

North Star Figure Skating Club

Basic Skills Competition

Saturday, June 13, 2009

9:00 A. M. - 6:00 P. M.

This competition is open to ALL skaters who are current eligible (ER1.00) 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: Eligibility will be based on skill level as of May 13, 2009. Currently Members of a US Figure Skating Club and must be members in good standing. Skaters must compete at their highest level passed or **one** level higher but **not** both in the same competition. Skaters in Snowplow Sam through Basic 8 may **not** have passed any official USFS Freestyle or MITF tests. Skaters in Freeskate 1 and higher events may skate at highest level passed or **one** level higher but **not** both in the same competition and may have passed any MITF test. For "Beyond the Basics" events the US Figure Skating rulebook #1032 applies. If a participant has skated in the Beginner or No Test category at a non-qualifying event then they must skate at that level or higher in approved Basic Skills Competitions. Applications will be handled on a first come first serve basis. We reserve the right to eliminate events due to ice availability.

Deadline: **Must be postmarked by May 13, 2009 (\$15.00 late fee if applicable)**

Fees: Entry fee must accompany the application form.
\$35.00 for the first event, and \$20.00 for each additional event. Separate checks for each event. Refunds are given **ONLY** if the event is canceled.
Applications may be returned if limit is reached prior to deadline date.
\$25.00 fee for any returned check.

Music: The skater should provide music for all free skate programs. Music must be on a CD with the name of the skater clearly marked and turned in at the time of registration **AT LEAST ONE (1) HOUR PRIOR TO SCHEDULED EVENT(S)**.

Awards: Medals will be awarded to 1st, 2nd, 3rd & 4th place Basic Skills Skaters with no more than 4 skaters in each group. Beyond the Basics will be broken into groups of not more than 8 skaters. Medals will be awarded to 1st, 2nd & 3rd place. Males and females will compete in the same groups. (if necessary)

Schedules: Time schedules will be posted on our website-northstarfsc.com-approximately one week prior to competition. No information on times or flights will be available before that time.

Location: North Star Youth Forum, 15 Bridle Lane, Westborough, MA 01581
Directions available on our website.

Information: North Star Figure Skating Club (508) 366-1562 X 221
e-mail: northstarskater@aol.com or Karen at gozcats@aol.com
website: northstarfsc.com

Mail to: North Star Figure Skating Club
c/o Linda Panarelli
P. O. Box 856
Northborough, MA 01532

Approved by US Figure Skating Basic Skills # BSC-31917

US Figure Skating Basic Skills

Elements Event -Basic Skills Curriculum

- To be skated on 1/3 to 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

Snowplow Sam - TOTS:

1. March followed by a two foot glide and dip
2. Forward two foot swizzles 2-3-in a row
3. Forward snowplow stop
4. Backward wiggles 2-6 in a row

Basic 1

1. Forward two foot glide
2. Forward two foot swizzles - 6 -8 in a row
3. Forward snowplow stop
4. Backward wiggles 6-8 in a row

Basic 2

1. Forward one foot glide - either foot
2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice
3. Two foot turn in place - forward to backward
4. Backward two foot swizzles - 6 - 8 in a row
5. Moving snowplow stop

Basic 3

1. Forward stroking
2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive
3. Moving forward to backward two foot turn - either direction
4. Backward one foot glide - either foot
5. Two foot spin

Basic 4

1. Forward outside edge on a circle clockwise or counter clockwise
2. Forward crossovers 6-8 consecutive both directions
3. Forward outside 3-turn - R and L
4. Backward stroking
5. Backward snowplow stop - R or L

Basic 5:

1. Backward outside edge on a circle - clockwise or counterclockwise
2. Backward crossovers 6-8 consecutive - both directions
3. One foot spin - min of three revolutions
4. Hockey stop
5. Side Toe hop -either direction

Basic 6:

1. Forward inside 3-turn - R & L from a standstill
2. Bunny Hop
3. Forward spiral on a straight line R or L
4. Lunge - R or L
5. T-stop - R or L

Basic 7:

1. 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

Basic 8:

1. Moving forward outside or forward inside 3 turns R and L
2. Waltz jump
3. Mazurka - either direction
4. Combination move - clockwise or counter clockwise-two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a FI edge
5. Beginning one-foot upright spin, optional free foot position

Basic Programs (Snowplow Sam - Basic 1 - 8) - With Music

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

Snowplow Sam - TOTS:

1. March followed by a two foot glide and dip
2. Forward two foot swizzles 2-3-in a row
3. Forward snowplow stop
4. Backward wiggles 2-6 in a row

