

*6th Annual*

# **USFS South Florida Basic Skills Series**

*Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC*



**Hosted by:**  
***Kendall Ice Arena, Glacier Ice & Snow Arena,  
SkateZone and City of Palms FSC***

Approved by USFS Basic Skills Committee

**Events to take place at:**

**Kendall Ice Arena**

**Date: March 15, 2009**

10355 Hammocks Blvd

Miami, FL 33196

305-386-8288 (F) 305-386-6112

Competition Director: Kent Johnson

Competition Application Deadline: February 16, 2009

**Glacier Ice and Snow Arena**

**Date: May 3, 2009**

4601 North Federal Hwy.

Lighthouse Point, FL 33064

954-943-1437 (f) 954-781-1966

Competition Director: Lisa Smith

Competition Application Deadline: April 3, 2009

**SkateZone**

**Date: June 7, 2009**

8125 Lake Worth Road

Lake Worth FL 33467

561-963-5900 ext. 307 (F) 561-963-5970

Competition Directors: Jason Kane/Jennifer Kane

Competition Application Deadline: May 7, 2009

**City of Palms FSC / Ft Myers Skatium**

**June 28, 2009**

2250 Broadway

Fort Myers, FL 33901 Arena 239-321-7510

Competition Director: Andrea Myer 239-980-0752

Competition Application Deadline: May 28, 2009

**Competition Website: [basicskillsflorida.com](http://basicskillsflorida.com)**

**MISSION STATEMENT:** To give Florida skaters a chance to develop their USFS Basic Skills in a fun competitive environment. During the competition season skaters will have the chance to compete at four different arenas and earn points for a final standing. \*Trophies will be awarded to all skaters who compete in at least 3 of the 4 scheduled competitions.\* See "Series" Point System Rules.

6th Annual

# **USFS South Florida Basic Skills Series**

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

## **COMPETITION ANNOUNCEMENT**

The **South Florida USFS Basic Skills Competition Series** is sponsored equally by and will be held at Kendall Ice Arena, Glacier Ice and Snow Arena, SkateZone, and City of Palms FSC/Fort Myers Skatium. Competition packages will be available on the official competition website ([basicskillsflorida.com](http://basicskillsflorida.com)) and at all four arenas before and during the run of the "Series". Competition information and Results will be posted at each rink and on the official competition website: [www.basicskillsflorida.com](http://www.basicskillsflorida.com).

## **ELIGIBILITY RULES FOR PARTICIPANTS**

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 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 will be based on skill level as of closing date of entries. All SNOWFLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or Individual Dances.

For the 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.

*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 their class level, the chair 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.*

**ENTRIES AND FEES** - All entries must be postmarked no later than one month before the competition date of each arena. The first event is \$55.00 and each additional event is \$25.00. Entry fees are per person, and must be paid in U.S. dollars. **Late entries will be accepted at the discretion of the competition director of the arena in question, and will be subject to an administrative fee of \$15.00.**

There will be NO REFUNDS after the closing date, unless an event is canceled by any of the 4 sponsors. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY** and returned with fees. Check / Money Order must be made payable to the corresponding arena. A \$20.00 fee will be charged for returned checks.

**AWARDS** – Medals will be awarded by the organizers of each competition to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners in each competition, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place will receive ribbons. **Any skater who competes in a minimum of two (2) events in at least three (3) of the four "Series" competitions will be eligible to win final placement trophy.** Please note that only the elements/compulsory and freeskate events count in the final points tabulation. (Please see the attached point system chart).

6th Annual

## USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

**SCHEDULE OF EVENTS** - Will be faxed or emailed to each participating arena (for posting) no later than one week prior to the start of each competition. Information regarding groups and skating times will be mailed to each participant who provides a self addressed envelope along with the entry form.

**PRACTICE ICE** - Practice ice will be available at each arena before the start of each competition. A schedule of Practice Ice will be posted along with the competition schedule. **Reservations with payment must be made through the arena hosting the competition.** Each practice session must be paid in full prior to taking the ice. A maximum of 20 skaters will be allowed on the ice during any one session.

