

Atlanta Ice Forum Basic Skills



**Hosted By:
Atlanta Ice Forum**

Event to take place at:

Atlanta Ice Forum

Date: September 3, 2006

2300 Satellite Blvd.

Duluth, GA 30097

770-813-1010

Competition Director: Carol Murphy

Competition Application Deadline: August 4, 2006

Mission Statement: To give Georgia skaters a chance to develop their USFS Skills in a fun competitive environment.

COMPETITION ANNOUNCEMENT

The **Atlanta Ice Forum USFS Basic Skills Competition Series** is sponsored by and will be held at the Duluth Ice Forum.

ELIGIBILITY – Skaters who have not passed any official USFS tests higher than Basic Skills badge levels or Adult Bronze Free Skating tests and are currently enrolled in either a USFSA Basic Skills Program or are a full USFSA member are eligible to compete. Eligibility will be based on the highest level passed as of the *closing date* of each competition in question.

ALL BASIC SKILLS SKATERS, LEVELS 1 THROUGH 8 MUST SKATE AT HIGHEST LEVEL PASSED. Skaters in other events may skate at current level or one level higher but not both levels. Skaters will be divided into groups of a maximum of six (6) skaters, by birth date. Males and females may, or may not, be placed in the same group.

ENTRIES AND FEES – All entries must be postmarked no later than one month before the competition date of each arena. The first event is \$30.00 and each additional event is \$10.00. Entry fees are per person, and must be paid in U.S. dollars. Late entries will be accepted at the discretion of the competition director of the arena in question, and will be subject to an administrative fee of \$10.00.

There will be **NO REFUNDS** after the closing date, unless an event is canceled by the facility in question. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY** and returned with fees. *Check / Money Order must be made out to the corresponding arena.* A \$25.00 fee will be charged for returned checks.

AWARDS – Medals will be awarded by the organizers of each competition to the 1st, 2nd and 3rd place winners in each competition, 4th, 5th, and 6th place will receive ribbons.

SCHEDULE OF EVENTS – Will be faxed to each participating arena (for posting) no later than one week prior to the start of each competition. It will also be posted on the Georgia Figure Skating Club website. Information regarding groups and skating times will be mailed to each participant who provides a self addressed envelope along with the entry form.

PRACTICE ICE – A schedule of Practice Ice (if available) will be posted along with competition schedule.. Each practice session must be paid in full prior to taking the ice. A maximum of 20 skaters will be allowed on the ice during any one session.

MUSIC – Music for free skating programs and showcase must be provided on CD or cassette. Cassettes and CD's should be clearly marked with the following: skater's name, event entered, home arena, and coach name. Cassettes or CD's must be turned in at the time of registration. We encourage you to have an additional copy in case of emergency.

PHOTOGRAPHS – a photographer may be available at each rink during the competition. Contact the arena in question for more information.

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COMPULSORY EVENT - Snowplow Sam – Tots to Basic 8 levels.

- To be skated on ½ ice.
- **No music**
- Elements will be performed without stopping, one element at a time in the order listed. The skater may go to the referee between elements if necessary.

<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. 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 6-8 consecutive - both directions 3. One foot spin - min of 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 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. Forward inside 3-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 -across width of ice 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 3 turns R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 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 edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside 3-turn - R and L 4. Backward stroking 5. Backward snowplow stop - R or L 	

Compulsory Programs Freeskate 1-6 - No Music

- The skater must demonstrate the required elements and may use any additional elements from previous levels (where applicable)
- The skating order of the required elements is optional
- To be skated on ½ ice - **no music permitted**
- In program form, using a limited number of connecting steps
- Time: 1:00 or less
- Deductions will be made if elements from a higher level are performed

<p><u>Freeskate 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>Freeskate 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-R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p><u>Freeskate 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>Freeskate 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>Freeskate 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>Freeskate 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 Freeskate 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

Beginner (No Test) Compulsory Program- May not have passed any official U.S. Figure Skating Freeskating tests.

