

USFS Basic Skills Events



USFS Basic Skills Event Information

ELIGIBILITY:

The USFS Basic Skills events in this competition are open to all skaters who are current eligible (ER 1.0) members of either the Basic Skills Program and / or are current 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.

USFS event eligibility will be based on skill level as of October 9th, 2011 (the closing day for entries.) All SNOWPLOW SAM and BASIC SKILLS levels BASIC 1 – BASIC 8 must skate at the highest level passed, and NO official US Figure Skating tests may have been passed including MIF (Moves in the Field) or Individual Dances. Skaters in other USFS events may skate at the highest Free Skate level passed OR one level higher BUT not both levels in the same event during the same competition.

USFS membership and eligibility will be verified. If, for whatever reason, the Competition Organizing Committee discovers that a skater has been placed in an incorrect level, the Chair and Referee will have the option to move the skater into the proper level, 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.

JUDGING: The USFS events will be judged according to the rules and regulations set forth in the U.S. Figure Skating Basic Skills Competition Manual.

RULES: The USFS events in this competition will be conducted in accordance with the 2011-2012 US Figure Skating Basic Skills Competition Manual and the 2011-2012 US Figure Skating Rules and Standards.

U.S. Figure Skating / ISI- Basic Skills Conversion Chart

<i>Basic Skills Event</i>	<i>ISI program & have passed</i>	<i>Basic Skills Event</i>	<i>ISI program & have passed</i>
Snowplow	Tot	Basic 8	Delta-Freestyle 1
Basic 1	Pre-alpha (age 7 & older)	Free Skate 1	Delta-Freestyle 2
Basic 2	Advanced Pre-Alpha	Free Skate 2	Freestyle 1-3
Basic 3	Advanced Pre-Alpha	Free Skate 3	Freestyle 2-3
Basic 4	Alpha Gamma	Free Skate 4	Freestyle 4
Basic 6	Delta (except spiral)	Free Skate 5	Freestyle 4-5
Basic 7	Gamma (except scratch spin & ballet jump)	Free Skate 6	Freestyle 5-6

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** will perform each element when directed by a judge or referee.

- **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 - Tots:</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. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 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. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<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. Moving snowplow stop 4. Two foot turn in place - forward to backward 5. Backward two foot swizzles 6 - 8 in a row 	<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. 1 Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge 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 	

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

<p>Snowplow Sam:</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>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward crossovers 4-6 consecutive in 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>Basic 1</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>Basic 6:</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>Basic 2</p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place- forward to backward 3. Backward two foot swizzles 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot 5. Moving snowplow stop 	<p>Basic 7:</p> <ol style="list-style-type: none"> 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
<p>Basic 3</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>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns R & L 2. Waltz jump 3. Mazurka in either direction 4. 1 Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step down, cross 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>Basic 4</p> <ol style="list-style-type: none"> 1. Forward crossovers 4-6 consecutive both directions 2. Standstill forward outside three- turn - R & L 3. Backward stroking - 4-6 strokes 4. Backward snowplow stop - R or L 	

BASIC SKILLS COMPULSORY EVENT: FREE SKATE 1-6

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

BASIC SKILLS PROGRAM: FREE SKATE 1-6

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.**
- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

<p>Free skate 1</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>Free skate 4</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>Free skate 2</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>Free skate 5</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>Free skate 3</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>Free skate 6</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

COMPULSORY MOVES

Elements in Compulsory Moves (as listed below) are to be skated in any order in program format, without music, incorporating all required moves in any order with minimal connecting steps (no ½ jumps). This event will be judged on the overall performance of each move. Skaters will receive one mark from each judge for technical merit. Men/Boys and Women/Girls may compete in the same event. **A .2 deduction will be taken for each element omitted, each element repeated and each additional or different element performed.**

Non Test	No FS Test	1:00 minute Max ½ ice	Loop Jump Forward Spiral Jump Combination: Waltz jump + Toe Loop Jump Scratch spin (minimum: 3 revolutions)
Pre-Preliminary	Pre-Preliminary FS Test	1:00 minute Max ½ ice	Jump combination: Any single jump with single toe loop (no axel) Forward Spiral Flip Jump Sit Spin-no change position (minimum 3 revolutions)
Preliminary	Preliminary FS Test	1:00 minute Max ½ ice	Lutz Jump Back scratch spin Jump combination: any single jump with single loop Camel / sit (no change of foot) spin (minimum 3 revolutions each position) One right and one left forward inside spiral

FREESKATING PROGRAM

Skaters must adhere to the US Figure Skating required elements for the long program as indicated below.

