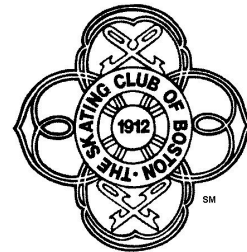




The Skating Club of Boston

121 Donald Lynch Boulevard, Marlboro, MA 01751 (617-78-SKATE)



Basic Skills Skate with U.S. Competition

Saturday, March 17, 2012

Approval # BCS-37368

The 2nd Annual Basic Skills Skate with U.S. Competition sponsored by The Skating Club of Boston will be held at their MetroWest location at the New England Sports Center in Marlboro, MA on March 17, 2012. The competition will be held in Rink 1. The purpose of this competition is to promote 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 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.

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, Test Track and Well Balanced levels, 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 25, 2012**, and are limited to the first 150 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 (If application is postmarked by 2/8/12, cost is \$40 for 1st Event, \$20 for each additional Event). Entry fees for Synchronized Teams is \$75 for the team plus \$10 per skater. **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 check made 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 skater may consist of only one skater.

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

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

MUSIC: The music for all free skating/showcase 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.

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), Compulsory (Test Track and Well Balanced Levels), Beyond the Basic (Test Track and Well Balanced programs w/ music), Hockey (1-4) and Skills Competition, Dance (Solo and Couple), and Beginner Spins.

FACILITY INFORMATION: The rinks at the New England Sports Center measure 85x200 feet with rounded corners. A cafe will be open during the competition serving snacks and full meals. For additional information please refer to the arena's web site: <http://www.nes.com>.

DIRECTIONS:

Mass Pike From Boston: Take the Mass Pike West to 495 North. Go North on 495 to 290 West (Exit 25) Take 290 West (2 miles) to Solomon Pond Road (Exit 25) At the end of the exit ramp, Turn Right. Take the First Right (approximately 50 yards) onto Donald Lynch Blvd. Follow Donald Lynch Blvd. (2 Miles) to N.E. Sports Center, On Your Left.

Route 128 From North Or South: Take Route 128 (North or South) to Mass Pike West. Take the Mass Pike West to 495 North. Go North on 495 to 290 West (Exit 25). Take 290 West (2 miles) to Solomon Pond Road (Exit 25). At the end of the exit ramp, Turn Right. Take the First Right (approximately 50 yards) onto Donald Lynch Blvd. Follow Donald Lynch Blvd. (2 miles) to N.E. Sports Center, On Your Left.

Route 495 From North Or South: Take Route 495 (North or South) to 290 West. Take 290 West (2 miles) to Solomon Pond Road (Exit 25). At the end of the exit ramp, Turn Right. Take the First Right (approximately 50 yards) onto Donald Lynch Blvd. Follow Donald Lynch Blvd. (2 miles) to N.E. Sports Center, On Your Left.

Route 290 From The West: Take 290 East to Solomon Pond Road (Exit 25). At the end of the exit ramp, Turn Right, crossing over 290. Take the First Right (approximately 100 yards) onto Donald Lynch Blvd. Follow Donald Lynch Blvd. (2 miles) to N.E. Sports Center, On Your Left.

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 ice
- 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

<p>Free skate 1</p> <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 	<p>Free skate 4</p> <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
<p>Free skate 2</p> <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 	<p>Free skate 5</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 combination jump 4. Flip jump
<p>Free skate 3</p> <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 	<p>Free skate 6</p> <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

TEST TRACK and WELL-BALANCED COMPULSORY EVENT

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 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: 1:15 or less
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:15
Beginner Compulsory	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin - minimum three revolutions 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time:1:15
No Test Compulsory	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence - must include a forward and backward spiral. Additional spirals and balance moves may be included. 	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 passed	Time:1:15
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> 1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence - must include a forward and backward spiral. Additional spirals and balance moves may be included. 	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:15
Preliminary Compulsory	<ol style="list-style-type: none"> 1. Lutz jump 2. Single jump combination (may not use Lutz jump or Axel) 3. Camel spin - minimum three revolutions 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included. 	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 :1:15

TEST TRACK PROGRAM EVENT

Skaters may enter EITHER test track free skate program or the well-balanced track free skate program but NOT both during the same non-qualifying competition. Competitors may skate to music of their choice, vocal music allowed.