1. Waltz jump
2. Salchow jump
3. Half flip or half lutz jump
4. Upright scratch spin (min. 3 revolutions)
5. Forward spiral

Music Program Events

Basic Programs 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 allowed.
- May use elements from a previous level. Deductions will be made for each element from a higher level that are skated.
- Time is 1 Minute +/- 10 sec., to be skated on full ice
- Skaters will be judged on: Technical Merit and Presentation

Snowplow Sam Program (Tots)	Basic Program C: (Basic 5 & 6)
1. Forward Skating 2. Backward wiggles 3. Glide forward and dip 4. Snowplow stop	1. Backward crossovers-min 5 consecutive Clock or counter clock wise 2. One foot spin 3. Bunny hop 4. Forward Spiral in a straight line R or L
Basic Program A: (Basic 1 & 2)	Basic Program D: (Basic 7 & 8)
1. Glide forward and dip 2. Moving snowplow stop 3. Forward two-foot swizzles 4. Backward skating(wiggles or swizzles)	1. Beginning one foot spin, optional free foot position 2. Mazurka or Ballet jump 3. Combination move: either direction: 2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge. 4. Waltz jump
Basic Program B: (Basic 3& 4)	
1. Backward 1/2 swizzle pumps on a circle clock or counter clock wise 2. Two foot spin 3. Forward crossovers-min of 5 consecutive clock or counter clock wise 4. Back one foot glide, right or left	

Freestyle Programs 1-6 with music

- Program duration 1:30+/-10sec. To be skated on full ice. NO VOCAL MUSIC ALLOWED.
- Deductions will be made if elements from a higher level are performed
- Groups will be divided by age
- Programs must contain all the required elements listed and will be judged on the following: Technical Merit and Presentation

Freestyle 1 1. Advanced Forward stroking. 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump	Freestyle 4 1. Spiral sequence: FI spiral, FI Mohawk, BO spiral R or L 2. Forward power 3's, 2-3 consecutive R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
Freestyle 2 1. Forward outside spiral R or L 2. Waltz three's R or L 3. Beginning back spin 4. Waltz jump, side toe hop, waltz jump 5. Toe loop	Freestyle 5 1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover Backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop combination jump 5. Flip jump
Freestyle 3 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or Salchow/toe loop	Freestyle 6 1.5 step Mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, min of 4 revolutions total 3. Split or stag jump 4. Waltz jump/1/2 loop /Salchow combination 5. Lutz jump

Beginner Freestyle Program — May not have passed any official USFS test (higher than Skate with U.S. Basic Skills badge levels). A well balanced program consisting of half revolution jumps, salchows and toe loops. Two foot and one foot upright spins permitted.

ARTISTIC/SHOWCASE EVENTS

(Duration: 1:30 or less) – Categories will be determined by age and level

- Theme of skater's choice
- May have music with words
- Judging to emphasize interpretation of music rather than technical skills
 - Costumes that compliment music
- May use hand props of those skater can get on and off ice without assistance

SPIN EVENT

- Groups will be divided by level
- Program duration 1:00max
- Program to be skated on 1/2 ice
- Deductions will be made if elements from higher levels are performed

Beginner Level

2 foot spin, Forward scratch spin, Beginning back spin

Atlanta Basic Skills



ENTRY FORM: Atlanta Ice Forum

Deadline August 4, 2006

Last Name _____ First Name _____ Age _____ Gender _____

Address _____ City, State, Zip _____

Email Address _____ Phone _____ DOB _____

Current Skating Level _____ Last USFSA Level Passed _____ USFSA # _____

Home Rink _____ Coach's Name _____ Phone # _____

Coach's Email Address _____

Please check the event(s) you are entering:

- | | | | |
|--|---|---|--|
| Tots
<input type="checkbox"/> Elements
<input type="checkbox"/> Solo | Basic 5
<input type="checkbox"/> Elements
<input type="checkbox"/> Solo Program C | Freestyle 2
<input type="checkbox"/> Compulsories
<input type="checkbox"/> Solo
<input type="checkbox"/> Showcase | USFSA Beginner
<input type="checkbox"/> Compulsories
<input type="checkbox"/> Solo
<input type="checkbox"/> Showcase
<input type="checkbox"/> Spins |
| Basic 1
<input type="checkbox"/> Elements
<input type="checkbox"/> Solo Program A | Basic 6
<input type="checkbox"/> Elements
<input type="checkbox"/> Solo Program C | Freestyle 3
<input type="checkbox"/> Compulsories
<input type="checkbox"/> Solo
<input type="checkbox"/> Showcase | |
| Basic 2
<input type="checkbox"/> Elements
<input type="checkbox"/> Solo Program A | Basic 7
<input type="checkbox"/> Elements
<input type="checkbox"/> Solo Program D | Freestyle 4
<input type="checkbox"/> Compulsories
<input type="checkbox"/> Solo
<input type="checkbox"/> Showcase | |
| Basic 3
<input type="checkbox"/> Elements
<input type="checkbox"/> Solo Program B | Basic 8
<input type="checkbox"/> Elements
<input type="checkbox"/> Solo Program D | Freestyle 5
<input type="checkbox"/> Compulsories
<input type="checkbox"/> Solo
<input type="checkbox"/> Showcase | |
| Basic 4
<input type="checkbox"/> Elements
<input type="checkbox"/> Solo Program B | Freestyle 1
<input type="checkbox"/> Compulsories
<input type="checkbox"/> Solo
<input type="checkbox"/> Showcase | Freestyle 6
<input type="checkbox"/> Compulsories
<input type="checkbox"/> Solo
<input type="checkbox"/> Showcase | |

ENTRY FEE IS \$30.00 FOR 1ST EVENT AND \$10.00 PER EACH ADDITIONAL EVENT. Make check or money order payable to The Atlanta Ice Forum. Completed entry form and payment **must be postmarked by August 4, 2006.** Mail to: The Atlanta Ice Forum, 2300 Satellite Blvd., Duluth GA 30097, Attn. Carol Murphy. **Entry fees are not refundable after the entry deadline unless the event is canceled by the host arena.**

First Event \$ _____
 Additional Event \$ _____
 Additional Event \$ _____
 Total: \$ _____

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds USFS, and Atlanta Ice Forum harmless from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____ Date _____
 Coach/Director Signature _____ Date _____
 Competitor Signature _____ Date _____

Elements

Level Passed	Competition Level	OFFICIAL TESTS ALLOWED
Snowplow Sam 1	Snowplow Sam only	NONE
Snowplow Sam 2	Snowplow Sam only	NONE
Snowplow Sam 3	Snowplow Sam only	NONE
Basic 1	Basic 1 ONLY	NONE
Basic 2	Basic 2 ONLY	NONE
Basic 3	Basic 3 ONLY	NONE
Basic 4	Basic 4 ONLY	NONE
Basic 5	Basic 5 ONLY	NONE
Basic 6	Basic 6 ONLY	NONE
Basic 7	Basic 7 ONLY	NONE
Basic 8	Basic 8 ONLY	NONE
Freestyle 1	Freestyle 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 2	Freestyle 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 3	Freestyle 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 4	Freestyle 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 5	Freestyle 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 6	Freestyle 6 or Beginner** NOT BOTH	Pre-Preliminary MIF ONLY

Programs with Music

Level Passed	Competition Level	OFFICIAL TESTS ALLOWED
Snowplow Sam 1	Snowplow Sam only	NONE
Snowplow Sam 2	Snowplow Sam only	NONE
Snowplow Sam 3	Snowplow Sam only	NONE
Basic 1	Basic Program A	NONE
Basic 2	Basic Program A	NONE
Basic 3	Basic Program B	NONE
Basic 4	Basic Program B	NONE
Basic 5	Basic Program C	NONE
Basic 6	Basic Program C	NONE
Basic 7	Basic Program D	NONE
Basic 8	Basic Program D	NONE
Freestyle 1	Freestyle 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 2	Freestyle 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 3	Freestyle 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 4	Freestyle 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 5	Freestyle 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 6	Freestyle 6 or Beginner** NOT BOTH	Pre-Preliminary MIF ONLY

**** If a skater competes up into Beginner Category (if offered) they may not go back to compete in the Freestyle Categories**