**MUSIC** - Music for free skating programs and showcase must be provided on CD. CDs should be clearly marked with the following: skater's name, event entered, home club/arena name, and coach name. CDs should have only one track recorded and no mini CDs are allowed. CDs must be turned in at the time of registration. Time duration is always  $\pm$  10 seconds. We encourage you to have an additional copy of the music in case of emergency.

**PHOTOGRAPHER/VIDEOGRAPHER** – A photographer/videographer may be available at each rink during the competitions. If so, photographs/video will be taken of all individual participants and award ceremonies. Contact the arena hosting the competition for more information.

### OFFICIALS USFS Rule #1240

**USFS Rule #1241** For Basic Skills Competitions three judges, not related to the competitor, are required for each event. Judges may be:

- Any official USFSA or Skate Canada Judge.
- Any qualified eligible or ineligible person in skating who is a USFSA member and/or Basic Skills member appointed by the organization conducting the Basic Skills Competition.

**USFS Rule #1242** For Basic Skills Competitions, the member club or other organization sponsoring and conducting the competition shall approve all judges and officials. All persons serving as judges and officials shall be at least 16 years of age.

**HOTEL ACCOMODATIONS** – The following Hotels are near the participating facilities and may have agreed to offer the participants attending the competition a discounted rate. Reservations must be made by the participants by calling the hotel of choice.

#### For Kendall Ice Arena

Best Western - Kendall - Hotel and Suites  
8560 SW 124th Avenue  
Miami, Florida 33183  
(305)-271-4848  
For Reservations Call 1-800-WESTERN  
[www.bestwestern.com](http://www.bestwestern.com)

RAMADA Limited South Miami/Dadeland  
7600 N. Kendall Drive  
Miami, FL 33156  
(305)-595-6000  
Fax 305-279-6988

Comfort Suites  
3901 SW 117<sup>th</sup> Ave  
Miami, FL  
(305) 220-3901

Ameri Suites  
11520 SW 88<sup>th</sup> St  
Miami, FL  
(305) 279-8688

Miccosukee Resort  
500 SW 177 Ave  
Miami, FL  
(305) 222-4600

#### For Glacier Ice & Snow Arena

Comfort Suites  
1040 E. Newport Center Dr.  
Deerfield Beach, FL 33442  
(954)570-8887

Best Western  
1050 E. Newport Center Dr.  
Deerfield Beach, FL 33442  
(954)570-8888

#### For SkateZone

Hampton Inn West Palm Beach-Lake Worth-Turnpike, FL  
8205 Lake Worth Road  
Lake Worth, Florida 33467  
Tel: +1-561-472-5980 Fax: +1-561-472-5981

Holiday Inn  
7859 Lake Worth Rd.  
Lake Worth, FL US 33467  
(561) 968-5000

#### For City of Palms FSC/ Ft. Myers Skatium

Holiday Inn (Host hotel in Historic District )  
2431 Cleveland Ave  
Fort Myers, FL 33901  
Hotel Front Desk 1-239-332-3232

Best Western  
13021 N. Cleveland Ave. Ft. Myers  
FL 33903  
Phone 239-997-5511

La Quinta Inn, Ft Myers Central  
4850 S. Cleveland Ave.  
Fort Myers, FL 33907-1320  
Phone: (239) 275-3300

# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

## 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. (All skaters perform element 1 before moving on to element 2 and so on).

