

Springfield Skating Invitational 2010

BASIC SKILLS & BEYOND

COMPETITION

Freeskate, Compulsory, Jumps, Spins & Artistic

**Open to all US Figure Skating Basic Skills Members
And US Figure Skating Competitors Thru Preliminary
& Adult Events!**

Part of the Illinois Basic Skills Series!



September 25, 2010

**A fun introduction to
figure skating competition!**

**A GREAT competition
for all Skaters --
Basic Skills to Preliminary**



The Nelson Center 1600 North Fifth Street Springfield, IL 62702

Sponsored by the SPRINGFIELD FIGURE SKATING CLUB

Sanctioned by US Figure Skating

Michelle Meyer-Marquess, Referee

Mike Meyer, Accountant

Deadline: September 3 , 2010

For More Information:

TERESA CHESSARE

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www.sfsc4u.com

SPRINGFIELD SKATING INVITATIONAL BASIC SKILLS & BEYOND COMPETITION 2010

September 25, 2010



RULES AND ELIGIBILITY

The purpose of this event is to promote a fun introduction to the competitive sport of figure skating for basic skills skaters while providing a fun, quality competition to all skaters through Preliminary. The competition is open to all beginner skaters who are either enrolled in a USFS Basic Skills class program or are full members of US Figure Skating (beginner levels and above). Groups may be combined by age and gender at the discretion of the competition committee. If there is only one competitor in a group, the competitor may be asked if they wish to skate up to the next level.

JUDGES

Although this is considered a Basic Skills competition, US Figure Skating judges will be used and it will be ran as a professional upper level competition. No coaches or students will be used for judging!

AWARDS

All skaters will receive an award. The top four skaters will receive place medals. All other skaters will receive a participation medal.

ENTRY FEES

The first event is \$45.00. Each additional event is \$20. All entries must be postmarked by September 3, 2010. Late entries, if accepted, will be charged a \$20 late fee. There will be a \$25 charge for returned checks. No refunds.

MUSIC

The music for all free skating programs must be turned in at the registration desk on tape or CD (CD-RWs are not acceptable).

PRACTICE ICE

Practice ice will be available prior to the start of the competition and as needed before free skating events. Price for practice ice is \$10.00 for a 30-minute session if registered in advance. Walk-ons will be charged \$12.00.

SCHEDULE OF EVENTS:

The schedule of events will be posted on the Internet at www.sfsc4u.com. The schedule will be mailed to all competitors who provide a self-addressed, stamped envelope. If an email address is provided, schedules will be sent via e-mail.

ENTRY FORMS:

Must be filled out completely and mailed with a check payable to: Springfield Figure Skating Club (or SFSC) and mailed to:

Teresa Chessare
3717 Cranleigh Blvd
Springfield IL 62712

QUESTIONS:

Should be directed to Teresa Chessare, e-mail at: teresa.Chessare@sbcglobal.net or by phone at (217) 473-9688. E-mail communications are preferred.

HOTEL INFORMATION:

Hampton Inn is offering a competition rate of \$89 per night for Friday, September 24. To reserve your room please call (217) 529-1100 or click on the following link http://hamptoninn.hilton.com/en/hp/groups/personalized/SPIDKHX-SSI-20100924/index.jhtml?WT.mc_id=POG. The hotel is located at 3185 S. Dirksen Pkwy Springfield, IL 62703. Use code: "SSI" when making your reservation. Room rate will expire on Friday, September 3, 2010.

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. 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 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. 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 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. 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 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 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. Vocal music is allowed.

- To be skated on full ice
- Time: 1:00 +/- 10 seconds
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

<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. 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 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 1-6 COMPULSORY EVENT

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

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

FREE SKATE 1-6 PROGRAM 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>Free skate 1</p> <ol style="list-style-type: none"> 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers- minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump 	<p>Free skate 4</p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin-minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump
<p>Free skate 2</p> <ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop 	<p>Free skate 5</p> <ol style="list-style-type: none"> 1. Camel spin-minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions each foot 3. Loop/loop combination jump 4. Flip jump
<p>Free skate 3</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin-minimum three revolutions 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop 	<p>Free skate 6</p> <ol style="list-style-type: none"> 1. Camel/sit spin combination-minimum four revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

Test Track and Well Balanced Levels: COMPULSORY EVENTS

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 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*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:15
Beginner Compulsory	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin- minimum three revolutions 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time:1:15
No Test Compulsory	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit or camel spin - minimum three revolutions 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. 	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 Compulsory	<ol style="list-style-type: none"> 1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit or camel spin - minimum three revolutions 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. 	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:15
Preliminary Compulsory	<ol style="list-style-type: none"> 1. Lutz jump 2. Single jump combination (may not use Lutz jump or Axel) 3. Camel spin- minimum three revolutions 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. 	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

Test Track Program Event

Skaters may enter EITHER test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music allowed.

