

# **North Star Figure Skating Club**

## **Compete USA Competition**

### **Sunday, March 25, 2018**

### **15 Bridle Lane, Westborough, MA 01581**

#### **ELIGIBILITY RULES FOR PARTICIPANTS**

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and/or those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club. There will be no more than six competitors maximum in an event and all six should receive an award.

#### **Eligibility and Test Requirements:**

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the Pre-Free Skate, 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. Skaters may not compete at more than one level in the same type event at 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 his/her 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. It is an ethical violation for coaches to sandbag an event.

**ENTRIES AND FEES** -All entries must be submitted no later than February 18, 2018. Late entries will be accepted with additional fee only if the limit has not been reached, at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is \$65 and each additional event is \$25. NO refunds after closing date unless event is canceled by North Star Figure Skating Club. All skaters must register at <http://comp.entryeeze.com/Home.aspx?cid=414>

**AWARDS** – Everyone will receive an award. All events will be final rounds. ALL awards will be given at appropriate times throughout the competition.

**SCHEDULE OF EVENTS** - Will be posted on the website no later than a week prior to the competition.

**PRACTICE ICE** – Practice ice will be available for purchase at <http://comp.entryeeze.com/Home.aspx?cid=414> Practice ice schedule will be available after the competition schedule is released.

**MUSIC** - The music for all free skating programs must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds.

#### **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 cancelled.

# EVENTS OFFERED:



## SNOWPLOW SAM – BASIC 6 ELEMENTS

Referee will direct all skaters to perform the first element before moving on to the next and so on...

- To be skated on 1/3 to 1/2 ice.
- No music.
- **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, 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 counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, maximum 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</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, both directions</li> <li>• Advanced two-foot spin, maximum 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</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>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## 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.
- 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.

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, 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 counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, maximum 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</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, both directions</li> <li>• Advanced two-foot spin, maximum 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</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>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

### PRE-FREE SKATE – FREE SKATE 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>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</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, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</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 three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</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 three 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>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>

**SPECIALTY EVENTS:**

- A. Upright Spin Competition- Skaters enter the spin on the buzzer and can change feet as many times possible. Skater is eliminated when they fall or stop spinning. \$10 per skater
- B. Spiral Competition- Skaters skate fast around the rink and lift one foot to a spiral position on the buzzer. Skater is eliminated when they fall, put their foot down, or free foot falls below hip level. \$10 per skater

**TEAM MANEUVERS:**

General event parameters: (for registration information please 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. Elements must be split as evenly as possible between skaters.
- 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 must compete at the level listed for their free skate level.

Level	Jumps	Spins	Step or Moves in the Field Sequence
<b>TEAM LEVEL A</b> FS4-6	a) Flip b) Lutz	a) Camel Spin b) Camel/Sit Combination Spin	a) Right forward outside power three turns
<b>TEAM LEVEL B</b> Pre-Free Skate-Free Skate 3	a) Waltz jump b) Toe loop	a) Upright spin from back crossovers b) Back Spin	a) Alternating Mohawk/crossov er sequence
Level	Crossovers/pumping	Jumps/Spins	Other elements
<b>TEAM LEVEL C</b> Basic 3-6	a) Forward Crossovers- both directions b) Forward ½ swizzle pumps on a circle – both directions	a) Two foot spin b) Bunny hop	a) Forward lunge- either foot

- 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 freeskate 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