

# Basic Skills Competition

APRIL 18, 2010

Crystal Ice House  
Crystal Lake, Illinois

This is a FUN competition for all ages currently enrolled  
in a USFS Learn to Skate Program

The 10TH Annual Wagon Wheel Figure Skating Club Basic Skills Competition will be held at the Crystal Ice House at 320 E. Prairie, Crystal Lake, IL 60014 on Sunday April 18, 2010. This Competition is sanctioned by the USFS and conducted in accordance with the rules of the 2009 - 2010 USFSA Rulebook. The rink surface is 200 x 85 feet.

This competition is to encourage and reward skaters as they become proficient in the basics of figure skating and to be better prepared for learning the advanced skating elements.

**QUALIFICATION REQUIREMENTS:** This basic skills competition is open to all skaters in any USFS Learn to Skate Program. **SKATERS DO NOT NEED TO BELONG TO A USFS CLUB TO COMPETE AT THE BASIC SKILLS OR BEGINNER LEVEL BUT THEY MUST BE REGISTERED WITH USFS THROUGH A LEARN TO SKATE PROGRAM.** Events for Pre-Preliminary and Preliminary Levels: Skaters will compete in their test levels or one level higher as of March 15, 2010. Skaters must be members of the USFS or a member club. Compulsory Moves, Moves in the Field, and Free Skate events will be offered. Special Olympics and Synchro will also be offered.\* Compulsory moves will be skated without music in a short program.

All events will be divided into groups of approximately 6 - 8 skaters grouped according to age. Age groups will be combined at the discretion of the Referee and /or Competition Chair.

**ENTRY FEES:** The entry fee is \$40.00 for the first event and \$10.00 for each additional event. Fees are to be made payable to Wagon Wheel FSC (WWFSC) and must accompany application.

**APPLICATIONS SHOULD BE POSTMARKED NO LATER THAN March 20, 2010 (3/20/10).** Late applications will be accepted ONLY at the discretion of the Competition Chair and must be accompanied by a \$10.00 late fee. Absolutely **NO** refunds. A \$25.00 charge will be assessed for all returned checks due to insufficient funds or closed accounts.

**AWARDS:** All awards will be presented off ice immediately following posting of results. **All contestants will receive an award.**

**MUSIC:** Music will be played from CDs and should be turned over to the Registration Desk upon arrival. Music should be clearly marked with the skater's name and event. Skaters should have a spare CD readily available. Please pick up your music following your event!! No CDs will be mailed after the competition.

**SCHEDULE OF EVENTS:** A self-addressed stamped envelope must accompany your application in order to receive your schedule of events!! Schedules will be mailed to you approximately 1 week prior to the competition only if you have enclosed a self-addressed stamped envelope. Schedule will also be available on the Club web page WWFSC.COM.

**OFFICIAL BULLETIN BOARD:** The official bulletin board will be located in the lobby of the rink. This will serve as official notice to competitors and coaches of any changes in the schedule of events.

**REGISTRATION DESK:** The Registration Desk will be located in the lobby and will be open one hour before the start of competition. Skaters must check in at least one hour before their event and turn in their music at that time.

**INQUIRIES:** Inquiries may be made to Kim Johnson 815/356-8500 or WWFSC 815/455-6403.  
Email [lannyww@sbcglobal.net](mailto:lannyww@sbcglobal.net)

Please send completed entry forms and fees payable to WWFSC to:  
Wagon Wheel FSC  
P.O. Box 173  
Barrington, IL 60011

**PRACTICE ICE WILL BE AVAILABLE AT THE ICE HOUSE THE DAY OF THE COMPETITION.  
CALL KIM JOHNSON  
815/356-8500**

**DIRECTIONS TO RINK:** Highway 31 to Crystal Lake Avenue. Go West on Crystal Lake Avenue to Erick (1 mile). Go North to Prairie (½ mile). Go West on Prairie, rink will be on the right.