.4 deduction from technical mark for each non-allowed element performed in 6.0 events (*See below)

ANY SKATER MAY ENTER EVENTS AT ONE LEVEL HIGHER THAN THE EVENT FOR WHICH THEY QUALIFY BY TEST.

Refer to the current Official US Figure Skating Rulebook for well balanced program. Use competition year 2011/2012 requirements.

Duration (+ / - :10)

Non-Test	All single jumps permitted except axel. Jumps may be repeated alone or in combination. * No axel, multi-revolution jumps, jumped or flying spins allowed	1:30 minute
Pre-Preliminary	Pre-Preliminary FS Test (* No double jumps)	1:30 minutes
Preliminary	Preliminary FS Test	1:30 minutes

BASIC SKILLS INTERPRETIVE

The Chief Referee will pre-select and edit musical choices. During warm-up skaters will hear the selection of music twice. Following the warm-up all skaters except the first skater will be escorted to a soundproof locker room or hall. 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.

Each level may skate to different music. There can be no communication between the skater, their coach or anyone in the audience. Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression. Men/Boys and Women/Girls may compete in the same event. Spins and jumps performed must be appropriate to the competition level.

When possible levels will be divided by age and level

Interpretive level	Program Duration
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Snowplow Sam thru Basic 8	1:00 minute
Freeskate 1 thru 8	1:15 minute
Non-Test thru Preliminary	1:30 minute

SHOWCASE

Showcase for all skaters may be in the category of light entertainment or dramatic. Vocal music, character costumes and props are allowed. Emphasis should be on the enthusiasm, choreography, general showmanship, creativity and artistic interpretation of the music. Men/Boys and Women/Girls may compete in the same event. Each Judge will award one mark for each skater.

Props, if used, are limited to those which can be hand-carried or pushed onto or off of the ice by the skater in one 30 second trip. Skaters can have assistance at the ice door as they move from the door to their starting position – and from the ending position back to the ice door in 1 trip within 30 seconds. No liquids or substances that damage the ice allowed. **.4 deduction each time a non-allowed element is performed (no axel permitted in Non Test or below).**

Snowplow Sam – Basic 8	No FS Test	1:00 minutes
Freeskate 1 – Freeskate 6	No FS Test	1:30 minutes
Non-Test	No FS Test (*no axel permitted)	1:30 minutes
Pre-Preliminary	Pre-Preliminary FS Test	1:30 minutes
Preliminary	Preliminary FS Test	1:30 minutes

JUMP EVENT

The required jumps may be skated in any order. Events at all levels will skate on ½ ice. Skaters will be given two opportunities to perform each jump and will be judged on the best one. Each level will compete as follows: the first skater will take the ice and attempt the first jump twice, pause and then attempt the second jump twice. This will be repeated until all the required jumps have been attempted and the next skater will then take the ice. Each judge will award one mark to each skater for all jumps completed overall.

Remember, to be eligible for the Jump Award, you must be signed up for at least 3 skating events.

Snowplow Sam – Basic 8	No FS Test	2 Foot Jump or Ballet Jump
Freestyle 1 – Freestyle 3	No FS Test	Waltz Jump; and Toe Loop or Salchow
Freestyle 4 – Freestyle 6	No FS Test	Loop Jump; and Flip or Lutz
Non Test	No FS Test	Flip; and combination of any two single jumps (no axels).
Pre-Preliminary	Pre-Preliminary FS Test	Lutz; and combination of any two single jumps (axel permitted).
Preliminary	Preliminary FS Test	Axel; and combination of any two single jumps.

SPIN EVENT

Events in all levels will skate on ½ ice. Spins to be skated in program format, no music. The required spins may be skated in any order. There should be minimal connecting steps, which will not be judged. Only the required spins in each level, as described below, may be performed. Emphasis is on the overall performance of each spin (number of revolutions, position, centering, and degree of difficulty.) Skaters may do any variation of the basic position listed. Skaters will receive one mark from each judge for technical merit. Men/Boys & Women/Girls may compete in the same event. **.4 deductions for each non-allowed (additional) spin performed.**

Remember, to be eligible for the Spin Award, you must be signed up for at least 3 skating events.

Snowplow Sam – Basic 8	No FS Test	Two foot spin performed twice
Freestyle 1 – Freestyle 3	No FS Test	Two foot spin; one foot spin
Freestyle 4 – Freestyle 6	No FS Test	Two foot spin; one foot spin; sit spin
Non Test	No FS Test	One foot scratch spin; forward sit spin; one foot upright back spin.
Pre-Preliminary	Pre-Preliminary FS Test	One foot upright back spin; forward sit spin; forward camel spin
Preliminary	Preliminary FS Test	Forward scratch to a back scratch spin; forward sit spin, forward camel spin.