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 2-6 in a row</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counter-clockwise</li> <li>2. Backward crossovers 6-8 consecutive - both directions</li> <li>3. One foot spin - minimum of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -either direction</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 6-8 in a row</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside three turn - R &amp; L from a standstill</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line - R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>3. Two foot turn in place forward to backward</li> <li>4. Backward two foot swizzles 6 - 8 in a row</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump - either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive</li> <li>3. Moving forward to backward two foot turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka - either direction</li> <li>4. Combination move - clockwise or counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn - R &amp; L from a standstill</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

6th Annual

# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

## 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

<b><u>Freeskate level 1 Compulsory</u></b> <ol style="list-style-type: none"><li>1. Advanced forward stroking - 4-6 consecutive</li><li>2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside</li><li>3. Scratch spin from backward crossovers</li><li>4. Waltz jump from backward crossovers</li><li>5. Half flip jump</li></ol>	<b><u>Freeskate level 4 Compulsory</u></b> <ol style="list-style-type: none"><li>1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</li><li>2. Forward power 3's, 2-3 consecutive sets-R or L</li><li>3. Sit spin</li><li>4. Loop jump</li><li>5. Waltz jump/loop jump</li></ol>
<b><u>Freeskate level 2 Compulsory</u></b> <ol style="list-style-type: none"><li>1. Forward outside spiral - R or L. and a forward inside spiral - R or L</li><li>2. Waltz Three's - R or L</li><li>3. Beginning back spin - entry optional</li><li>4. Waltz jump, side toe hop, waltz jump series</li><li>5. Toe loop jump</li></ol>	<b><u>Freeskate level 5 Compulsory</u></b> <ol style="list-style-type: none"><li>1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral</li><li>2. Camel spin</li><li>3. Forward upright spin to back upright spin</li><li>4. Loop/loop jump</li><li>5. Flip jump</li></ol>
<b><u>Freeskate level 3 Compulsory</u></b> <ol style="list-style-type: none"><li>1. Forward crossovers in a figure 8</li><li>2. Advanced forward outside swing rolls 4 - 6 consecutive</li><li>3. Back spin</li><li>4. Salchow jump</li><li>5. Waltz jump/toe loop or Salchow/toe loop</li></ol>	<b><u>Freeskate level 6 Compulsory</u></b> <ol style="list-style-type: none"><li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 6)</li><li>2. Camel, sit spin combination - minimum of 4 revolutions total</li><li>3. Split jump or stag jump</li><li>4. Waltz jump, ½ loop, Salchow combination</li><li>5. Lutz jump</li></ol>



# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

## MUSIC PROGRAM EVENTS

### Basic Programs with Music

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.

Vocal music is allowed.

May use elements from a previous level. Deductions will be made for each element from a higher level that are skated. Time is 1:00+/- 10 sec., to be skated on full ice

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3-in a row</li> <li>3. Backward wiggles 2-6 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive in both directions</li> <li>3. One foot spin - min of three revolutions</li> <li>4. Side Toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Backward wiggles 6-8 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn from a standstill - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Two foot turn in place - forward to backward</li> <li>3. Backward two foot swizzles 6 - 8 in a row</li> <li>4. Forward alternating ½ swizzle pumps, in a straight line across width of ice</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive</li> <li>3. Moving forward to backward two foot turn in either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka in either direction</li> <li>4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside edge on a circle clockwise or counter clockwise</li> <li>2. Forward crossovers 6-8 consecutive both directions</li> <li>3. Forward outside 3 turn - R &amp; L from a standstill</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

## Freestyle Programs 1-6 with music

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.

Vocal music is not allowed.

May use elements from a previous level. Deductions will be made for each element from a higher level that are skated. Time 1:30+/-10sec

<p><b><u>Free skate level 1 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking - 4-6 consecutive</li> <li>2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside</li> <li>3. Scratch spin from backward crossovers</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b><u>Free skate level 4 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</li> <li>2. Forward power 3's, 2-3 consecutive sets-R or L</li> <li>3. Sit spin</li> <li>4. Loop jump</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b><u>Free skate level 2 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral - R or L. and a forward inside spiral - R or L</li> <li>2. Waltz Three's - R or L</li> <li>3. Beginning back spin - entry optional</li> <li>4. Waltz jump, side toe hop, waltz jump series</li> <li>5. Toe loop jump</li> </ol>	<p><b><u>Free skate level 5 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop jump</li> <li>5. Flip jump</li> </ol>
<p><b><u>Free skate level 3 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Advanced forward outside swing rolls 4 - 6 consecutive</li> <li>3. Back spin</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p><b><u>Free skate level 6 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>2. Camel, sit spin combination - minimum of 4 revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>



# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

## ADULT 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. (All skaters perform element 1 before moving on to element 2 and so on).

