



The Skating Club of Boston Skating Academy at The Frog Pond



Basic Skills Skate with U.S. Competition

Saturday, March 10 (Rain date: March 11), 2012
Approved by US Figure Skating Basic Skills Committee

Approval ## BS37369

The Mayors Cup Basic Skills Competition sponsored by The Skating Club of Boston Skating Academy will be held at The Boston Common Frog Pond on March 10, 2012 (Rain date: March 11th) from 8:30-11:00am. The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

ELIGIBILITY: The competition is open only to Skating Club of Boston Skating Academy students 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 not eligible to compete, this is a Skating Club of Boston Skating Academy in-house only event, open only to skaters enrolled at The Skating Club of Boston Skating Academy.

Eligibility will be based on skill level as of the closing date of entries. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Free Skate 1 - 6, eligibility will be based only upon highest free skate test level passed (moves in the field test will not determine the skaters level). Skater may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

ENTRIES AND FEES: All entries must be **postmarked no later than February 20, 2012**, and are limited to the first 75 applications received. Late entries will be accepted at the discretion of the organizers and only if the limit has not been reached and the application is accompanied by the additional \$20.00 late entry fee. Entry fees are per person, U.S. Dollars. The first event is \$45.00 and each additional event is \$25.00. **No refunds** after closing date unless the event is canceled by The Skating Club of Boston. **Entry forms must be filled out completely** and returned with fee. Please make checks payable to The Skating Club of Boston. There will be a \$35.00 fee for returned checks.

GROUPS: Skaters will be broken into groups of up to 4 skaters, by birth date. Males/Females may be in the same group. Based on the number of entrants received at a particular level, some events may consist of only one skater.

AWARDS: **Everyone will receive a medal.** Awards will be presented at appropriate times throughout the competition or at the commencement of the event.

SCHEDULE OF EVENTS: Information on groups/skating times will be mailed to competitors prior to the competition.

MUSIC: The music for all free skating programs must be provided on compact disk (**standard compact disk format only**). Music must be clearly marked with the name of the skater, event entered, and length of music. Each disk must have only **one** track on it. Competition music is to be turned in at the time of registration. Time duration listed is always ± 10 seconds. It is strongly recommended that the skater or coach bring **more than one copy of music**.

FACILITY INFORMATION: The Boston Common Frog Pond has one ice surface. The Frog Pond Cafe will be open during the competition serving coffee and snacks. For additional information please refer to the web site: <http://www.bostonfrogpond.com>.

DIRECTIONS: From the Masspike (I-90), Take Masspike East to the Prudential/Copley Exit, Stay Right for Copley Place, Continue on Stuart Street and take left on Charles St South which will turn into Charles St after the first traffic light. Additional information is available at: www.bostonfrogpond.com

EVENTS: Events are being offered for: Basic Elements (Snowplow Sam to Basic 8), Basic Programs (Snowplow Sam to Basic 8 w/ music), Free Skate Elements (FS 1-6 Compulsory), Free Skate (FS 1-6 w/ music), Interpretive, and Parent-Child Open Event.

SNOWPLOW SAM – BASIC 8 BASIC ELEMENTS EVENT

Each skater will perform each element when directed by a judge or referee in the order listed below (no excessive connecting steps).

- To be skated on 1/3 to 1/2 of the ice surface
- 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. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<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. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<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. Moving snowplow stop 4. Two foot turn in place – forward to backward 5. Backward two foot swizzles 6 - 8 in a row 	<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 - either direction 4. 1 Combination move - clockwise <u>or</u> 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. 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 	

SNOWPLOW SAM – BASIC 8 BASIC PROGRAM EVENT

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.

- To be skated on full ice
- Vocal music is allowed.
- 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

<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 COMPULSORY EVENT

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: Maximum 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

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.