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	Jumps	Spins	Steps	Qualifications
<p>Limited Beginner</p> <p>Time: 1:30 +/- 10</p>	<p><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></p>	<p><i>Max 2 spins:</i> Two upright spins, no change of foot, no flying entry. (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>Beginner</p> <p>Time: 1:30 +/- 10</p>	<p><i>Maximum 5 jump:</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></p>	<p><i>Max 2 spins:</i> Two upright spins, change of foot optional, no flying entry. (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>Pre-Preliminary Test</p> <p>Time: 1:30 +/- 10</p>	<p><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></p>	<p><i>Max 2 spins:</i> Two spins of a different nature, one position only, no change of foot, no flying entry. (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>
<p>Preliminary Test</p> <p>Time: 1:30 +/- 10</p>	<p><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></p>	<p><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)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>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</p>

WELL-BALANCED PROGRAM EVENT
(U.S. Figure Skating rulebook requirements)

LEVEL	Jumps	Spins	Steps	Qualifications
<p style="text-align: center;">No Test</p> <p style="text-align: center;">Time 1:00-1:30 +/-10</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 style="text-align: center;">Pre-preliminary</p> <p style="text-align: center;">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 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 style="text-align: center;">Preliminary</p> <p style="text-align: center;">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>

SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, No Test, Limited Beginner through Preliminary. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided skater within one minute of set up and removal. **Deductions will be made for skaters including technical elements not permitted in the event description. A .2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance and for handling of props and scenery.**

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00
Free skate 1-6 Limited Beginner Beginner	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30
No Test Pre-preliminary	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary	Time: 1:30
Preliminary	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate.	Time: 1:40

HOCKEY EVENTS: Hockey 1-4 Elements and Skills Competition

Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult. These age groups may be combined based upon number of entries.

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee. Format choice: All skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

Hockey 1

- A. Moving dip or squat
- B. Skating forward – width of ice
- C. Forward swizzles- 4 to 6 in a row
- D. Snowplow stop
- E. Backward skating

Hockey 3

- A. Forward C-Cuts (1/2 swizzle pumps) on a circle- R & L
- B. Hockey turns, R & L, with speed in and out of turn
- C. Forward slalom
- D. Forward stop and starts- 3 times
- E. Backward V-stop

Hockey 2

- A. Skating forward using full strides
- B. Forward one-foot glides- Right and left
- C. Backward swizzles- 4 to 6 in a row
- D. Glide turns, both directions
- E. Moving snowplow stops

Hockey 4

- A. Forward crossovers -clockwise and counter clockwise
- B. Backward C-Cuts in a line (alternating 1/2 swizzle pumps)
- C. Backward one foot glide, R & L, one time skater's height
- D. Mohawk – R to L and L to R
- E. Hockey stop

Hockey Skills Challenge:

All competitors in the Skills Challenge must wear the following equipment: hockey skates, helmet with face mask, mouth guard, shin pads, elbow pads, hip pads, support cup, hockey gloves, regulation hockey stick, shoulder pads and neck guard.

Skaters will skate towards the hockey net and stick handle through a prescribed obstacle course with cones. When they come to the end of the obstacle course, they will take a shot on goal. The event is scored based on the amount of time it takes the skater to complete the course. A bonus of a two second deduction in time is given if a goal is scored. A one second penalty will be added for any of the following: (1) touching a cone with the puck, stick, skate or any part of the body; (2) failing to skate around all the cones; (3) shooting at the goal before the course is complete; (4) missing the goal. The skater with the best time wins.