<p><b>Adult 1 Elements</b></p> <ol style="list-style-type: none"> <li>1. Forward strides and glides.</li> <li>2. Forward Swizzles (4-6 in a row).</li> <li>3. Backward Swizzles (4-6 in a row).</li> <li>4. Forward one foot glides, right and left.</li> <li>5. Snow plow stop (right or left).</li> </ol>	<p><b>Adult 3 Elements</b></p> <ol style="list-style-type: none"> <li>1. Backward inside edges on a circle, clockwise and counter clockwise.</li> <li>2. Backward crossovers, clockwise and counter clockwise.</li> <li>3. Inside Mohawk, right to left or left to right.</li> <li>4. Beginning two foot spin.</li> <li>5. Backward snowplow stop – right or left.</li> </ol>
<p><b>Adult 2 Elements</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Backward ½ swizzle pumps on a circle – clockwise and counter clockwise.</li> <li>3. Forward outside edges on a circle, clockwise and counter clockwise.</li> <li>4. Forward crossovers, Clockwise and counter clockwise.</li> <li>5. Forward Pivot – One direction only.</li> </ol>	<p><b>Adult 4 Elements</b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turns, right and left.</li> <li>2. Forward inside three turns, right and left.</li> <li>3. Alternate back crossovers with two foot transition.</li> <li>4. Footwork sequence: 3-5 forward crossovers to a inside Mohawk, 3-5 backward crossovers, step forward inside the circle.</li> </ol>

## Adult Freeskate Programs 1-4 with music

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.

Vocal music is not allowed.

May use elements from a previous level. Deductions will be made for each element from a higher level that are skated. Time 1:30+/-10sec

Time 1:30+/-10sec

<p><b>Adult 1</b></p> <ol style="list-style-type: none"> <li>1. Forward strides and glides.</li> <li>2. Forward Swizzles (4-6 in a row).</li> <li>3. Backward Swizzles (4-6 in a row).</li> <li>4. Forward one foot glides, right and left.</li> <li>5. Snow plow stop (right or left).</li> </ol>	<p><b>Adult 3</b></p> <ol style="list-style-type: none"> <li>1. Backward inside edges on a circle, clockwise and counter clockwise.</li> <li>2. Backward crossovers, clockwise and counter clockwise.</li> <li>3. Inside Mohawk, right to left or left to right.</li> <li>4. Beginning two foot spin.</li> <li>5. Backward snowplow stop – right or left.</li> </ol>
<p><b>Adult 2</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Backward ½ swizzle pumps on a circle – clockwise and counter clockwise.</li> <li>3. Forward outside edges on a circle, clockwise and counter clockwise.</li> <li>4. Forward crossovers, Clockwise and counter clockwise.</li> <li>5. Forward Pivot – One direction only.</li> </ol>	<p><b>Adult 4</b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turns, right and left.</li> <li>2. Forward inside three turns, right and left.</li> <li>3. Alternate back crossovers with two foot transition.</li> <li>4. Footwork sequence: 3-5 forward crossovers to a inside Mohawk, 3-5 backward crossovers, step forward inside the circle.</li> </ol>

# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

## Beyond The Basic Compulsory Events Test Track and Well Balanced Levels

In 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

- Skaters may have the option to skate one level higher in compulsories than their free skate program
- Skaters may have the option to skate one level higher in compulsories than their free skate program

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two foot or one foot spin (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin</li> <li>4. Forward or backward spiral</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time:1:00
No Test Compulsory	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin- sit <u>or</u> camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed	Time:1:00
Pre- Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Flip jump</li> <li>2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump</li> <li>3. Solo spin- sit <u>or</u> camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:00
Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Lutz jump</li> <li>2. Jump combination (may not use Lutz jump or Axel)</li> <li>3. Camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	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	Time :1:15