**Hotels:**

Holiday Inn – Crystal Lake  
800 S Route 31  
Crystal Lake, IL  
815/477-7000

Country Inn & Suites  
600 Tracy Trail  
Crystal Lake, IL  
815/477-3500



**BASIC SKILLS EVENTS**

LEVEL	COMPULSORY	FREESKATE
Snowplow Sam		
Basic 1		
Basic 2		
Basic 3		
Basic 4		
Basic 5		
Basic 6		
Basic 7		
Basic 8		
Freestyle 1		

SPECIAL OLYMPIC	
LEVEL	FREESKATE
Level 1	
Level 2	
Level 3	
Level 4	

MOVES IN THE FIELD	
LEVEL	MIF
Pre-Preliminary	
Preliminary	

LEVEL	COMPULSORY
Limited Beginner	
Beginner	
No Test	
Pre-Preliminary	
Preliminary	

TEST TRACK	
LEVEL	FREESKATE
TT Ltd Beginner Test	
TT Beginner Test	
TT Pre-Preliminary Test	
TT Preliminary Test	

WELL BALANCED TRACK	
LEVEL	FREESKATE
WB No Test	
WB Pre-Preliminary	
WB Preliminary	

**Entry Fees:**

First Event:	\$40.00	\$ _____
Additional Events:	\$10.00	\$ _____
Additional Events:	\$10.00	\$ _____
Special Olympic:	\$15.00	\$ _____
Synchro Teams*		
<b>Total Enclosed</b>		\$ _____

**CHECK LIST**

- \_\_\_ Basic Skill or USFS #
- \_\_\_ Club Officer Signature  
(Pre-Pre & Preliminary)
- \_\_\_ Signature Program or  
Club Officer
- \_\_\_ Coach's Signature
- \_\_\_ Parent's Signature
- \_\_\_ Check payable  
to WWFSC
- \_\_\_ Self-addressed stamped  
envelope (legal size)

**Form must be completely filled out and payment enclosed before it can be processed.**  
**Entry fees are non-refundable.**

\*See Synchro form

## **BASIC SKILLS COMPULSORY MOVES**

Compulsory moves will be executed without music on half ice without stops between moves in program form. All listed moves must be performed; any additions, repeated, or omitted moves will be penalized. Required elements must be skated in order. Elements will be judged on form, flow, and sureness of edge with emphasis on good stroking techniques, good knee bends, minimal or no toe pushing, and good extension. Eligibility will be NO formal USFS test passed. Time limit: 1 minute or less.

SNOWPLOW SAM (TOTS)	<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 - 4 in a row.</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 2 - 6 in a row.</li> </ol>
BASIC 1	<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>
BASIC 2	<ol style="list-style-type: none"> <li>1. Forward one foot glide – either foot.</li> <li>2. Backward two foot swizzles 6-8 in a row.</li> <li>3. Moving snowplow stop.</li> <li>4. Two foot turn in place, forward to backward.</li> <li>5. Forward alternating ½ swizzle pumps, in a straight line – across width of ice</li> </ol>
BASIC 3	<ol style="list-style-type: none"> <li>1. Forward stroking.</li> <li>2. Forward 1/2 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>
BASIC 4	<ol style="list-style-type: none"> <li>1. Forward outside 3-turn - right &amp; left 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, right or left.</li> </ol>
BASIC 5	<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 3 revolutions.</li> <li>4. Hockey stop.</li> <li>5. Side toe hop, either direction.</li> </ol>
BASIC 6	<ol style="list-style-type: none"> <li>1. Forward inside 3-turn, right and left from a standstill.</li> <li>2. Bunny hop.</li> <li>3. Forward arabesque spiral on a straight line, right or left.</li> <li>4. Lunge, right or left.</li> <li>5. T-Stop, right or left.</li> </ol>
BASIC 7	<ol style="list-style-type: none"> <li>1. Forward inside open Mohawk, right to left and left to right.</li> <li>2. Ballet jump, either direction.</li> <li>3. Backward crossovers to backward outside edge landing position, clockwise and counter clockwise.</li> <li>4. Forward inside pivot.</li> </ol>
BASIC 8	<ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside 3-turns, right and left.</li> <li>2. Waltz jump.</li> <li>3. Mazurka, either direction.</li> <li>4. Combination move, clockwise or counter clockwise. 2 forward crossovers into forward inside Mohawk, step behind, step into 1 back crossover and step to a forward inside edge.</li> <li>5. Beginning one-foot upright spin, optional free foot position.</li> </ol>

<b>FREESKATE LEVEL 1</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 &amp; 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>
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**COMPULSORY MOVES  
WELL-BALANCED TRACK AND TEST TRACK**

Moves will be in program form without music on half ice. (1/2 ice). Optional order. Additional elements will be penalized. Time 1:00 or less

