

*Hayden Recreation Centre Figure Skating Club*  
24 Lincoln St., Lexington, MA 02421 (781-862-5575)  
**Website: JWHAYDEN.ORG**  
**Approval Number:**  
**Basic Skills Skate with U.S. Competition**  
**Sunday, April 19, 2009**

**The purpose of this competition is to provide a fun, introductory, competitive experience for the beginning skater.**

**ELIGIBILITY** – The competition is open to ALL Skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of a U.S Figure Skating Club. 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 Snowplow Sam and Basic Skill Skaters through Basic 8 must skate at the 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 in the same event during the same competition.**

**ENTRIES AND FEES** -All entries must be **postmarked no later than April 4, 2009**. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers. **Entry fees are per person, and must accompany the application form.** The first event is \$35.00 and each additional event is \$15.00. There will be NO refunds after closing date unless Hayden Recreation Centre FSC cancels the event. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY.** Please make check payable to **Hayden Recreation Centre FSC**. There will be a \$20.00 fee for returned checks.

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

**SCHEDULE OF EVENTS** - Will be posted on the Official Bulletin Board no later than four days prior to the competition. Information regarding groups and skating times will be sent by email prior to the beginning of competition. If you wish us to send out a hard copy please enclose a self-addressed stamped envelope with your application. Information will be posted on our website: [jwhayden.org](http://jwhayden.org) and sent via email to all participants.

**MUSIC** - The music for all free skating programs must be provided on **standard compact disc** by the skater. Music must be clearly marked with the name of the skater, event entered and length of music (not skating time). **Each CD must have only one tract on it.** Competition music is to be turned in at the time of registration. Time duration is always ± 10 seconds. **It is STRONGLY recommended that the skater or coach bring a backup copy of music. All music must be recorded in standard format (no MP3 format)**

For additional information call: Sue LaLone 781-862-5575. [slalone@jwhayden.org](mailto:slalone@jwhayden.org)



**Elements Event -Basic Skills Curriculum**  
**Level competing must be last level passed!!!!**

- Each skater will have the option to perform one element at a time
  - A. In the order listed below (no excessive connecting steps) **or**
  - B. Will perform each element when directed by a judge or referee
- To be skated on 1/3 to 1/2 ice
- **No music**
- **All element must be skated in the order listed**
- Time: 1:00 or less

<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 – <i>either direction</i></li> <li>2. Backward crossovers 6-8 consecutive - <i>both directions</i></li> <li>3. One foot spin - min of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -<i>either direction</i></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 3-turn - <i>Right &amp; Left</i> from a standstill</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, <i>Right or Left</i></li> <li>4. Lunge - <i>Right or Left</i></li> <li>5. T-stop - <i>Right or Left</i></li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - <i>either foot</i></li> <li>2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>3. Two foot turn in place - <i>forward to backward</i></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 - <i>Right to Left and Left to Right</i></li> <li>2. Ballet Jump, <i>either direction</i></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, 6-8 consecutive, <i>either direction</i>.</li> <li>3. Moving forward to backward two foot turn - <i>either direction</i></li> <li>3. Backward one foot glide - <i>either foot</i></li> <li>4. 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 3 turns, <i>Right and Left</i></li> <li>2. Waltz jump</li> <li>3. Mazurka - <i>either direction</i></li> <li>4. Combination move – clockwise or counter clockwise – two forward crossovers in 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 3-turn - <i>Right and Left</i> from a standstill</li> <li>2. Forward outside edge on a circle, <i>either direction</i></li> <li>3. Forward crossovers, 6-8 consecutive, <i>both directions</i></li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - <i>Right or Left</i></li> </ol>	

## Free Skate Elements Event Freeskate 1-6

- 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: 1:00 or less

<p><b><u>Freeskate level 1 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking - <b>4-6 in a row</b></li> <li>2. Forward outside edges and forward inside consecutive edges, 2-4 outside <b>and</b> 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>Freeskate 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>Freeskate level 2 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral - <b><i>Right or Left and</i></b> forward inside spiral - <b><i>Right or Left</i></b></li> <li>2. Waltz Three's - <b><i>Right or Left</i></b></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>Freeskate 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>Freeskate 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>Freeskate 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 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>

## BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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

<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 – <i>either direction</i></li> <li>2. Backward crossovers 6-8 consecutive - <i>both directions</i></li> <li>3. One foot spin - min of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -<i>either direction</i></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 3-turn - <i>Right &amp; Left</i> from a standstill</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, <i>Right or Left</i></li> <li>4. Lunge - <i>Right or Left</i></li> <li>5. T-stop - <i>Right or Left</i></li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>6. Forward one foot glide - <i>either foot</i></li> <li>7. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>8. Two foot turn in place - <i>forward to backward</i></li> <li>9. Backward two foot swizzles 6-8 in a row</li> <li>10. 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 - <i>Right to Left and Left to Right</i></li> <li>2. Ballet Jump, <i>either direction</i></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, 6 -8 consecutive, <i>either direction</i>.</li> <li>3. Moving forward to backward two foot turn - <i>either direction</i></li> <li>4. Backward one foot glide - <i>either foot</i></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 3 turns, <i>Right and Left</i></li> <li>2. Waltz jump</li> <li>3. Mazurka - <i>either direction</i></li> <li>4. Combination move – clockwise or counter clockwise – two forward crossovers in 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, <i>either direction</i></li> <li>2. Forward crossovers, 6-8 consecutive, <i>both directions</i></li> <li>3. Forward outside 3-turn - <i>Right and Left</i> from a standstill</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - <i>Right or Left</i></li> </ol>	

## 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**
- **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><b>Freestyle 1</b></p> <ol style="list-style-type: none"> <li>1. Advanced Forward stroking. 4-6 strokes</li> <li>2. Forward outside or inside consecutive edges, 2-4</li> <li>3. Scratch spin from back crossovers</li> <li>4. Waltz jump from back crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b>Freestyle 4</b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence: FI spiral, FI Mohawk, BO spiral R or L</li> <li>2. Forward power 3's, 2-3 consecutive R or L</li> <li>3. Sit spin</li> <li>4. Loop jump</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b>Freestyle 2</b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral R or L</li> <li>2. Waltz three's R or L</li> <li>3. Beginning back spin</li> <li>4. Waltz jump, side toe hop, waltz jump</li> <li>5. Toe loop</li> </ol>	<p><b>Freestyle 5</b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover Backward inside spiral, R or L</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop combination jump</li> <li>5. Flip jump</li> </ol>
<p><b>Freestyle 3</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</li> <li>3. Back spin</li> <li>4. Salchow</li> <li>5. Waltz jump/Toe loop or Salchow/toe loop</li> </ol>	<p><b>Freestyle 6</b></p> <ol style="list-style-type: none"> <li>1. 1.5-step Mohawk sequence, 1 set alternating patterns</li> <li>2. Camel/sit spin combination, min of 4 revolutions total</li> <li>3. Split or stag jump</li> <li>4. Waltz jump/1/2 loop /Salchow combination</li> <li>5. Lutz jump</li> </ol>

## Competitive Test Track

Skaters may enter **EITHER** the new test track or the well-balanced Freeskate track but **NOT** both. Competitors will skate to music of their choice. **NO** vocal music is allowed. **6.0** judging will be used

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

- 0.1 for 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 rotations

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<b>Limited Beginner</b>	Two (2) 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
<b>Beginner</b>	Two (2) 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. Combination jumps or jumps 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
<b>Pre-Preliminary Test</b>	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
<b>Preliminary Test</b>	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 programs.	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

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

<p><b>No Test Free skate</b></p>	<p>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</p> <p><i>Refer to U.S. Figure Skating rulebook #3721 for more information</i></p>	<p>May <u>not</u> have passed any official U.S. Figure skating free skate tests</p>	<p><b>Time: 1:30+/- 10</b></p>
<p><b>Pre-preliminary Free Skate</b></p>	<p>A will-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</p> <p><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><b>Time: 1:30 +/- 10</b></p>
<p><b>Preliminary Free skate</b></p>	<p>A well-balanced program consisting of:          Jumps: maximum of 5 jump elements, one must be an axel/waltz jump type          Spins: maximum of 2 spins of a different nature          Steps: one step sequence utilizing ½ ice surface</p> <p><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><b>Time: 1:30 +/- 10</b></p>

## Compulsory Event/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*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<b>Limited Beginner Compulsory</b>	<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
<b>Beginner Compulsory</b>	<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
<b>No test Compulsory</b>	<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	Time: 1:00
<b>Pre-Preliminary Compulsory</b>	<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
<b>Preliminary Compulsory</b>	<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>	Skater 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