



**Reisterstown Sportsplex Learn to Skate
2nd In House Basic Skills Competition
March 6, 2010**

ANNOUNCEMENT

The second Reisterstown Sportsplex Basic Skills competition sponsored by the Reisterstown Learn to Skate Program will be held at Reisterstown Sportsplex, 401 Mitchell Drive, Reisterstown, MD 21136 on Saturday, March 6, 2010, 11am-1:45pm.

Welcome to the Reisterstown Sportsplex Basic Skills Competition sponsored by The Reisterstown Learn to Skate program and approved by U.S. Figure Skating.

LOCATION: Reisterstown Sportsplex
Baltimore County Regional Recreational Park
401 Mitchell Drive
Reisterstown, Maryland 21136
(410) 429-4242

RINK: The competition will be held at Reisterstown Sportsplex. The ice surface measures 85' x 200' with round corners.

WEBSITE: www.rtownsports.com

CHAIR PERSON:
Kirsten West

DEADLINE: Entries must be postmarked no later than midnight **FEBRUARY 20, 2010**

RULES AND ELIGIBILITY:

The competition is open to ALL skaters who are current, eligible (ER 1.00) members of the Basic Skills Program through Reisterstown Learn to Skate or eligible members of The Ice Club of Baltimore. To be eligible, skaters must be a member in good standing of U.S. Figure Skating through the Reisterstown Learn to Skate program or the Ice Club of Baltimore.

Eligibility will be based on skill level as of closing date of entries. ALL SNOWPLOW 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. 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 pre-preliminary moves in the field and freestyle.

SCHEDULE: A tentative schedule will be available approximately two weeks before the competition. Individual group assignments with times and a tentative schedule of events will be posted at Reisterstown Sportsplex and on Reisterstown Sportsplex website (www.rtownsports.com).

ENTRIES: Entry fee must accompany application. Mailing deadline is **February 20, 2010**. Make check payable to:
Reisterstown Sportsplex
Mail to:
Reisterstown Sportsplex attention: Kirsten West
401 Mitchell Drive
Reisterstown, Maryland 21136

ENTRY FEES: First event-\$30.00, additional events-\$15.00
Ice Club of Baltimore fee: First event-\$35.00, additional events-\$15.00

***NO REFUNDS:** After February 20, 2010, no refunds will be granted except for events cancelled by the Referee.

***LATE ENTRIES:** Late entries may be accepted (up until 5 days before the competition), subject to a \$35.00 fee.

AWARDS: Everyone will receive an award! All events will be final rounds. Medals will be awarded to first, second and third places. ALL other places will receive ribbons. All awards will be made at appropriate times throughout the competition.

MUSIC: The music for all free skating programs must be provided by the skater on CDs. CDs should be clearly marked with the name of the skater, event entered and length of music. Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds.

Working approval # mm030709

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 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
<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-across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6-8 in a row 5. Moving snowplow stop 	<p><u>Basic 7:</u></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><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 6-8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<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. 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 5. Beginning one-foot upright spin - optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside three turn - R & L from a standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward stroking 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>Snowplow Sam - Tots:</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 outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p>Basic 1</p> <ol style="list-style-type: none"> 1. Forward two foot glide 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. Forward inside 3-turn from a standstill - 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 across width of ice 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 6-8consecutive 3. Moving forward to backward two foot turn in either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<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. 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 5. Beginning one-foot upright spin - optional free foot position
<p>Basic 4</p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside 3 turn - R & L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L 	

FREE SKATE 1-6 COMPULSORY EVENT

Format: 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 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: 1:15 or less

<p><u>Free skate level 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. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Free skate level 4 Compulsory</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise 2. Forward power 3's, 2-3 consecutive sets Ror L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p><u>Free skate level 2 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward outside spiral - R or L. and a forward inside spiral - R or L 2. Waltz Three's - R or L 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p><u>Free skate level 5 Compulsory</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
<p><u>Free skate level 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 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Free skate level 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 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. 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**

<p>FREESKATE 1</p> <ol style="list-style-type: none"> 1. Advanced forward stroking 4-6 strokes 2. Scratch spin from back crossovers 3. Waltz jump from back crossovers 4. Half flip jump 	<p>FREESKATE 4</p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin 3. Loop jump 4. Waltz jump/loop jump
<p>FREESKATE 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>FREESKATE 5</p> <ol style="list-style-type: none"> 1. Camel spin 2. Forward upright spin to back upright spin 3. Loop/loop combination jump 4. Flip jump
<p>FREESKATE 3</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop 	<p>FREESKATE 6</p> <ol style="list-style-type: none"> 1. Camel/sit spin combination, min of 4 revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

INTERPRETIVE PROGRAM

COMPETITION RULES:

The Organizing Committee will pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. 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.

JUDGING RULES:

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

COACHING RULES: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

LEVEL	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:15
No Test	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: 1:15
Pre-Preliminary	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time: 1:30
Preliminary	Skaters may not have passed tests higher than U.S. Figure Skating preliminary free skate test	Time: 1:30

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

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

Please check the event(s) you are entering:

Basic *Elements* Event:

Snowplow Sam : _____

Basic 1: _____

Basic 2: _____

Basic 3: _____

Basic 4: _____

Basic 5: _____

Basic 6: _____

Basic 7: _____

Basic 8: _____

Freeskate *Compulsory* Event:

Freeskate 1: _____

Freeskate 2: _____

Freeskate 3: _____

Freeskate 4: _____

Freeskate 5: _____

Freeskate 6: _____

Basic *Program* Event:

Snowplow Sam : _____

Basic 1: _____

Basic 2: _____

Basic 3: _____

Basic 4: _____

Basic 5: _____

Basic 6: _____

Basic 7: _____

Basic 8: _____

Freeskate *Program* Event:

Freeskate 1: _____

Freeskate 2: _____

Freeskate 3: _____

Freeskate 4: _____

Freeskate 5: _____

Freeskate 6: _____

Well Balanced Freeskate Program

No-Test _____

Pre-Preliminary: _____

Preliminary: _____

Interpretave Program Event:

Limited Beginner: _____

No Test: _____

Pre-Preliminary: _____

Name of Skater: _____ Age: _____

Parent or Guardian Name: _____

Please circle one: Reisterstown Learn to Skate member Ice Club of Baltimore member

Address: _____ City: _____

State: _____ Zip Code: _____ Male or Female: _____

Phone: _____ Cell Phone: _____ e-mail: _____

ENTRY FEE IS \$30, \$35 (ICOB) PER EVENT, \$15 EA. ADDITIONAL EVENT

First Event	\$ <u>30.00</u>
Ice Club of Baltimore Participant	\$ <u>35.00</u>
Add'l Event	\$ _____
Add'l Event	\$ _____
TOTAL:	\$ _____

The completed entry forms, with fees, must be postmarked no later than February 20, 2010. Make check payable to **Reisterstown Sportsplex** and mail to: **BASIC SKILLS COMPETITION, Reisterstown Sportsplex, 401 Mitchell Drive, Reisterstown, MD 21136 Attn: Kirsten West.** For additional information call: **Kirsten West at 410-429-4242.**

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Reisterstown Sportsplex and Rink Mangement 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 _____

Competitor Signature _____ Date _____

Instructor/Coach Signature _____ Date _____

Program Director/Club Officer _____ Date _____
(Ice Club of Baltimore ONLY)