6th Annual

# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

## Adult Compulsory Requirements

<b>Adult Pre Bronze Compulsory Program</b>	<ol style="list-style-type: none"><li>1. Two (2) different jumps, either one-half (1/2) or one (1) full revolution.</li><li>2. A one foot upright spin ( Minimum 3 revolutions in position).</li><li>3. A two foot upright spin ( Minimum 3 revolutions in position).</li><li>4. Crossovers – Forward and backward either direction).</li><li>5. Lunge or spiral</li></ol>	Time 1:15 max
<b>Adult Bronze Compulsory Program</b>	<ol style="list-style-type: none"><li>1. Two different single jumps of which one must be a Salchow or toe loop.</li><li>2. One (1) jump combination consisting of a waltz jump and a toe loop (no turn or change of foot between jumps).</li><li>3. One upright spin (minimum 3 revolutions in positions).</li><li>4. Sit spin (minimum 3 revolutions in position).</li></ol>	Time 1:15 max



# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

## Beyond the Basics Competitive Test Track

Skaters may enter EITHER the 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. 6.0 Judging will be used.

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	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	Two upright spins, no change of foot (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements. 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	Time: Up to 1:30 +/- 10
Beginner	Two upright spins, change of foot optional (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements. 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	Time: 1:30 +/- 10
Pre-Preliminary Test	Two solo spins of a different nature, no change of foot (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Maximum 5 jump elements. 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	Time : 1:30 +/- 10
Preliminary Test	Two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements. 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	Time : 1:30 +/- 10

6th Annual

# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

## Beyond the Basics Well-balanced Program Requirements (U.S. Figure Skating rulebook requirements)

No Test Free skate	A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface  <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i>	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.	Time: 1:30+/-10
Pre-preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface  <i>Refer to U.S. Figure Skating rulebook #3711 for more information</i>	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +/-10
Preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one of which must be an axel/waltz jump-type jump Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ the ice surface  <i>Refer to U.S. Figure Skating rulebook #3701 for more information</i>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10

<b>Adult Levels</b>			
<b>Adult Pre-Bronze Freeskate</b>	Refer to USFSA Rulebook #32.09 for requirements.	Must have passed the Adult Pre-Bronze Freeskating	Test. Time: 1:40 max.
<b>Adult Bronze Freeskate</b>	Refer to USFSA Rulebook #32.10 for requirements.	Must have passed the Adult Bronze Freeskating Test	Time: 1:40 max.



# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

<p><b>SPIN EVENTS</b></p> <ul style="list-style-type: none"><li>• Groups will be divided by level</li><li>• Program Duration 1:00min max</li><li>• Program to be skated on ½ ice</li><li>• Deductions will be made if element from higher levels are performed</li></ul> <p><b>Beginner level</b> (Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests)</p> <p>2 foot spin, Forward Scratch Spin, Beginning Back Spin</p> <p>Pre-Preliminary level (Must have passed Pre-Preliminary Test)</p> <p>Forward Scratch Spin, Back Scratch Spin, Sit Spin</p> <p><b>Preliminary Level</b></p> <p>Sit Spin, Camel Spin, Back Scratch Spin</p> <p><b>Adult Pre-Bronze</b></p> <p>2 foot upright spin, 1 foot upright spin</p> <p><b>Adult Bronze</b></p> <p>1 foot upright spin, 1 foot back spin (entry optional), Sit Spin</p>	<p><b>SHOWCASE EVENTS</b></p> <p>Beginner (Freestyle Levels), Pre Preliminary, Preliminary, Adult Pre Bronze and Bronze levels 1:30 +/- 10 sec.</p> <ol style="list-style-type: none"><li>1. Theme of skater's choice</li><li>2. May have music with words</li><li>3. Judging to emphasize interpretation of music and artistic value instead of technical elements Costumes that complement music</li><li>4. May use hand props or those skater can get on and off ice without assistance.</li></ol> <hr/> <p><b>DANCE- Solo or Couple</b></p> <ol style="list-style-type: none"><li>1. <b>Preliminary:</b> Dutch Waltz Canasta Tango Rhythm Blues</li><li>2. <b>Pre-Bronze:</b> Swing Dance Cha Cha Fiesta Tango</li></ol>
--	--

## Series Point System

The Freeskating Events and the Compulsory/Elements events in each of the 3 Series Competitions will be eligible for accumulating points.