<b>NO TEST</b>	No USFS tests passed. 1:00 minute or less.	<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 or camel spin.</li> <li>4. Spiral Sequence – must include a forward &amp; backward spiral. Additional spirals &amp; balance moves such as Ina Bauers, spread eagles, lunges &amp; shoot the ducks may be included.</li> </ol>
<b>LIMITED BEGINNER</b>	No USFS test passed 1:00 minute or less	<ol style="list-style-type: none"> <li>1. Waltz Jump</li> <li>2. Half 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>
<b>BEGINNER</b>	No USFS test passed 1:00 minute or less	<ol style="list-style-type: none"> <li>1. Toe Loop</li> <li>2. Salchow Jump</li> <li>3. Forward scratch spin (minimum 3 revolutions)</li> <li>4. Forward Spiral</li> </ol>
<b>PRE-PRELIMINARY</b>	Pre-Preliminary test passed. No higher. 1:00 minute or less.	<ol style="list-style-type: none"> <li>1. Jump combination waltz jump/toe jump OR salchow/toe loop jump</li> <li>2. Flip Jump.</li> <li>3. Solo spin – sit or camel spin.</li> <li>4. Spiral Sequence – must include a forward &amp; backward spiral. Additional spirals &amp; balance moves such as Ina Bauers, spread eagles, lunges &amp; shoot the ducks may be included.</li> </ol>
<b>PRELIMINARY</b>	Preliminary test passed. No higher. 1:15 minute or less	<ol style="list-style-type: none"> <li>1. Lutz jump</li> <li>2. Combination jump (may not use lutz or axel)</li> <li>3. Camel spin (minimum 3 revolutions)</li> <li>4. Spiral Sequence – must include a forward &amp; backward spiral. Additional spirals &amp; balance moves such as Ina Bauers, spread eagles, lunges &amp; shoot the ducks may be included.</li> </ol>

**FREESTYLE EVENTS**  
**BASIC PROGRAM WITH MUSIC**

This event is skated to music of the skater's choice, vocals permitted Snowplow Sam – Basic 8 only. Skating order of the required elements is optional and the number of times an element is executed is not limited. The length of glides and number of revolutions is also not restricted unless otherwise stated. May use elements from a previous level and all elements from current level but deductions will be made for elements from a higher level. Time: 1:00 minute (+/- 10 seconds) Snowplow Sam through Basic 8 and 1:30 (+/- 10 seconds) for Freeskate 1. Full ice.

Snowplow Sam – Tots	<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>
Basic 1	<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>
Basic 2	<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>
Basic 3	<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>
Basic 4	<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 right and left from a stand still.</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop right or left</li> </ol>
Basic 5	<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 3 revolutions</li> <li>4. Side toe hop – either direction</li> <li>5. Hockey stop</li> </ol>
Basic 6	<ol style="list-style-type: none"> <li>1. Forward inside 3 turn right or left from a standstill.</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line right or left</li> <li>4. Lunge right or left</li> <li>5. T-stop right or left</li> </ol>
Basic 7	<ol style="list-style-type: none"> <li>1. Forward inside open Mohawk right to left and left to right</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>
Basic 8	<ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside 3 turns right and left</li> <li>2. Waltz jump</li> <li>3. Mazurka – either direction</li> <li>4. Combination move clockwise or counter clockwise (2 forward crossovers into forward inside Mohawk, step behind, step into 1 back crossover and step to a forward inside edge)</li> <li>5. Beginning one foot upright spin, optional free foot position.</li> </ol>

Freeskate 1	<ol style="list-style-type: none"> <li>1. Advanced forward stroking 4 – 6 consecutive.</li> <li>2. Basic forward outside edges &amp; forward inside consecutive edges 2 – 4 outside &amp; 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>
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**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.**