Basic 1

1. Forward two foot glide
2. Forward two foot swizzles - 6 -8 in a row
3. Forward snowplow stop
4. Backward wiggles 6-8 in a row

Basic 2

1. Forward one foot glide - either foot
2. Backward two foot swizzles - 6 - 8 in a row
3. Two foot turn in place - forward to backward
4. Moving snowplow stop
5. Forward alternating $\frac{1}{2}$ swizzle pumps, in a straight line -across width of ice

Basic 3

1. Forward stroking
2. Forward $\frac{1}{2}$ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive
6. Moving forward to backward two foot turn - either direction
7. Backward one foot glide - either foot
8. Two foot spin

Basic 4

1. Forward outside edge on a circle clockwise or counter clockwise
2. Forward crossovers 6-8 consecutive both directions
3. Forward outside 3-turn - R and L
4. Backward stroking
5. Backward snowplow stop - R or L

Basic 5:

1. Backward outside edge on a circle - clockwise or counterclockwise
2. Backward crossovers 6-8 consecutive - both directions
3. One foot spin - min of three revolutions
4. Hockey stop
5. Side Toe hop -either direction

Basic 6:

1. Forward inside 3-turn - R & L
2. T-stop - R or L
3. Bunny Hop
4. Forward arabesque spiral on a straight line R or L
5. Lunge - R or L

Basic 7:

1. 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

Basic 8:

1. Moving forward outside or forward inside 3 turns R and L
2. Waltz jump
3. Mazurka - either direction
4. Combination move - clockwise or counter clockwise (from Basic 8 curriculum)
5. Beginning one-foot upright spin, optional free foot position

Compulsory Programs Freeskate 1 - 6 - No Music

- The skater must demonstrate the required elements and may use any additional elements from previous levels (where applicable)
- The skating order of the required elements is optional
- To be skated on ½ ice - no music permitted
- In program form, using a limited number of connecting steps
- Time: 1:00 or less
- Deductions will be made if elements from a higher level are performed

Freeskate level 1 Compulsory

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. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

Freeskate level 2 Compulsory

1. Forward outside spiral - R or L. and a forward inside spiral - R or L
2. Waltz Three's - R or L
3. Beginning back spin - entry optional
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

Freeskate level 3 Compulsory

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls 4 - 6 consecutive
3. Back spin
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop

Freeskate level 4 Compulsory

1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets-R or L
3. Sit spin
4. Loop jump
5. Waltz jump/loop jump

Freeskate level 5 Compulsory

1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral
2. Camel spin
3. Forward upright spin to back upright spin
4. Loop/loop jump
5. Flip jump

Freeskate level 6 Compulsory

1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 6)
2. Camel, sit spin combination - minimum of 4 revolutions total
3. Split jump or stag jump
4. Waltz jump, ½ loop, Salchow combination
5. Lutz jump

Freestyle Program 1 - 6 - With Music (no vocal music allowed)

- Groups will be divided by age
- Program duration 1:30 +/- 10 sec.
- To be skated on full ice
- May use elements from a previous level
- Deductions will be made if elements from a higher level are performed
- Vocal music is not allowed

Programs must contain the following required elements:

Freestyle level 1

1. Advanced forward stroking (4-6 consecutive strokes)
2. Basic forward outside edges or forward inside consecutive edges - 2-4 outside or 2-4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

Freestyle level 2

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

Freestyle level 3

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls - 4-6 consecutive
3. Back spin
4. Salchow
5. Waltz jump/toe loop or Salchow/toe loop

Freestyle level 4

1. Spiral sequence: FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets-R or L
3. Sit spin
4. Loop jump
5. Waltz jump/loop jump

Freestyle level 5

1. Spiral Sequence: FO Spiral, forward outside 3 turn, one backward crossover, backward inside spiral
2. Camel spin
3. Forward upright spin to back upright spin
4. Loop/loop combination jump
5. Flip jump

Freestyle level 6

1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills curriculum Freestyle 6)
2. Camel, sit spin combination - minimum of 4 revolutions total
3. Split jump of stag jump
4. Waltz jump, ½ loop, salchow combination
5. Lutz jump

Beyond the Basics (with music)

