



Blades in 'Decatur'

Basic Skills Event

March 3, 2012
Point Mallard Ice Complex
Decatur, AL



www.pointmallardfsc.com

REFEREE: Lisa Boyer

Sponsored by
Point Mallard Figure Skating Club
And
The Point Mallard Skating School



Sponsored by
Point Mallard Figure Skating Club



Hosted by
Point Mallard Ice Complex
Decatur, AL

The Blades in Decatur - Basic Skills Competition sponsored by Point Mallard Figure Skating Club and the Point Mallard Skating School will be held at the Point Mallard Ice Complex, 2901-D Point Mallard Circle, Decatur, AL 35601 on Saturday, March 3, 2012 between 8:00 AM and 2:00 PM.

Our goal is to continue to offer a fun, introductory, competitive experience for Basic Skills Skaters. Beginner Skaters will be able to showcase their abilities in an enjoyable and fair competitive environment.

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.

Eligibility will be based on skill level as of closing date of entries. All SNOWPLOW SAM and BASIC SKILLS 1-8 SKATERS 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 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.

ENTRIES/FEES- All entries must be postmarked no later **February 6, 2012** and are limited to the first 100 applications received. Late entries will be accepted only if the limit has not been reached, at the discretion of the Committee. Entry fees are per person. The first event is \$25 and each additional event is \$10. No refunds after closing date unless the Competitions Committee cancels the event. Entry forms must be completely filled out and returned with the fees for the event with the check made payable to PMFSC. There will be a \$25 fee for returned checks. Mail entries to 2012 Blades in Decatur, c/o Charles Bernhard, 225 Silverbreeze Court, Harvest AL 35749. Late entries will be assessed additional \$20 per skater

AWARDS- Everyone will receive an award. All events will be final rounds. Medals will be awarded for first, second, third, and fourth place. All other places will receive ribbons. All awards will be made at appropriate times throughout the competition. All Showcase event skaters will receive a trophy.

NEW-TEAM AWARDS-Every team will be ranked by accumulating points per skater/team. The three top scoring teams will receive an award.

CONTACT- Competition Chair: Charles Bernhard, 256-341-4913, cbernhard@decatur-al.gov
Competition Co-Chair: Heidi Langham, 256-654-3330, sk8coach@bellsouth.net



SCHEDULE OF EVENTS- The schedule will be posted on the Official Bulletin Board as well as on the PMFSC web site, www.pointmallardfsc.com Information regarding groups and skating times will be e-mailed prior to the beginning of the competition provided an e-mail address is included with competitor's entry.

REFUND POLICY- There will be no refunds unless the request is for medical reasons or cancellation of the event by the Committee for lack of participants.

PRACTICE ICE- Practice ice will be available on Friday, March 2, 2012 from 4:30-6:45 PM during the regular freestyle ice time. Pre-registration for practice ice shall be \$10 for 30 minutes and a \$12 walk-on rate. A maximum of 15 skaters will be allowed on the ice during any one session. You may pre-register for no more than two sessions. Walk-on sessions are on a first come, first served basis.

MUSIC- The music for free skating and/or showcase programs must be provided on CDs by the skater. CD should be clearly marked with the name of the skater and length of music, Skaters Team Name and Coaches' name. The Committee will identify the CD with the event entered. Competition music is to be turned in at time of registration. Time duration of music is always +/- 10 seconds.

REGISTRATION- All skaters must register at least 1 hour before scheduled event and all music must be submitted at the time of registration. Skaters may register Friday evening during practice ice, or Saturday morning.

HOST HOTEL-TBA

VIDEOTAPING AND PHOTOGRAPHS- This will be available through Spectrum Productions and J.Alan Photography and can be arranged for at the rink. We request that if video taping and photographing yourself that it be done from the viewing stands. Neither tripods nor taping from the boards will be allowed.

DIRECTIONS TO FACILITY-

From Interstate 65 South: exit on Exit 340 A (Hwy 20 West) to Decatur. Continue on Hwy 20 over the river bridge and turn left on Church Street. Continue on Church Street for approximately 2 miles (follow the Point Mallard Water Park Signs). Just past the golf course you will turn right into the park. Follow the road around through the park and the Ice Complex will be past the water park and pavilion on the right.

From Interstate 65 North: exit on Exit 340 (Hwy 20 West) to Decatur. Continue on Hwy 20 over the river bridge and turn left on Church Street. Continue on Church Street for approximately 2 miles (follow the Point Mallard Water Park Signs). Just past the golf course you will turn right into the park. Follow the road around through the park and the Ice Complex will be past the water park and pavilion on the right.