The system for scoring points for the final trophy will be as follows:

Each event will have a maximum of 6 skaters

1 <sup>st</sup> Place	6 points
2 <sup>nd</sup> Place	5 points
3 <sup>rd</sup> Place	4 points
4 <sup>th</sup> Place	3 points
5 <sup>th</sup> Place	2 points
6 <sup>th</sup> Place	1 point

If an event has less than 6 skaters, the points will be adjusted. ie. For a group of 3 skaters the 1<sup>st</sup> place would receive 3 points, 2<sup>nd</sup> place would be 2 points and 3<sup>rd</sup> place would be 1 point.

**ALL SKATERS WHO PARTICIPATE IN AT LEAST THREE OF THE FOUR COMPETITIONS IN THE SERIES WILL BE ELIGIBLE TO WIN A TROPHY WITH AN OVERALL PLACEMENT. PLEASE NOTE THAT ONLY THE ELEMENTS/COMPULSORY AND FREESKATE EVENTS COUNT IN THE FINAL POINTS TABULATION. POINT RESULTS WILL BE POSTED ON: [basicskillsflorida.com](http://basicskillsflorida.com)**

**PLEASE NOTE: SPIN AND SHOWCASE EVENTS WILL NOT BE COUNTED IN THE FINAL STANDINGS.**

# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

**ENTRY FORM** This entry form is for only one of the USFS South Florida Basic Skills Series Competitions. A separate application and payment is necessary for each of the three competitions. Check one of the following:

Kendall Ice Arena  Glacier Ice & Snow  Skate Zone  City of Palms FSC/Fort Myers Skatium

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Last First

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Area Code/Phone # \_\_\_\_\_ Birth date \_\_\_\_\_ USFSA Number \_\_\_\_\_

Current Skating Level \_\_\_\_\_ Last USFSA Level Passed \_\_\_\_\_

Home Rink \_\_\_\_\_ Coach's name \_\_\_\_\_ Phone # \_\_\_\_\_

Coach's Email \_\_\_\_\_ Dance Partners Name \_\_\_\_\_

**Please check the event(s) you are entering:**

**Snowplow Sam (Tots)**

- Elements
- Solo Program

**Basic 1**

- Elements
- Solo Program

**Basic 2**

- Elements
- Solo Program

**Basic 3**

- Elements
- Solo Program

**Basic 4**

- Elements
- Solo Program

**Basic 5**

- Elements
- Solo Program

**Basic 6**

- Elements
- Solo Program

**Basic 7**

- Elements
- Solo Program

**Basic 8**

- Elements
- Solo Program

**Freeskate 1**

- Compulsories
- Solo
- Showcase

**Freeskate 2**

- Compulsories
- Solo
- Showcase

**Freeskate 3**

- Compulsories
- Solo
- Showcase

**Freeskate 4**

- Compulsories
- Solo
- Showcase

**Freeskate 5**

- Compulsories
- Solo
- Showcase

**Freeskate 6**

- Compulsories
- Solo
- Showcase

**Adult 1**

- Elements
- Solo Program

**Adult 2**

- Elements
- Solo Program

**Adult 3**

- Elements
- Solo Program

**Adult 4**

- Elements
- Solo Program

**No Test**

- Compulsories
- Freeskate

**Limited Beginner**

- Compulsories
- Freeskate

**Beginner**

- Compulsories
- Freeskate
- Showcase ( Freeskate 1to Beginner)
- Spins ( Freeskate 1to Beginner)

**Pre Preliminary**

- Compulsories
- Test Track FS Program
- Well Balanced FS Program
- Showcase
- Spins

**Preliminary**

- Compulsories
- Test Track FS Program
- Well Balanced FS Program
- Showcase
- Spins

