENT- 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.

Snowplow Sam (tots)

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

Forward two-foot glide

Forward two-foot swizzles - 6-8 in a row

Forward snowplow stop

Backward wiggles - 6-8 in a row

Basic 2

Forward one foot glide – either foot

Forward alternating ½ swizzle pumps, in a straight line- across width of ice

Two-foot turn in place - forward to backward

Backward two-foot swizzles - 6-8 in a row

Moving snowplow stop

Basic 3

Forward stroking

Forward ½ swizzle pumps on circle, either clockwise or counter clockwise - 6-8 consecutive

Moving forward to backward two-foot turn - either direction

Backward one-foot glide - either foot

Two-foot spin

Basic 4

Forward outside edge on a circle- clockwise or counter clockwise

Forward crossovers - 6-8 consecutive – both directions

Forward outside 3-turn - R and L

Backward stroking

Backward snowplow stop - R or L

Basic 5

Backward outside edge on a circle- clockwise or counter clockwise

Backward crossovers - 6-8 consecutive- both directions

One-foot spin - minimum of 3 revolutions

Hockey Stop

Side Toe hop - either direction

Basic 6

Forward inside 3-turn - R and L from standstill

Bunny Hop

Forward spiral on a straight line - R or L

Lunge - R or L

T-stop - R or L

Basic 7

Forward inside open Mohawk - R to L and L to R

Ballet jump - either direction

Backward crossovers to a back outside edge landing position, clockwise and counter clockwise

Forward inside pivot

Basic 8

Moving forward outside or forward inside 3-turns - R and L

Waltz Jump

Mazurka - either direction

Combination move - clockwise or counter clockwise (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge)

Beginning one foot upright spin, optional free foot position

Freeskate Compulsory Programs

Required elements skated in optional order in a program form using a limited number of connecting steps. Elements may be added from previous levels (where applicable). Program will be skated on 1/3 ice- NO MUSIC- TIME 1:15 min. or LESS. Deductions will be made if elements from a higher level are skated.

NO MUSIC – 1/3 ICE - 1:15 MINUTE

Freeskate level 1 Compulsory

Advanced forward stroking –4-6 consecutive strokes

Basic forward outside edges and forward inside consecutive edges - 2-4

outside and 2-4 inside edges

Scratch spin from backward crossovers

Waltz jump from backward crossovers

Half flip jump

Freeskate level 2 Compulsory

Forward outside spiral - R or L, and a forward inside spiral - R or L

Waltz Three's R or L

Beginning back spin- optional entry

Waltz jump, side toe hop, waltz jump series

Toe loop jump

Freeskate level 3 Compulsory

Forward crossovers in a figure 8

Advanced forward outside swing rolls 4-6 consecutive

Back spin

Salchow jump

Waltz jump/toe loop or Salchow/toe loop

Freeskate level 4 Compulsory

Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise

Forward power 3's , 2-3 consecutive sets - R or L

Sit spin

Loop jump

Waltz Jump/loop jump

Freeskate level 5 Compulsory

Spiral sequence: forward outside spiral, forward outside 3-turn, one backward crossover, backward inside spiral

Camel spin

Forward upright spin to back upright spin

Loop/loop jump

Flip jump

Freeskate level 6 Compulsory

Five step Mohawk sequence – 1 set alternating pattern

Camel, sit spin combination – minimum of 4 revolutions total

Split jump or stag jump

Waltz jump, ½ loop, salchow combination

Lutz jump

Basic Dance**

Dutch Waltz

Canasta Tango

Rhythm Blues

****Skaters may not have passed any of the preliminary dances.**

Skaters may skate all three dances.

COMPULSORIES: SPINS & JUMPS

Compulsory Spins – Required spins minimum 3 revolutions skated in optional order in a program form using limited number of connecting steps. NO JUMPS allowed. NO MUSIC, skated on 1/3 ice. Program length 1 minute.

SPINS – Badge 1-8

2-Foot Spin
Forward upright to beginning back scratch spin
Beginning back spin
One foot upright spin. Optional entry and free foot position.