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	Jumps	Spins	Steps	Qualifications
<p>Limited Beginner</p> <p>Time: 1:30 +/- 10</p>	<p>Jumps with not more than one-half rotation (front to back or back to front).</p> <p>Jump sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two upright spins, no change of foot (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>Beginner</p> <p>Time: 1:30 +/- 10</p>	<p>Jumps with not more than one-half rotation (front to back or back to front including half-loop)</p> <p>Single rotation jumps: Salchow and toe loop only.</p> <p>Jump combinations and sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two upright spins, change of foot optional (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>Pre-Preliminary Test</p> <p>Time: 1:30 +/- 10</p> <p>****</p>	<p>Jumps with not more than one-half rotation (front to back or back to front including half-loop)</p> <p>Single rotation jumps: Salchow, toe loop and <u>loop</u> jump only.</p> <p>Jump combinations and sequences with the above jumps are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>
<p>Preliminary Test</p> <p>Time: 1:30 +/- 10</p>	<p>Jumps with not more than one rotation (no Axels).</p> <p>Jump combinations and sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>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</p>

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

LEVEL	Jumps	Spins	Steps	Qualifications
No Test Time 1:00-1:30 +/-10	<p style="text-align: right;">Max 5</p> Single Jumps (no Axel) Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted Number of jumps in sequence is not limited	<p style="text-align: right;">Max 2</p> Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	<p style="text-align: right;">Max 1</p> 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	<p style="text-align: right;">Max 5</p> Single Jumps (Axel permitted, no doubles) Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted Number of jumps in sequence is not limited Axel may be repeated as individual jump, combo, or sequence. Max 2 Axels.	<p style="text-align: right;">Max 2</p> Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	<p style="text-align: right;">Max 1</p> 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	<p style="text-align: right;">Max 5</p> 1 Axel or Waltz jump type jump Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted 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	<p style="text-align: right;">Max 2</p> Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	<p style="text-align: right;">Max 1</p> 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.

ADULT EVENTS

Adult 1-4, Pre-Bronze and Bronze:

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 unless otherwise noted

<p>Adult 1</p> <p>A. Backward swizzles</p> <p>B. Forward one-foot glides, one time skater's height: R & L</p> <p>C. Two-foot turns</p> <p>D. Snowplow stops: R or L</p> <p>E. Forward curves on two feet</p>	<p>Adult 2</p> <p>A. Forward stroking</p> <p>B. Forward crossovers, clockwise and counter clockwise</p> <p>C. Backward one-foot glide: R or L</p> <p>D. Forward pivot</p> <p>E. Forward Chasses on a circle</p>
<p>Adult 3</p> <p>A. Backward crossovers, clockwise and counter clockwise</p> <p>B. Inside Mohawk, either direction</p> <p>C. Backward snowplow stops: R and L</p> <p>D. Forward progressives</p> <p>E. Beginning two-foot spin</p>	<p>Adult 4</p> <p>A. Forward three turns, outside or inside: R & L</p> <p>B. Alternate backward crossovers with two-foot transition</p> <p>C. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle</p> <p>D. Power three turns: one direction only</p> <p>E. Backward Chasses on a circle</p>
<p>Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max Refer to the current U.S. Figure Skating Rulebook #3806 for specific requirements</p>	<p>Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 max Refer to the current U.S. Figure Skating Rulebook #3801 for specific requirements</p>

BASICS & BEYOND: ARTISTIC, JUMPS & SPINS EVENTS

ARTISTIC/SHOWCASE EVENTS:

Artistic/Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. Only hand held props are allowed. Props must remain in the skater's hand(s) at all times. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Categories may include:

- Light entertainment
- Dramatic entertainment
- Duets
- Small Ensembles (3-7 skaters)
- Group Production (8-30 skaters)

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00
Free skate 1-6/ Limited Beginner/ Beginner/ Adult 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30
No Test/ Pre- preliminary/ Adult Pre- Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40

BEGINNER SPINS:

No music on half-ice. Spins should be skated exactly as stated and in this order. Skaters will perform one spin at a time (no excessive connecting steps). Skaters will be given one opportunity to perform each spin. Groups will be divided according to Basic/Free Skate test level. Spins should be a minimum of three revolutions each.

LEVEL	ELEMENTS
Basic Skills	Forward pivot- either foot, Two foot spin, Forward one foot spin
Freestyle 1 – 6 Beginner, No Test	Two foot spin, Forward one foot spin, Sit Spin
Pre-Preliminary	Forward Scratch spin, Backward one foot spin, Camel spin
Preliminary	Forward Scratch Spin, Backward one foot spin, Combination spin of choice- minimum two changes of position or foot

JUMPS EVENT: BASIC – PRELIMINARY

Jump elements must be skated as stated and in the order listed. Skaters will be penalized for additional jumps. Combination jumps may not have a change of foot or turn between two jumps unless otherwise specified. Second attempts should be consecutive and not repeated in the same location (i.e. first lutz attempt in one corner, second lutz attempt in the opposite corner). The lower score for each jump will be thrown out. The average of the highest scores will determine placement.

