



5th Annual *Shore-Skate* Basic Skills Competition March 17, 2012

Basic Skills – Preliminary Events

Approval # 37281

Entry Deadline 2/25/12 go to
WWW.GardenStateSC.org

Hosted by:

Garden State Skating Club

Howell Ice World

269 Squankum Road (Rt. 524/547)

Howell, NJ 07731

Shore-Skate 2012
Garden State Skating Club
Howell Ice World
269 Squankum Road (Rt. 524/547)
Farmingdale, NJ 07731
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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 recognized by US Figure Skating. 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. 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. For events that are Test Track (beginner, pre-preliminary and preliminary) the U.S. Figure Skating rulebook # 1032 applies. Please note: If a skater competes at a nonqualifying competition in a "Beginner or No Test" category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.

ENTRIES AND FEES - All entries must be processed on line at www.gardenstatesc.org no later than midnight February 25, 2012. Acceptance of your credit card payment will serve as acknowledgement of your entry. Late entries will be accepted at the discretion of the organizers and will be assessed a \$25 late fee. The first event is \$65.00 and each additional event is \$25.00. NO refunds after closing date unless event is cancelled. ENTRY FORMS MUST BE FILLED OUT COMPLETELY. Events with less than 2 competitors will be cancelled and entry fees refunded or competitor can be moved to another event if feasible. If changes in the level of skating must be made after the application has been received, due to the parent or coach checking the wrong level, there will be a \$10 fee.

COACHES - Coaches must present their USFS Coaches registration card to be issued credentials. Coaches without credentials will not be allowed in the skater's entrance area. Coaches must be USFS category A or B.

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. Awards will be presented at appropriate times throughout the competition.

SCHEDULE OF EVENTS - Information regarding groups and skating times will be posted online at www.gardenstatesc.org It is recommended that skaters arrive at the rink 1 hour before their scheduled event.

ICE SURFACE - 200' x 85'

PRACTICE ICE - 20 min. practice ice sessions will be available prior to the start of the competition. We recommend signing up for practice ice with your entry as space will be limited. Practice Ice can be reserved with application online at www.gardenstatesc.org

MUSIC/REGISTRATION - The registration desk will open 1 hour before the start of the competition. The music for all free skating programs must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music. CDs should be "Write" only (CD-W), CD-RW will not play on all equipment. Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds. Please have a copy of your CD rinkside during the competition.

VIDEO TAPING AND PHOTOGRAPHS - An official competition photographer will be available to take individual and group award photographs as well as to videotape events. Photographs and video DVDs may be purchased at their table. Hand-held video equipment is only permitted in the bleacher area and should be used to record only your skater. NO VIDEO EQUIPMENT MAY BE PLUGGED INTO THE ARENA OUTLETS. Flash photography is not allowed during competition events or warm-ups for the safety of the skaters.

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
- 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, vocal music is allowed

<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. Standstill 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 down, cross 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 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.

- To be skated on full ice.
- 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

Free skate 1	Free skate 4
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	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
Free skate 2	Free skate 5
1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop	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
Free skate 3	Free skate 6
1. Forward crossovers in a figure 8 2. Back spin-minimum three revolutions 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop	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 Program Event

Skaters may enter EITHER the new 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 permitted. The 6.0 judging system will be used for all Test Track events.

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	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Limited Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> Two upright spins, no change of foot, no flying entry (Min 3 revolutions)	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
Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two upright spins, change of foot optional, no flying entry (Min 3 revolutions)	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
Pre-Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two spins of a different nature, one position only, no change of foot, no flying entry. (Min 3 revolutions)	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
Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot, no flying entry (Min 3 revs) and One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on each foot).	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

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

LEVEL	Jump Elements	Spins	Steps	Qualifications
<p>No Test</p> <p>Times Vary 1:00-1:30 +/-10</p> <p>Refer to announcement</p>	<p style="text-align: right;">Max 5</p> <p>Single Jumps (no Axel) Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited.</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Straight line, circular or serpentine Must use one half the ice surface</p>	<p>May <u>not</u> have passed any official U.S. Figure Skating free skate tests.</p>
<p>Pre-preliminary</p> <p>Time: 1:30 +/- 10</p>	<p style="text-align: right;">Max 5</p> <p>Single Jumps (Axel permitted) Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited. Axel may be repeated as individual jump, combo, or sequence. Max 2 Axels.</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Straight line, circular or serpentine Must use one half the ice surface</p>	<p>Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.</p>
<p>Preliminary</p> <p>Time: 1:30 +/- 10</p>	<p style="text-align: right;">Max 5</p> <p>1 Axel or Waltz jump type jump Max 2 combos or sequences. Combos limited to 2 jumps 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>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Straight line, circular or serpentine Must use one half the ice surface</p>	<p>Must have passed no higher than U.S. Figure Skating Preliminary free skate test.</p>

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>

SHORE-SKATE BASIC SKILLS COMPETITION ENTRY & INFORMATION

Go to www.GardenStateSC.org to process entries online.

Host Club

Howell Ice World
269 Squankum Road (Rt. 524/547)
Farmingdale, NJ 07731

For additional information contact: Lara Walsh Lara@WalshLLC.com or 732-674-0344 cell.

Directions:

Howell Iceworld is conveniently located at 269 Squankum Road (Route 524/547), one half mile north of Exit 31B off of Interstate195. Some GPS systems label the road Lakewood-Farmingdale Road as well. We are on the west side of the road just past Vic Gerard's Golf Carts. Coming from I-195, drive north toward Farmingdale and we are one half mile on the left.

From Farmingdale, approximately 1 mile south of town on the right hand side, just before the firehouse.

GPS users will find this easier:

Latitude: 40.17269234760618
Longitude: -74.155193567276

Hotels

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