SPINS – Freeskate Badge 1-6

Scratch Spin
Sit Spin
Back Spin
2-Foot Spin
Forward upright spin to back scratch spin. 3 revolutions each foot

SPINS – Pre-Preliminary (No Test Level)

Scratch Spin
Sit Spin
Back Spin
2-Foot Spin
Forward upright spin to back scratch spin. 3 revolutions each foot

Compulsory Jumps – Required jumps skated in optional order in program form using limited number of connecting steps. NO SPINS allowed. NO MUSIC. Skated on 1/2 ice. Program length 1 minute.

JUMPS – Badge 1-8

2-Foot hop
Side toe hop
Mazurka
Bunny hop
Waltz jump-from standing position

JUMPS – Freeskate Badge 1-6

Waltz jump – optional entry
Ballet Jump
Toe Loop
Half flip
Salchow
Waltz jump, side toe hop, waltz jump combination

JUMPS – Pre-Preliminary

Waltz jump – optional entry
Ballet Jump
Toe Loop
Half flip
Salchow
Waltz jump, side toe hop, waltz jump combination

MUSIC PROGRAM EVENTS

BASIC PROGRAMS WITH MUSIC

The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. **Vocal music is allowed.**
May use elements from a previous level. Deductions will be made for each element from a higher level that are skated. Time is 1:00+/- 10 sec., to be skated on full ice

BASIC 7

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 counterclockwise
Forward inside pivot

BASIC 8

Moving forward outside or forward inside 3 turns R and L
Waltz Jump
Mazurka – either direction
Combination move – clockwise or counterclockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge)
Beginning one-foot upright spin, optional free foot position

FREESKATE PROGRAM (FOR FREESTYLE 1 – 6 SKATERS) FULL ICE -- WITH MUSIC: Program duration 1:30 +/- 10 seconds skated on full ice. Deductions will be made if elements from higher levels are performed. **Vocal music is allowed.**

PROGRAMS MUST CONTAIN THE FOLLOWING REQUIRED ELEMENTS:

FREESKATE PROGRAM LEVEL 1

1. Advance forward stroking (4-6 consecutive strokes)
2. Scratch spin from backward crossovers
3. Waltz jump from backward crossovers
4. Half flip jump

FREESKATE PROGRAM LEVEL 4

1. Forward power 3's, 2-3 consecutive sets, R or L
2. Sit spin
3. Loop jump
4. Waltz jump/loop jump

FREESKATE PROGRAM LEVEL 2

1. Forward outside spiral – R or L
2. Beginning back spin
3. Waltz jump, side toe hop, waltz jump series
4. Toe loop jump

FREESKATE PROGRAM LEVEL 5

1. Camel spin
2. Forward upright spin to back upright spin
3. Loop/loop combination jump
4. Flip jump

FREESKATE PROGRAM LEVEL 3

1. Forward crossovers in a figure 8
2. Back spin
3. Salchow
4. Waltz jump/toe loop or Salchow/toe loop

FREESKATE PROGRAM LEVEL 6

1. Camel, sit spin combination – minimum of 4 revolutions total
2. Split or stag jump
3. Waltz jump, ½ loop, salchow combination
4. Lutz jump

TEST TRACK FREESKATE EVENTS

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner <i>Skills up to and including Free skate 2</i>	Solo spins in an upright position (min. 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: Up to 1:30 +/- 10
Beginner <i>Skills up to and including Free skate 3</i>	Solo spins in an upright position (min. 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: 1:30 +/- 10
Pre-Preliminary Test <i>Skills up to and including Free skate 6</i>	At least two solo spins of a different nature (min. 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. 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	Time :1:30 +/-10
Preliminary Test	At least two spins of a different nature, combination spins allowed (min. 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time :1:30 +/-10

WELL-BALANCED PROGRAM FREESKATE EVENTS

(U.S. Figure Skating rulebook requirements)

No Test Free skate	A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i>	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 +/-10
Pre-preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3711 for more information</i>	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +/-10
Preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one must be an axel or waltz jump type plus up to two different double jumps as individual jumps, jump sequences or jump combinations are allowed Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3701 for more information</i>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10