



Northeast Ice Skating Club at Valley Rinks

(Formerly The Skating Club of Andover)

Haverhill Valley Forum Arena – 7 Parkridge Road ~ Haverhill, MA 01835

BASIC SKILLS SKATE WITH U.S. COMPETITION

Including Beginner thru Preliminary Freeskate Events

Sunday March 18, 2012 – 10:00 am – 5:00pm

US Figure Skating Approved #BSC - 37582

The 7th Annual Basic Skills Skate with U.S. Competition, sponsored by Northeast Ice Skating Club at Valley Rinks (formerly The Skating Club of Andover), will be held at the Haverhill Valley Forum Arena located in the Ward Hill Industrial Park in Haverhill, MA on March 18, 2012. The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

Eligibility: The competition is open to all skaters who are current eligible (ER 1.00) 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 and 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. All Snowplow Sam and Basic Skills skaters through Basic 8 must skate at highest level passed or one level higher and no official U.S. Figure skating tests may have been passed including MIF or individual dances

Skaters in other events may skate at highest level passed or one level higher but not both levels in the same event during the same competition and may have passed any Moves in the Field for all FS 1 thru Preliminary events. The U.S. Figure skating rulebook #1032 applies for all events from Beginner through Preliminary. See the individual event descriptions for information on maximum permitted test levels for each event.

Entries and Fees: *All entries must be postmarked no later than Monday, February, 13, 2012* and are limited to the first 200 applicants received. Late entries will be accepted at the discretion of the organizers and only if the limit has not been reached and the application is accompanied by an additional \$20.00 late entry fee. Entry fees are per person, U.S. Dollars. The first event is \$45.00 and each additional event is \$20.00. No refunds after closing date unless the event is cancelled by Northeast ISC or for a documented medical reason. Entry forms must be filled out completely and returned with fee and made payable to Northeast ISC. There will be a \$25.00 fee for returned checks.

Groups: Skaters will be broken into groups of approximately four to six skaters by birth date. Males and females may be placed in the same group.

Awards: Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second and third place finishers. Ribbons will be awarded to fourth, fifth and sixth place finishers. Awards will be presented at appropriate times throughout the competition.

Schedule of Events: The schedule of events will be posted on the Northeast ISC website (www.northeastisc.com) no later than four days prior to the competition. Confirmations will NOT be mailed; all competitors are expected to check the website for their skating times.

Music: The music for all free skating programs must be provided on compact disc (standard compact disc format only). Music must be clearly marked with the name of the skater, event entered and length of music. Each disc must have only one track on it. Competition music is to be turned in at the time of registration. Time duration listed is always + or – 10 seconds. It is strongly recommended that the skater or coach bring more than one copy of music.

Questions Contact: Jennifer Licciardi ~ E-mail: jennifer.licciardi@verizon.net OR stacymaddie@verizon.net

Events: Events being offered at the competition: Basic Elements from the Basic Skills Curriculum, Basic and Freeskate Programs (skated with music), Compulsory Freeskate & Beginner thru Preliminary Freestyle Events.

Directions: Take Rt. 495 to Exit 48 (Rt. 125 Bradford / Ward Hill). At first set of lights go Left into Ward Hill Industrial Park. At stop sign go Right onto Rogers Rd. At next Stop sign, go Left on Avco Rd. Take a right onto Parkridge Road, Haverhill Valley Forum Arena is 100 yards on Right.

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- 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:</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 PROGRAM EVENT: 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.

- To be skated on full ice
- Vocal music is allowed
- 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><u>Snowplow Sam:</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. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p><u>Basic 5:</u></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><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. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<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 arabesque 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. 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><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 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><u>Basic 4</u></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 	

FREE SKATE -ELEMENTS EVENT

Format: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- 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
- No music is allowed
- The skater must demonstrate the required elements
- A .2 deduction will be taken for each element performed from a higher level

Free skate 1	Free skate 4
<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 	<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
Free skate 2	Free skate 5
<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 	<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
Free skate 3	Free skate 6
<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 	<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

FREE SKATE 1-6 MUSIC EVENT

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.
- 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

Free skate 1	Free skate 4
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	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
Free skate 2	Free skate 5
1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop	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
Free skate 3	Free skate 6
1. Forward crossovers in a figure 8 2. Back spin-minimum three revolutions 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop	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

Test Track Program Event

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same non-qualifying competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events.

Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

- 0.1 from EACH mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Limited Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> Two upright spins, no change of foot, no flying entry (Min 3 revolutions)	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
Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two upright spins, change of foot optional, no flying entry (Min 3 revolutions)	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
Pre-Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two spins of a different nature, one position only, no change of foot, no flying entry. (Min 3 revolutions)	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
Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot, no flying entry (Min 3 revs) and One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on each foot).	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

Well-balanced Program Requirements (U.S. Figure Skating rulebook requirements)

LEVEL	Jump Elements	Spins	Steps	Qualifications
No Test Times Vary 1:00-1:30 +/-10 Refer to announcement	Max 5 Single Jumps (no Axel) Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited.	Max 2 Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.	Max 1 Straight line, circular or serpentine Must use one half the ice surface	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.
Pre-preliminary Time: 1:30 +/- 10	Max 5 Single Jumps (Axel permitted) Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited. Axel may be repeated as individual jump, combo, or sequence. Max 2 Axels.	Max 2 Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.	Max 1 Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.
Preliminary Time: 1:30 +/- 10	Max 5 1 Axel or Waltz jump type jump Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited. Only 2 different double jumps may be attempted (double Salchow, toe or loop only) Axel and no more than 2 different double jumps may be repeated as individual jumps, combos, or in sequences. Max of 2 Axels or any double jump.	Max 2 Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.	Max 1 Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.

Northeast Ice Skating Club at Valley Rinks Entry Form

(formerly The Skating Club of Andover)

Haverhill Valley Forum Arena ~ 7 Parkridge Road ~ Haverhill, MA 01835

Basic Skills Skate With U.S. Competition ~ Sunday, March 18, 2012

- PLEASE PRINT CLEARLY-

Last Name _____ First Name _____ Circle: M F

Address _____ City _____

State _____ Zip _____ E-mail Address _____

Phone Number _____ Birth Date _____ Program Affiliation _____

US Figure Skating Membership Number _____ Highest Basic Skills level passed _____

Highest US Figure Skating tests passed MIF _____ Free Skate _____ Dance _____

Instructor's Name _____ Phone Number and Email _____
(required) (required)

PLEASE CHECK THE EVENT(S) YOU ARE ENTERING:

Please check the event(s) you are entering:

Basic Elements:

_____ Snowplow Sam
_____ Basic 1 _____ Basic 5
_____ Basic 2 _____ Basic 6
_____ Basic 3 _____ Basic 7
_____ Basic 4 _____ Basic 8

Basic Free Skate Program:

_____ Snowplow Sam
_____ Basic 1 _____ Basic 5
_____ Basic 2 _____ Basic 6
_____ Basic 3 _____ Basic 7
_____ Basic 4 _____ Basic 8

Free Skate Elements:

_____ Free Skate 1
_____ Free Skate 2
_____ Free Skate 3
_____ Free Skate 4
_____ Free Skate 5
_____ Free Skate 6

Free Skate Program Event:

_____ Free Skate 1
_____ Free Skate 2
_____ Free Skate 3
_____ Free Skate 4
_____ Free Skate 5
_____ Free Skate 6

Test Track Free Skate Program:

_____ Limited Beginner
_____ Beginner
_____ Pre-preliminary test
_____ Preliminary Test

Well Balanced Free Skate Program:

_____ No Test Free skate
_____ Pre-preliminary Free skate
_____ Preliminary Free skate

ENTRY FEE IS \$45.00 FOR THE FIRST EVENT AND \$20.00 FOR EACH ADDITIONAL EVENT.

First Event \$45.00 \$ _____
Additional Events @ \$20.00 \$ _____
Late fee \$20.00 (postmark after 2/13) \$ _____
Total: \$ _____

Entry fees are NOT refundable after the entry deadline unless an event is cancelled or with documented medical reason.

The completed entry form, with fees, must be postmarked by February 13, 2012. Add \$20 late fee after this date.

Make check payable to Northeast ISC & mail to: Northeast ISC at Valley Rinks

Attn: Jennifer Licciardi – 37 14th Avenue ~ Haverhill, MA 01830

For additional information please e-mail Jenn, jennifer.licciardi@verizon.net OR stacymaddie@verizon.net

Certification of Competitor: The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds Northeast Ice Skating Club and Valley Associates harmless from any and all liability, either during practice or the competition and from any and all liability for damages to or loss of property.

Competitor's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Program Director/Club Officer: _____ Date: _____

Instructor Signature: _____ Date: _____

CHECK EVENT SKATER IS COMPETING IN Before Signing