BEGINNER SPINS

No music on half-ice. Spins should be skated exactly as stated and in this order. Skaters will perform one spin at a time (no excessive connecting steps). Skaters will be given one opportunity to perform each spin. Groups will be divided according to Basic/Free Skate test level. Spins should be a minimum of three revolutions each.

Basic Skills

Forward pivot- either foot, Two foot spin, Forward one foot spin

Free skate 1-6, Beginner, No-Test

Two foot spin, Forward one foot spin, Sit Spin

Pre-Preliminary

Forward Scratch spin, Backward one foot spin, Camel spin

Preliminary

Forward Scratch Spin, Backward one foot spin, Combination spin of choice- minimum two changes of position or foot

DANCE - Solo or Couple

Preliminary: Canasta Tango

Pre-Bronze: Cha Cha



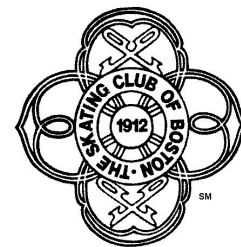
The Skating Club of Boston

121 Donald Lynch Boulevard, Marlboro, MA 01751 (617-78 SKATE)

Basic Skills Skate with U.S. Competition

Saturday, March 17, 2012

Approval # BCS-37368



Last Name _____ First Name _____ Sex _____ USFS Membership # _____

Address _____ City _____ State _____ Zip _____

Email Address _____ Birth date _____ Area Code/Phone _____

Highest Basic Skills Level Passed: Basic 1-8 _____ Free Skate 1-6 _____ Hockey 1-4 _____ USFS Free Skate test passed _____

USFS Dance test passed _____

Program Affiliation _____ Instructor's Name _____

Instructor's Email Address & Phone Number: _____

Please check the event(s) you are entering: PROGRAMS WITH NO MUSIC

Basic Elements Event	Free Skate Compulsory Event	Test Track and Well Balanced Compulsory Event	Hockey Events
Snowplow Sam: _____ Basic 5: _____	Free Skate Level 1: _____	Limited Beginner: _____	ELEMENTS
Basic 1: _____ Basic 6: _____	Free Skate Level 2: _____	Beginner: _____	Hockey 1: _____
Basic 2: _____ Basic 7: _____	Free Skate Level 3: _____	No Test: _____	Hockey 2: _____
Basic 3: _____ Basic 8: _____	Free Skate Level 4: _____	Pre-Preliminary: _____	Hockey 3: _____
Basic 4: _____	Free Skate Level 5: _____	Preliminary: _____	Hockey 4: _____
	Free Skate Level 6: _____		

Skills
Challenge: _____

Beginner Spins Event

Basic Skills: _____ Free Skate 1-6/Beginner/No Test: _____ Pre-Preliminary: _____ Preliminary: _____

PROGRAMS WITH MUSIC

Basic Program Event	Free Skate Event	Test Track Event	Well Balanced Program Event
Snowplow Sam: _____ Basic 5: _____	Free Skate 1: _____	Limited Beginner: _____	No Test Free Skate: _____
Basic 1: _____ Basic 6: _____	Free Skate 2: _____	Beginner: _____	Pre-Preliminary Free Skate: _____
Basic 2: _____ Basic 7: _____	Free Skate 3: _____	Pre-Preliminary Test: _____	Preliminary Free Skate: _____
Basic 3: _____ Basic 8: _____	Free Skate 4: _____	Preliminary Test: _____	
Basic 4: _____	Free Skate 5: _____		
	Free Skate 6: _____		

SHOWCASE

Basic 1-8 Levels: _____ Free Skate 1-6: _____ Limited Beginner: _____ Beginner: _____ No Test: _____ Pre-Preliminary: _____ Preliminary: _____

DANCE

Solo Preliminary: _____ Solo Pre-Bronze: _____ Couple Preliminary: _____ Couple Pre-Bronze: _____ Couple Partner Name*: _____

**Partner must submit separate entry form*

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

(If application is postmarked by 2/8/12, cost is \$40 for 1st event, \$20 for each additional event)

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

<i>For office use only</i>	
Entry #:	_____
Postmarked:	_____
Received:	_____

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 25, 2012**. Make check or money order payable to The Skating Club of Boston and mail to 121 Donald Lynch Boulevard, Marlboro, MA 01751. For additional information call the Club Office at (617)78-SKATE.