Basic Elements Event: Snowplow Sam - Basic 8



Format: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: 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**
 - Skaters signing up for **Track A** will skate elements one at a time directed by the judge or referee; skaters signing up for **Track B** will skate the elements in a continuous program
- No music
 - Time: 1:00 or less

<p>Snowplow Sam:</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>Basic 5:</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>Basic 1</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 6-8 in a row 	<p>Basic 6:</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>Basic 2</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>Basic 7:</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>Basic 3</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>Basic 8:</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>Basic 4</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 	



FREE SKATE 1-6 COMPULSORY EVENT



Format: 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: 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



Suggested Compulsory Event Test Track and Well Balanced Levels



Format: 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
- *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 such as Ina Bauers, spread eagles, lunges and shoot the ducks 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 such as Ina Bauers, spread eagles, lunges and shoot the ducks 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 such as Ina Bauers, spread eagles, lunges and shoot the ducks 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



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
- Time: 1:00 +/- 10 seconds
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

<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.
- 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 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 nonqualifying competition. Competitors will 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	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Limited Beginner Time: 1:30 +/- 10	Max 5 jump elements: Jumps with not more than one-half rotation (front to back or back to front). Max 2 jump sequences Max 2 of any same jump	Max 2 spins: 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	Max 5 jump elements: 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. Max 2 jump combinations or sequences Max 2 of any same type jump	Max 2 spins: 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	Max 5 jump elements: 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. Max 2 jump combinations or sequences Max 2 of any same type jump	Max 2 spins: 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	Max 5 jump elements: Jumps with not more than one rotation (no Axels). Max 2 jump combinations or sequences Max 2 of any same type jump	Max 2 spins: 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
No Test Times Vary 1:00-1:30 +/-10 Refer to announcement	Max 5 Single Jumps (no Axel) Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited.	Max 2 Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.	Max 1 Straight line, circular or serpentine Must use one half the ice surface	May not have passed any official U.S. Figure Skating free skate tests.
Pre-preliminary Time: 1:30 +/- 10	Max 5 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.	Max 2 Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.	Max 1 Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.
Preliminary Time: 1:30 +/- 10	Max 5 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.	Max 2 Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.	Max 1 Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.



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 B. Forward one-foot glides, one time skater's height: R & L C. Two-foot turns D. Snowplow stops: R or L E. Forward curves on two feet</p>	<p>Adult 2</p> <p>A. Forward stroking B. Forward crossovers, clockwise and counter clockwise C. Backward one-foot glide: R or L D. Forward pivot E. Forward Chasses on a circle</p>
<p>Adult 3</p> <p>A. Backward crossovers, clockwise and counter clockwise B. Inside Mohawk, either direction C. Backward snowplow stops: R and L D. Forward progressives E. Beginning two-foot spin</p>	<p>Adult 4</p> <p>A. Forward three turns, outside or inside: R & L B. Alternate backward crossovers with two-foot transition C. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle D. Power three turns: one direction only 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>



ARTISTIC/SHOWCASE EVENTS:

Artistic/Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater’s in the group ensemble or production number. 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. Only hand held props are allowed. Props must remain in the skater’s hand(s) at all times. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Categories may include:

- Light entertainment
- Dramatic entertainment
- Duets
- Small Ensembles (3-7 skaters)
- Group Production (8-30 skaters)

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/ Adult 1-4	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/ Adult Pre- Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40



U. S. Figure Skating Basic Skills Program

SPECIAL OLYMPICS BADGE PROGRAM

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

Badge 1

- A. Stand unassisted for five seconds
- B. Fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

Badge 2

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

Badge 3

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: L & R

Badge 4

- A. Backward two foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: L & R
- D. Forward one foot glide covering at least length of body: L & R

Badge 5

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two foot curves left and right across rink
- D. Two foot curves left and right across rink

Badge 6

- A. Gliding forward to backward two foot turn
- B. Five consecutive forward one foot swizzles on circle: L & R
- C. Backward one foot glide length of body: L & R
- D. Forward pivot

Badge 7

- A. Backward stroking across the rink
- B. Gliding backward to forward two foot turn
- C. T-stop left of right
- D. Forward two foot turn on a circle: L & R

Badge 8

- A. Five consecutive forward crossovers: L & R
- B. Forward outside edge: L & R
- C. Five consecutive backward ½ swizzles on a circle: L & R

Badge 9

- A. Forward outside three turn: L & R
- B. Forward inside edge: L & R
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

Badge 10

- A. Forward inside three turn: L & R
- B. Five consecutive backward crossovers: L & R
- C. Hockey stop
- D. Forward spiral three times length of body

Badge 11

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: L & R
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

Badge 12

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12.