**Adult Pre-Bronze**

- Compulsories
- Solo
- Showcase
- Spins

**Adult Bronze**

- Compulsories
- Solo
- Showcase
- Spins

**Preliminary Dance-**

- Solo**
- Couple**
- Dutch Waltz
- Canasta
- Rhythm & Blues

**Pre Bronze Dance**

- Solo**
- Couple**
- Swing Dance
- Cha Cha
- Fiesta Tango

6th Annual

# USFS South Florida Basic Skills Series

Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

**ENTRY FEE IS \$55.00 FOR 1<sup>st</sup> EVENT AND \$25 PER EACH ADDITIONAL EVENT**

First Event	\$	_____
Additional Event	\$	_____
Additional Event	\$	_____
Personal Program ad	\$	_____
<b>Total:</b>	\$	_____

**The completed entry form, with fees, must be postmarked no later than one month before the scheduled start date for each arena's competition.**

Make check or money order payable to the appropriate host rink and mail to: Host Arena c/o Competition Chairman. *Please note: This application is for only one of the competitions in the USFS South Florida Basic Skills Series. A separate application must be filled out for each competition. For additional information call or email the contacts for the competition you are entering:*

**Kendall Ice Arena**, Competition Chairman, Kent Johnson 305-386-8288  
Email: [sk8johnson@hotmail.com](mailto:sk8johnson@hotmail.com),

**Glacier Ice and Snow Arena**, Competition Chairman, Lisa Smith 954-943-1437  
Email: [LisaS@glaciericeandsnow.com](mailto:LisaS@glaciericeandsnow.com)

**SkateZone** Competition Chairmen, Jason Kane/Jennifer Kane 561-963-5900 ext. 307  
Email: [jk@pbicezone.com](mailto:jk@pbicezone.com)

**City of Palms FSC**, Competition Chairman, Andrea Meyer 239-980-0752  
Email: [prsoll@mac.com](mailto:prsoll@mac.com)

**IMPORTANT---ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS THE EVENT IS CANCELED BY THE HOST RINK.**

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds USFS, Glacier Ice and Snow Arena, Kendall Ice Arena, SkateZone and City of Palms FSC/Fort Myers Skatium 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.

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**\*Instructor Signature** (Coach certifies that his/her student is competing at the correct level ).

**Coach:** \_\_\_\_\_ **Date** \_\_\_\_\_

**\*Program Director/Club Officer** \_\_\_\_\_ **Date** \_\_\_\_\_

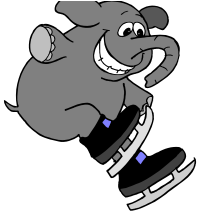
**COMPETITOR SIGNATURE** \_\_\_\_\_ **Date** \_\_\_\_\_

\*It is strongly recommended that the instructor and authorized USFS Club Officer/Program Director sign AFTER the parents have filled out the form to assure correctness.

# USFS South Florida Basic Skills Series


Kendall Ice Arena, Glacier Ice & Snow Arena, SkateZone and City of Palms FSC

1




Ashley,  
SK8 Great!  
Love Mom & Dad

2




Maria,  
Skate Because You  
Love It!

3



Smile and point your  
heel!  
Coach Bob

4




Go Freddy. Go!  
We know you can do it!  
Aunt Betty

5



Good Luck,  
Little Suzy!  
Grandma & Grandpa!

6




STEVE,  
"OLD SKATERS  
NEVER DIE, THEY  
JUST GO OFF THEIR  
ROCKER"!

7




2,4,6,8, Show them  
how to Figure  
Skate! Go Mary!  
Love Dad!

8



*If it was easy,  
they'd call  
it...Hockey!*  
*Love Mom & Dad!*

9



Go for the  
"GOLD"!  
Love, Mom and Dad!

Name \_\_\_\_\_

Phone \_\_\_\_\_

**Personal Program Ads  
\$10.00 each**

Select by ad # Print the message you want on your ad in the box below! Please be aware that space limitations apply!

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Amount


Total: \_\_\_\_\_