

# North Star Open

March 22-24, 2019

## Part of the Excel Competition Series

Hosted by

North Star Figure Skating Club

Sanctioned by U.S. Figure Skating

Pre-Juvenile through Senior Well Balanced Program and all Short Programs- IJS

No Test through Preliminary Well Balanced Program- 6.0

Excel Preliminary Plus, Pre-Juv Plus, Juvenile Plus, Intermediate through Senior- IJS

Excel Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile, and Juvenile- 6.0

Compete USA basic skills and free skate- 6.0

Team Event- 6.0

**IJS Judging System USING MINI SYSTEM**



Only online registration will be accepted- <http://comp.entryeeze.com/Home.aspx?cid=414>  
Skaters will be able to choose their own practice ice sessions online after the schedule is posted.

**DEADLINE FOR ENTRIES IS MIDNIGHT FEBRUARY 18, 2019**

**[www.northstarfsc.com](http://www.northstarfsc.com)**

NorthStar Ice Sports – Westborough, MA



# **The North Star Open**

## **March 22-24, 2019**

### **NorthStar Ice Sports – Westborough, MA**

The 2019 North Star Open will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-US citizens.

#### **TENTATIVE SCHEDULE:**

US levels Friday March 22 and Saturday March 23

Compete USA levels Sunday March 24

#### **SERIES INFORMATION:**

The 2019 North Star Open is part of the 2019 Excel Series. Skaters who compete in the Excel events may qualify for the National Festival in Coral Springs, Florida June 7-9, 2019. ANY SKATER wishing to participate in the Excel Series must register and pay the \$45 fee (separate from the North Star Competition Fee) at <https://fs12.formsite.com/USFSAIT/form2393/index.html?1539795549957> by February 18, 2019 (or earlier if a skater participates in an earlier competition). NO EXCEPTIONS

#### **Excel Preliminary Plus, Pre-Juvenile Plus, Juvenile Plus, Intermediate, Novice, Junior & Senior Skaters competing in the above events:**

- Skaters in the above levels will be judged by IJS
- The top six skaters by section for each event will earn an invitation to participate in the Excel Finalist Camp and Excel Series Final at the National Festival in Florida.

#### **Excel Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile & Juvenile Skaters competing in the above events:**

- Skaters in the above levels may be judged using IJS or 6.0 depending on the competition. North Star Open will be using 6.0 at the above levels.
- All skaters in the above list of events, who compete in at least one series competition will receive an automatic invitation to compete at the Excel Series Final at the National Festival.
- Will compete to earn special recognition at the National Festival in Florida and recognition in Skating Magazine based on their participation and placement within the series.

Skaters may skate at their test level or one level higher. The determination of level will be based upon test level when the skater submits their registration to be an Excel Series participant. If a skater plans to take a free skating test during the 2019 Excel Series season, they should start the season registered to compete one level above their highest US Figure Skating free skating test passed in order to remain eligible to compete within the Series after passing their next free skating event. For example, if a Pre-Preliminary skater plans to take their Preliminary test during the Series season, they should register for the series to compete in Excel Preliminary or Excel Preliminary Plus in order to remain eligible to compete in the Series after passing the Preliminary free skating test. Skaters may not change or move up levels in the 2019 Series once the registration deadline has passed. Skaters must be under 21 years old as of the registration deadline of July 1, 2018.

**Skaters do not have to be part of the excel series to compete in excel events in the North Star Open.**

**ELIGIBILITY:** This competition is a U.S. Figure Skating sanctioned, non-qualifying competition and will be conducted under the rules that apply to the 2018- 2019 competitive season. Skaters must be eligible persons registered as members of U.S. Figure Skating and may compete at their test level or one level higher as of February 18, 2019. Ages are as of February 18, 2019.

**TEST LEVEL:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

**AGE RESTRICTIONS/REQUIREMENTS:**

Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger  
Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older  
Intermediate must be under the age of 18

Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

**ENTRIES:** Only online entries will be accepted. Registration must be done on <http://comp.entryeeze.com/Home.aspx?cid=414>. Online entry must be completed by midnight Eastern Daylight time on February 18, 2019. Notification of competition and practice ice times will NOT be available by phone, mail, or email. Skater and Coach schedules will be available via the web at [www.Northstarfsc.com/competitions](http://www.Northstarfsc.com/competitions). Any late entry, if accepted by the competition committee, must be accompanied by a \$25 late fee. Anything submitted after midnight February 18, 2019 will be considered a late entry.