Blades In Decatur

Basic Skills Competition Entry Form

March 3, 2012



Name: _____
 Address: _____
 City/State/Zip: _____
 Home Club: _____
 Coach: _____
 Coach phone: _____

Home Phone: _____
 Email: _____
 Age/DOB: _____ Gender: **M or F**
 USFS# (if applicable) _____
 Coach email: _____
 Coach Address: _____

We will email you and your coach the competition and practice ice schedules and any other additional information. If you do not use email regularly, please send SASE (self-addressed stamped envelope) with your entry form. This info will be posted on our website.

Please check the event(s) you are entering:

Basic Elements: Track A ___ or Track B ___

_____	Snowplow Sam/Tot	_____
_____	Basic 1	_____ Basic 5
_____	Basic 2	_____ Basic 6
_____	Basic 3	_____ Basic 7
_____	Basic 4	_____ Basic 8

Basic Free Skate Program (with music):

_____	Snowplow Sam/Tot	_____
_____	Basic 1	_____ Basic 5
_____	Basic 2	_____ Basic 6
_____	Basic 3	_____ Basic 7
_____	Basic 4	_____ Basic 8

Special Olympics:

_____	Badge 1	_____	Badge 7
_____	Badge 2	_____	Badge 8
_____	Badge 3	_____	Badge 9
_____	Badge 4	_____	Badge 10
_____	Badge 5	_____	Badge 11
_____	Badge 6	_____	Badge 12

Free Skate Elements/Compulsories:

_____	Free Skate 1	_____	Limited Beginner
_____	Free Skate 2	_____	Beginner
_____	Free Skate 3	_____	Pre-Preliminary
_____	Free Skate 4	_____	Preliminary
_____	Free Skate 5	_____	
_____	Free Skate 6	_____	

Free Skate Program (with music):

_____	Free Skate 1	_____	Limited Beginner
_____	Free Skate 2	_____	Beginner
_____	Free Skate 3	_____	Pre-Preliminary
_____	Free Skate 4	_____	Preliminary
_____	Free Skate 5	_____	Adult Pre-Bronze
_____	Free Skate 6	_____	Adult Bronze

Showcase: (indicate level)

Well Balanced Program:

_____	No Test Free Skate
_____	Pre-Preliminary Free Skate
_____	Preliminary Free Skate

NOTE Girls and boys may compete together and all skaters may be divided into age groups

PRACTICE ICE REQUEST FORM

Practice ice will be available on **Friday, March 2, 2012 from 4:30pm - 6:45pm**. This cost is \$10 per 30 minute session. A **MAXIMUM** of two sessions per skater will be allowed provided there is sufficient space available as the ice will be limited to 15 skaters per session maximum. Additional ice may be purchased at the walk-on rate of \$12 per 30 minute session.

Please indicate the preferred sessions below:

_____ 4:30 - 5:00pm _____ 5:00-5:30pm _____ 5:30-6:00pm _____ 6:15-6:45pm

Event Fees:	
First Event	\$25.00 _____
Additional Events _____ x \$10.00 each =	_____
Subtotal	_____
Late entry Fee	\$20.00 _____
Returned Check fee	\$25.00 _____

TOTAL ENTRY FEES	\$ _____
TOTAL PRACTICE ICE	\$ _____
AMOUNT DUE	\$ _____

Make checks payable to PMFSC and mail to address below by February 6, 2012

Mail completed entry form and practice ice request with payment to Blades in Decatur,
 c/o Charles Bernhard, 225 Silverbreeze Court, Harvest AL 35749
 For more information contact cbernhard@decaturnal.gov or 256-341-4913 or visit www.pointmallardfsc.com

Competitor Release:

The competitor is eligible to enter the events checked. It is agreed that the competitor & family hold the the Point Mallard Figure Skating and the Point Mallard Ice Complex harmless from any and all liability either during practice or the competition, and from any and all liability damages to or loss of property.

Parent/Guardian Signature: _____

Competitor Signature _____

Coach's Signature _____

 Date Signed
 Point Mallard FSC

 Program Director/Club Officer Signature
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