Beginner thru Preliminary B

FREESKATE EVENTS	
<p>Beginner (No Test) Freeskate Program – May not have passed any official US Figure Skating Free Skate Tests. (Refer to Rulebook #3721) A well-balanced program consisting of single jumps (maximum of 5 jump elements). No axels or double jumps permitted. A maximum of two spins of a different nature and one step or spiral sequence utilizing ½ ice surface. No flying spins are permitted. Time: 1:30+/- 10 seconds</p>	
<p>Pre-Preliminary Freeskate A – Must have passed no higher than US Figure Skating Pre-Preliminary Freeskating test. (Refer to Rulebook #3711) A well balanced program consisting of all single revolution jumps (no axels or double jumps permitted) single combination jumps, single jump sequences. Maximum of two spins of a different nature (combination spins permitted). One step sequence or spiral sequence. No flying spins are permitted. Time: 1:30 +/- 10 seconds</p>	<p>Pre-Preliminary Freeskate B – Must have passed no higher than US Figure Skating Pre-Preliminary Freeskating test. (Refer to Rulebook #3711) A well balanced program consisting of all single revolution jumps (axel permitted, may be repeated once in combination) single combination jumps, single jump sequences, NO double jumps permitted. Maximum of two spins of a different nature (combination spins permitted). No flying spins permitted. Time: 1:30 +/- 10 seconds</p>
<p>Preliminary Freeskate A – Must have passed no higher than US Figure Skating Preliminary Freeskating test. (Refer to rulebook #3701) A well balanced program, may include all single jumps which may be repeated as individual jumps, jump sequences or jump combinations (no axels or double jumps permitted). Maximum of two spins of a different nature. One step sequence or spiral sequence. Combination and flying spins are permitted. Time: 1:30 +/- 10 seconds</p>	<p>Preliminary Freeskate B – Must have passed no higher than US Figure Skating Preliminary Freeskating test. (Refer to Rulebook #3701) A well balanced program, may include all single jumps, axels and two different double jumps which may be repeated as individual jumps, jump sequences or jump combinations. Maximum of two spins of a different nature. One step sequence or spiral sequence. Combination and flying spins are permitted. Time: 1:30 +/- 10 seconds</p>

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Basic Skills Competition
Saturday, June 13, 2009

Name _____ Tel.(____) _____

Address _____ City _____ State _____ Zip _____

Email address: _____
 (fill in if you would like to receive confirmation by email)

Birth date ____/____/____ M/ F _____ Age (as of 5/13/09) _____ yrs. _____ mos.

Highest BS Level Passed (as of 5/13/09) Basic _____ Freeskate _____

Highest US Level Passed (as of 5/13/09) Moves _____ Freestyle _____

Home Club _____ USFSA # _____

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

Coach's Signature: _____ Tel.(____) _____

Check Events Entered:

Basic 1-8 Elements (no music)	Basic Programs (with music)	Freeskate Compulsories (no music)	Freeskate Programs (with music)	Beyond the Basics (with music)
Snowplow _____	Snowplow _____	Freeskate 1 _____	Freeskate 1 _____	Beginner _____
Basic 1 _____	Basic 1 _____	Freeskate 2 _____	Freeskate 2 _____	Pre-Pre A _____
Basic 2 _____	Basic 2 _____	Freeskate 3 _____	Freeskate 3 _____	Pre-Pre B _____
Basic 3 _____	Basic 3 _____	Freeskate 4 _____	Freeskate 4 _____	Preliminary A _____
Basic 4 _____	Basic 4 _____	Freeskate 5 _____	Freeskate 5 _____	Preliminary B _____
Basic 5 _____	Basic 5 _____	Freeskate 6 _____	Freeskate 6 _____	
Basic 6 _____	Basic 6 _____			
Basic 7 _____	Basic 7 _____			
Basic 8 _____	Basic 8 _____			

Entry Fees: \$35.00 - first event \$20.00 - each additional event Total Enclosed \$ _____

Make Checks Payable to: North Star Figure Skating Club

This application may be copied. Please complete one application for each skater.

PLEASE NOTE: All applications received after the deadline date **May 13, 2009** will be accepted at the discretion of the competition chairman and subject to a \$15.00 late fee.

Address all entries to: North Star Figure Skating Club, c/o Linda Panarelli, P. O. Box 856, Northborough, MA 01532

It is fully understood and agreed that the North Star Figure Skating Club assumes no responsibility or liability for injuries or loss of property which might occur during this Club sponsored event. In acceptance of this application, the undersigned hereby waives any claim or course of action, which might accrue to him or her against the Club by reason of injuries, loss, or damage of property arising from this event. The undersigned assumes all risk of personal injury and / or loss of property. I have read and accept this statement.

Competitor's Signature (parent or guardian, if minor) _____

The above named member is in good standing of the above named club for 2008-2009 season and is eligible to compete at the above-entered levels.

Signature of Club Officer or Test Chairperson: _____ Date: _____