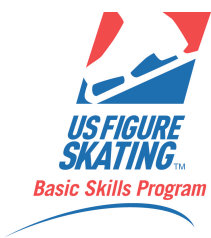
Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds The Skating Club of Boston harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Competitor Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

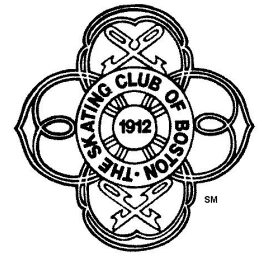
Instructor Signature _____ Date _____

Program Director/Club Officer _____ Date _____



The Skating Club of Boston

121 Donald Lynch Boulevard, Marlboro, MA 01751 (617-78 SKATE)



Basic Skills Skate with U.S. Competition

Saturday, March 17, 2012

Approval # BCS-37368

BEGINNER SYNCHRONIZED SKATING

The beginner competition program is also a part of the U.S. Figure Skating Basic Skills program. The beginner competition program is for Basic Skills level skaters who are interested in a first competition or "team" experience, taking the Synchro 1-4 badges one step further. Beginner teams compete at Basic Skills competitions and no qualifying synchronized skating competitions around the country.

ELIGIBILITY RULES: All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills program. The team may choose to represent a U.S. Figure Skating club or their Basic Skills Program/Club. 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 of their choice. In order for the team to be eligible for this event, no skaters on the team may have passed higher than the preliminary test in any discipline.

LEVEL REQUIREMENTS: See the following chart for detailed information on each of the three levels.

Level	Age	Music	Circle	Line	Block	Wheel	Intersection	Restrictions
Beginner 1	Majority under 9	1:30-2:00 sec.	Must contain a 2 foot turn. Must contain a forward inside and/or outside edge glide.	Must cover the ice and must have only forward skating.	Must cover the ice and must have only 1 configuration.	4-spoke or "S" wheel with backward pumps.	2 lines facing each other, 2-foot glide at point of intersection.	* No additional elements. * Holds = shoulder & hand only * No changes of rotational direction & travelling within wheels or circles. * No steps or moves above Basic 5. * Everything in rule 4669.
Beginner 2	Majority 9-11	1:30-2:00 sec.	Must include the combination move from Basic 8. (1 direction only, don't need to repeat)	Must cover ice and may include backward and forward skating.	Must cover the ice and must have 1 or 2 configurations	Wheel of choice with backward pumps	2 lines facing each other, 1-foot glide at point of intersection.	* No additional elements. * Holds = shoulder & hand only * No changes of rotational direction & travelling within wheels or circles. * No steps or moves above Free Skate 1. * Everything in rule 4669.
Beginner 3	Majority 12+	2:00-2:30 sec.	Must include the combination move from Basic 8. (1 direction only, don't need to repeat)	Must cover ice and may include backward and forward skating.	Must cover the ice and must have 2 or 3 configurations	Wheel of choice with backward pumps, chasses, or crossovers	2 lines facing each other, 1-foot glide or forward lunge at point of intersection	* Changes of rotational direction & travelling within wheels or circles. * Everything in rule 4669.

ENTRY FEE IS \$75 FOR THE TEAM, PLUS \$10 FOR EACH SKATER.

Team Fee: \$ 75
Number of skaters x \$10 each = \$
Late fee \$20.00 (if applicable) \$
Total Entry Fee: \$

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 25, 2012**. Make check or money order payable to The Skating Club of Boston and mail to 121 Donald Lynch Boulevard, Marlboro, MA 01751. For additional information call the Club Office at 617-78 SKATE.