**FEES:**

	IJS Events	6.0 Events	Compete USA Events	Team Event
First Event:	\$125	\$95.00	\$65.00	\$50.00
Second Event:	\$95.00	N/A	\$25.00	N/A

**SINGLE ENTRY:**

At nonqualifying competitions, if only one eligible competitor/team enters an event, the competitor/team will be offered the option to skate an exhibition or, for pre-juvenile and lower singles events, compete in an equivalent event against skaters of the opposite gender. If said competitor chooses to skate an exhibition, judges will award their marks according to the rules and the applicable scoring system used, and the competitor/team will receive first place. If said competitor chooses to compete in an equivalent event against skaters of the opposite gender, the skater will be entered accordingly. If said competitor/team chooses not to skate, the entry fee will be refunded, and the event will be canceled. Competitors who are part of the Excel Series events must skate at the level entered and cannot be combined with another event.

**REFUND POLICY:** Entry fees will not be refunded unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Contested credit card charges will be issued a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available on <http://comp.entryeeze.com/Home.aspx?cid=414>

**FACILITIES:** The competition will be held at NorthStar Ice Sports, located at 15 Bridle Lane Westborough, MA 01581. Phone: (508) 366-1562. Two ice surfaces measure at 200'X85'. Our 3<sup>rd</sup> ice surface is 80' X 185'. All rinks have rounded corners.

**MUSIC:** Each CD must have only one music track on it. No CD\_RW discs will be accepted. It must be clearly marked with the skater's name, event, and time and must be turned in at time of registration. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the North Star Figure Skating Club cannot be responsible for CDs left at the end of the competition.

**LIABILITY:** U.S Figure Skating, North Star Figure Skating Club and North Star Ice Sports accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**JUDGING SYSTEM:**

The international Judging System (IJS) will be used for the following events:  
Pre-Juvenile through Senior Well Balanced Program  
All Short Programs  
Excel Preliminary Plus, Pre-Juvenile Plus, Juvenile Plus, Intermediate through Senior

The 6.0 Majority Judging System will be used for the following events:  
Well Balanced no test-preliminary  
Excel Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile and Juvenile  
Compete USA levels  
Team Events

**REGISTRATION:** The registration desk in the lobby will be open one hour before the first event of each day and will run through the last event of the day. Please register promptly upon arrival.

**LOCKER ROOM POLICY:**

Please click here to review the [Locker Rooms and Changing Area policy](#). More detailed information can be found in the [SafeSport Handbook](#).

**PRACTICE ICE:** Practice ice may be reserved online for \$20. It will be available for an additional fee at the rink if space allows. No music will be played on practice ice sessions.

**AWARDS:** The top four places of each group will receive medals. Awards will be presented off ice at the awards area.

**OFFICIAL NOTICES:** An official bulletin board will be maintained on the North Star Figure Skating Club website at <http://comp.entryeeze.com/Home.aspx?cid=414> It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 1 hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**TEST CREDIT:** Skaters must request and fill out the test credit form upon registration. Skaters that meet the requirements for test credit must return to the registration desk and pay the \$10 fee to finalize their request. Once the competition is over, no more requests will be accepted.

**SAFESPORT:** We follow all SafeSport policies and guidelines of USFS and USOC.

**CONTACT INFO:** If you have questions, please email Enid Coughlin at [ECoughlin@northstaricesports.com](mailto:ECoughlin@northstaricesports.com). Calls accepted 10:00am-2:00pm Monday-Thursday at 508-36-1562 x245.

**IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training\*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training\* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through [www.usfsaonline.org](http://www.usfsaonline.org) for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:

<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

## Events Offered:

- A. Well Balanced Free Skate Events No Test – Senior. See <http://www.usfsa.org/content/2018-19%20Singles%20FS%20Chart.pdf>
- **Please note the program length changes for intermediate and novice that go into effect February 2019.**
  - No test-Prelim will use the 6.0 judging system
  - Pre Juvenile- Senior will use the IJS judging system
- B. Short Programs Intermediate-Senior. See <http://www.usfsa.org/content/2018-19%20Singles%20SP%20Chart.pdf>
- All levels will use the IJS judging system
- C. Excel Beginner-Senior. See <http://www.usfigureskating.org/content/Excel%20Free%20Skate%20Requirements%20Final.pdf>
- **Please note the program length changes for intermediate and novice that go into effect February 2019.**
  - Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile, and Juvenile will use the 6.0 judging system
  - Preliminary Plus, Pre-Juvenile Plus, Juvenile Plus, Intermediate, Novice, Junior and Senior will use the IJS judging system.
  - If a skater wishes to be part of the USFS Excel Series and have a chance to compete at the National Festival in Coral Springs Florida June 7-9 the skater MUST register with USFS at <https://fs12.formsite.com/USFSAIT/form2393/index.html?1539795549957> and pay the \$45 fee prior to February 18, 2019.
- D. Compete USA Snowplow Sam, Basic 1-6, Pre-Free Skate and Free Skate 1-6 Programs. See below.
- E. Compete USA Snowplow Sam and Basic 1-6 Elements. See below.
- F. Team Maneuvers Basic 3-6, Pre-Free Skate, Free Skate 1-6, No Test/Beginner- Senior. See below.