### **COMPETITIVE TEST TRACK FREESTYLE WITH MUSIC**

This event is skated to music of the skater's choice. The 6.0 Judging System will be used. Deductions (0.1 from each mark for each) will be made for skating elements not permitted in event description. From the technical mark (0.2 deductions) for each extra element included or lacking element. Any spin with less than required revolutions will receive a 0.1 deduction.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<b>TT Limited Beginner</b>	Two upright spins, no change of foot (min. 3 revolutions) Jumps with not more than ½ rotation (front to back or back to front) Jump sequences are allowed. Maximum of five jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skater may not have passed higher test than USFS Basic Skills FS badge test.	Time: Up to 1:30+/- 10 seconds 1:40 Max.
<b>TT Beginner</b>	Two upright spins, change of foot optional (min 3 revolutions) Jumps with not more than ½ rotation (front to back or back to front) Single rotation jumps (salchow & toe loop only) Jump combinations & sequences are allowed. Maximum of five jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skater may not have passed higher test than USFS Basic Skills FS badge test	Time: 1:30 +/- 10 seconds 1:40 Max.
<b>TT Pre-Preliminary</b>	Two spins held in one position only of different nature, no change of foot (min.3 revolutions & no flying spins). Jumps of 1 revolution (no Axels). Jump combinations or sequences using only a waltz jump, toe loop, and salchow are permitted. Maximum of five jump elements. Connecting moves & steps should be demonstrated throughout the program.	Skater may not have passed tests higher than USFS pre-preliminary FS test	Time: 1:30 +/- 10 seconds 1:40 Max
<b>TT Preliminary</b>	Two spins of a different nature, combination spins allowed (min. 3 revolutions each & no flying spins). Jumps with no more than 1 rotation (no axels). Jump combinations and sequences allowed. Maximum of five jump elements. Connecting moves and steps should be demonstrated throughout program.	Skater must have passed at least USFS pre-preliminary free skate test but not higher than preliminary FS test	Time: 1:30 +/- 10 seconds

**WELL BALANCED TRACK  
FREESTYLE EVENTS WITH MUSIC**

This event is skated to music of the skater's choice on full ice.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<b>WB No Test</b>	Well balanced program consisting of: Jumps (maximum of five jump elements/no axels or double jumps permitted); Spins (maximum of two spins of a different nature); Steps one step sequence utilizing ½ of the ice surface.  <i>Refer to US Figure Skating Rulebook #3721 for more info</i>	May not have passed any USFS FS tests	Time: 1:30+/- 10 seconds
<b>WB Pre-Preliminary</b>	Well balanced program consisting of: Jumps (maximum of five jump elements, Axels allowed, no double jumps); Spins (maximum of two spins of a different nature); Steps one step sequence utilizing ½ of the ice surface.  <i>Refer to US Figure Skating Rulebook #3711 for more info</i>	Must have passed no higher than USFS Pre-Pre FS test	Time: 1:30+/- 10 seconds
<b>WB PRELIMINARY</b>	Well balanced program consisting of: Jumps (maximum of five jump elements one of which must be an axel/waltz jump-type jump); Spins (maximum of two spins of a different nature); Steps one step sequence utilizing ½ of the ice surface.  <i>Refer to US Figure Skating Rulebook #3701 for more info</i>	Must have passed no higher than USFS preliminary FS	Time: 1:30+/- 10 seconds

**BEGINNER SYNCHRONIZED SKATING / ENTRY FORM pg 1**

**10<sup>TH</sup> WWFSC BASIC SKILLS COMPETITION**

April 18, 2010

ENTRY FORM 1: Team Information

Team Name:		USFS #
Club: (if applicable)		
Team contact person:		
Daytime phone #	E-mail:	
Address:		
City:	State / Zip	
Primary coach:	USFS#	
Daytime phone #	E-mail:	
Number of Skaters:	Number of Alternates:	

**Please check the level and /or event**

- BS Beginner 1**
- BS Beginner 2**
- BS Beginner 3**

**Entry Fee:**

\$ \_\_\_\_\_ for event per team \$50.00

\$ \_\_\_\_\_ for competitors per skater \$5.00

\$ \_\_\_\_\_ Total

**Checks payable to: Wagon Wheel FSC**

**Forms & Fees to: P.O. Box 173  
Barrington, IL 60011**

**All must be received by March 20, 2010**

*Teams may represent a full member Club or USFS Basic Skills Program*

**See Basic Skills Competition Manual page 16 for eligibility, duration, maneuvers.**



## LIABILITY WAIVER/CERTIFICATION

TEAM NAME: \_\_\_\_\_

LEVEL: \_\_\_\_\_

U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a Condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks or injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition and to waive and release any and all claims which they may have against any officials, US figure skating the club hosting the competition and against its officers and their entries shall be accepted only on such condition.

Skater's name in alphabetical order	Skater signature or parent/guardian (if skater under 18)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
Alt.1	
Alt.2	
Alt.3	

Club Officer or Skating School Director: All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under USFS or Skate Canada rules.

Print Name:	Signature:
Title:	
Club or Basic Skills program name:	