- To be skated on full ice.
- 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

Free skate 1	Free skate 4
<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 	<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
Free skate 2	Free skate 5
<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 	<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
Free skate 3	Free skate 6
<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 	<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

INTERPRETIVE EVENT:

The objective of interpretive events is to encourage creative, individualized programs and to celebrate the joy of movement.

- Different music will be used for each event. (ie: Basic 1-8, Free Skate 1-6, Adult Beginner, Adult Advanced).
- There will be a brief warm-up before each event, at which time the skater will hear the music for the first time.
- There are NO required elements.
- Skaters will be judged on their interpretation of the music and ability to engage the audience.
- Programs will range from 1-1 ½ minutes.

PARENT/CHILD OPEN EVENT:

The objective for the Parent/Child event is to provide a unique and fun opportunity for each child to perform with one of their parents.

- Parent/Child teams will be judged on program creativity, musical interpretation and their ability to work together as a team.
- There are NO required elements.
- Music length must not exceed 1 ½ minutes.

The Mayors Cup TEAM Compulsory Event:

- Teams of 3-5 skaters, divided into levels according to BASIC/FREE SKATE levels
- Each skater will do ONE required element from their current or previous skating level
- Judging done with one mark for each element (skater) for total team points
- The Team with the highest points will be awarded the *Mayors Cup Trophy*



The Skating Club of Boston Skating Academy at The Frog Pond



Basic Skills Skate with U.S. Competition
Saturday March 10 (Raindate: March 11) 2012

Last Name _____ First Name _____ Male/Female _____
 Address _____ City _____ State _____ Zip _____
 Email Address _____ Birth date ____/____/____
 Home Phone _____ Cell: _____
 Highest Basic Skills Level Passed: Basic 1 - 8 _____ Free Skate 1 - 6 _____ U.S. Figure Skating# _____
 Skating Academy Location _____ Instructor's Name _____
 Instructor's Email Address & Phone Number: _____

Please check the event(s) you are entering:

PROGRAMS WITH NO MUSIC

PROGRAMS WITH MUSIC

Basic Elements Event	Free Skate Compulsory Event	Basic Program Event	Free Skate Event
Snowplow Sam: __ Basic 5: __	Free Skate Level 1: __	Snowplow Sam: __ Basic 5: __	Free Skate 1: __
Basic 1: __ Basic 6: __	Free Skate Level 2: __	Basic 1 __ Basic 6: __	Free Skate 2: __
Basic 2: __ Basic 7: __	Free Skate Level 3: __	Basic 2: __ Basic 7: __	Free Skate 3: __
Basic 3: __ Basic 8: __	Free Skate Level 4: __	Basic 3: __ Basic 8: __	Free Skate 4: __
Basic 4: __	Free Skate Level 5: __	Basic 4: __	Free Skate 5: __
	Free Skate Level 6: __		Free Skate 6: __

INTERPRETIVE

Beginner : __ Basic 1-8 Levels: __ Free Skate 1-6: __ Adult Beginner: __ Adult: Advanced: __

PARENT/CHILD

Name of Parent: _____ Level: _____
 Name of Child: _____ Level: _____

MAYORS CUP TEAM COMPULSORY

Circle your level: Basic 1 2 3 4 5 6 7 8
 Freeskiate 1 2 3 4 5 6

ENTRY FEE: \$45.00 for the first event and \$25.00 for each additional event

First Event	\$	45.00
# _____ Additional Events @\$25.00	+	\$ _____
Late fee \$20.00 (if applicable)	+	\$ _____
Total:	\$	_____

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

The completed entry form, with fees, must be postmarked no later than February 20, 2012. Make check or money order payable to The Skating Club of Boston and mail to 1240 Soldiers Field Road, Boston MA 02135. For additional information call the Club Office at 617-782-5900.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds The Skating Club of Boston harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Competitor Signature _____	Date _____	Instructor Signature _____	Date _____
Parent Signature _____	Date _____	Program Director _____	Date _____
Instructor Signature _____	Date _____		
Program Director/Club Officer _____	Date _____		