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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.

- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>• T-stop, right or left</li> </ul>

### PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

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 steps and transitions should be demonstrated throughout the program.

- 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.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <i>NOT ALLOWED – Waltz jump/toe loop combination</i></li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin- maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Salchow/toe loop combination</i></li> </ul>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> <li>• <i>NOT ALLOWED – Waltz/loop combination</i></li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin – minimum 3 revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i></li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin – minimum 3 revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, Mohawks and toe steps</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump/ half-loop/Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>





## SNOWPLOW SAM – BASIC 6 ELEMENTS

1. Each skater will perform each element when directed by a judge/referee OR  
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on  
 To be skated on 1/3 to 1/2 ice

- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## TEAM MANEUVERS:

General event parameters: (for registration information see below)

1. Team maneuver events consist of teams of 3-5 athletes (any mix of male and female) from the levels listed below. Teams register as 1 entity and pay the \$50 fee. Max 2 elements per skater.
2. **Note:**
  - Teams must attempt all the listed elements in each category.:
  - If a competitor performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a Salchow jump and the competitor performs a double Salchow jump, no credit is given for this element.
3. An athlete may compete for only one team. Athletes may "skate up" to any level they desire, but they may not compete on a team at a lower level than the highest test they have passed.

Level		Jumps	Spins	Step or Moves in the Field Sequence
<b>TEAM LEVEL A</b> Junior & Senior  (no test restrictions)		a) Double jump – either double loop, double flip or double Lutz b) Combination Jump – consisting of two double jumps or a triple jump and a double jump	a) Flying Spin – Any entry and may include change of position (minimum 8 revs in position) b) Combination spin – with only 1 change of foot, at least 1 change of position, a minimum 6 revolutions per foot AND 2 revolutions in position	a) Choreographic Sequence –See Rule 4105 for description
<b>TEAM LEVEL B</b> Juvenile - Novice  Skaters may not have passed higher than novice free skate test)		a) Single or double loop b) Combination jump - consisting of a double jump and a single jump or two double jumps	a) Solo spin (sit, camel, layback or cross foot spin (min. 5 revs; flying entry NOT permitted) b) Combination spin with change of position and change of foot (min 6 revs)	a) Ina bauer or spread eagle
<b>TEAM LEVEL C</b> Preliminary-Pre-Juvenile  (May not have passed higher than pre-juvenile free skate test)		a) Single Axel jump b) Lutz jump- loop jump combination	a) Camel Spin (min 3 revs) b) Sit spin (min 3 revs)	a) Forward spiral variation

<p><b>TEAM LEVEL D</b> Pre-Preliminary and Below</p> <p>(May not have passed higher than pre-preliminary free skate test)</p>	<p>a) Single Salchow Jump b) Waltz jump-toe loop combination</p>	<p>a) Upright Spin on either foot- (min. 3 revs) b) Sit Spin (3 revs)</p>	<p>a) Forward spiral</p>
<p><b>TEAM LEVEL E</b> FS4-6</p>	<p>c) Flip d) Lutz</p>	<p>c) Camel Spin d) Camel/Sit Combination Spin</p>	<p>b) Right forward outside power three turns</p>
<p><b>TEAM LEVEL F</b> Pre-Free Skate-Free Skate 3</p>	<p>c) Waltz jump d) Toe loop</p>	<p>c) Upright spin from back crossovers d) Back Spin</p>	<p>b) Alternating Mohawk/crossover sequence</p>
<p><b>TEAM LEVEL G</b> Basic 3-6</p>	<p>c) Forward Crossovers- both directions d) Forward ½ swizzle pumps on a circle – both directions</p>	<p>c) Two foot spin d) Bunny hop</p>	<p>b) Forward lunge- either foot</p>

- a. For Team Maneuvers, you will need to register each team separately and pay for that team (all members together) in the online system. When you register the team, you will need to provide the following information:
- i. "Team Contact" – this will be the contact information for a primary person who will be responsible for the team
  - ii. "Team Name" – this will be the name of the team used on the skating orders and in the program
  - iii. Number of team members
  - iv. The team roster - for each of the team members, you will need the following information:
    1. Skater first and last name
    2. Skater date of birth
    3. Skater highest test passed for freeski and moves in the field
    4. Skater USFS/LTS USA number
    5. Email address of the skater if over 18 or the email address of the skater's legal guardian if under 18 so that they can accept the liability waiver for that skater