LEVEL	ICE	ELEMENTS
Basic	Half	½ Flip, Waltz Jump Side Toe Hop Waltz Jump Series
Beginner	Half	½ Flip, Waltz Jump, Salchow
Pre-Preliminary	Half	Flip Jump, Loop Jump, and a Combination Jump any Single/Single (no axel)
Preliminary	Half	Lutz Jump, Split Jump, and a Combination Jump any Double/Single or Single/Single.

SPRINGFIELD INVITATIONAL 2010

ENTRY FORM

DEADLINE: September 3, 2010

PLEASE PRINT ALL INFORMATION:

Form must be completely filled out before it can be processed.

Name _____ Age _____ Sex _____

Address _____ City _____

State _____ Zip _____

Email

Address _____

Please print carefully – we will use email for most correspondence and schedules unless you provide us with a self-addressed stamped envelope.

Area Code/Phone # _____ Birth date _____

Basic Skills or USFS number _____ Highest Level Passed _____

Parent/Guardian _____

Program/Club Affiliation _____

Signatures are Mandatory

I have reviewed the above entry form. I hereby certify that the above skater is an amateur member and is eligible to enter the event(s) specified.

Coach _____ **Date** _____ **Basic Skills Director or Club Officer** _____ **Date** _____

It is agreed that the competitor and family hold the Springfield Figure Skating Club harmless from any and all liability for damages due to personal injury or loss of property.

Competitor _____ **Date** _____ **Parent or Guardian** _____ **Date** _____

Coaches Information:

Name _____

Address _____ City _____

State _____ Zip _____ Email Address _____

Area Code/Phone # _____

SPRINGFIELD INVITATIONAL 2010
ENTRY FORM
DEADLINE: September 3, 2010

Please check the event(s) you are entering:

Basic Compulsory:

Snowplow Sam
 Basic 1 Basic 5
 Basic 2 Basic 6
 Basic 3 Basic 7
 Basic 4 Basic 8
 Freeskate Level 1

Basic Freeskate Program:

Snowplow Sam
 Basic 1 Basic 5
 Basic 2 Basic 6
 Basic 3 Basic 7
 Basic 4 Basic 8
 Freeskate Level 1

Adults Compulsory:

Adult 1-2
 Adult 3-4
 Adult Pre-Bronze
 Adult Bronze

Adults Freeskate:

Adult 1-4
 Adult Pre-Bronze
 Adult Bronze

Artistic:

Basic Skills
 Beginner
 Pre-Preliminary
 Preliminary

Test Track & Well-Balanced Compulsories:

Limited Beginner
 Beginner
 No Test
 Pre-preliminary
 Preliminary

Test Track Freeskate Program:

Limited Beginner
 Beginner
 Pre-preliminary Test
 Preliminary Test

Well Balanced Freeskate Program:

No Test Freeskate
 Pre-preliminary Freeskate
 Preliminary Freeskate

Jumps Event:

Basic Skills
 Beginner
 Pre-Preliminary
 Preliminary

Spins Event:

Basic Skills
 Beginner
 Pre-Preliminary
 Preliminary

ENTRY FEE IS \$ 45.00 PER EVENT, \$20.00 PER EACH ADDITIONAL EVENT

First Event \$ _____
 Additional Events _____ x \$20 each \$ _____

Late Fee (If after 9/3/2010) \$20.00 \$-----
 Practice Ice (Please remember to attach form) _____ x \$10 \$ _____

Total: \$ _____

ENTRY FEES ARE NOT REFUNDABLE.

The completed entry form, with fees and a self-addressed stamped envelope (legal size) or a current email address must be **postmarked** no later than **September 3, 2010**. Make checks payable to the **Springfield Figure Skating Club (SFSC)** and mail to: **Teresa Chessare, 3717 Cranleigh Blvd, Springfield IL 62712**. For additional information or questions, contact Teresa at teresa.chessare@sbcglobal.net

PRACTICE ICE RESERVATION FORM

Practice ice is not included with your registration fee but is available for \$10 per 30-minute session. Practice ice will be held before the start of the competition. Additional practice ice may be held before the start of freeski events. Your payment must accompany this form. Practice ice is non-transferable. There are no refunds for practice ice. Practice times will be scheduled in accordance with the skater's competition times. **ADDITIONAL PRACTICE ICE, IF AVAILABLE, MAY BE PURCHASED AT THE REGISTRATION TABLE IN THE RINK LOBBY FOR \$12 PER 30-MINUTE SESSION.**

MUSIC WILL BE PLAYED ON ALL FREESKATE PRACTICE SESSIONS, TIME PERMITTING.

(Please Print Clearly)

Skaters Name			
First:		Last:	
Address:	City:	St:	Zip:
E-Mail Address:		Home Club:	
Phone: () -		Skating Level:	

	<u>SKATING LEVEL</u>	<u>NO. OF SESSIONS</u>	<u>AMOUNT</u>
	<u>PRACTICE ICE \$10.00</u>	TOTAL #	\$. \$

Please return with entry form to: SFSC
 Attn: Teresa Chessare
 3717 Cranleigh Blvd
 Springfield IL 62712