

Upper Mountain Skating Association

www.upper-mountain-skating.org



PROUDLY PRESENTS

2008 Spring Open BASIC SKILLS COMPETITION!

**SATURDAY
May 10, 2008**

**Princeton Sports Center
1100 Cornwall Road
Monmouth Junction, N.J.**

**SNOWPLOW SAM
BASIC 1-8
FREESKATE 1-6
BEGINNER - PRELIMINARY**

Approved by U.S. Figure Skating
Approval Number- RB12172007C

Date and Time: Saturday, May 10, 2008 Anticipated time: **3:00 p.m. to 6:00 p.m.**

Host: Upper Mountain Skating Association

Location: Princeton Sports Center, 1100 Cornwall Road, Monmouth Junction, NJ, 08852 (732-940-6800)

Rink Size: Oval, 200 x 85 feet

Eligibility requirements (as stated in the Compete with U.S. competition manual):

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 the 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 and No U.S. Figure Skating tests may have been passed including MIF or individual dances.**

Skaters in other events may skate at highest level passed OR one level higher but not both levels in the same event during the same competition and may have passed pre-preliminary moves in the field. An approval number is required from the appointed Basic Skills representatives, Basic Skills Committee chair, or U.S. Figure Skating director of skating programs.

Please note: If a skater competes at a non-qualifying competition in a "Beginner or No Test" category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.

Event Categories: (please use the appropriate section of the entry form)

Element Events for Snowplow thru Basic 8

Compulsory Programs for Freeskate 1-6 (no music)

Basic programs with music

Freeskate Programs 1-6 with Music

Beginner thru Preliminary Compulsory Programs with and without music

Beginner thru Preliminary Freeskate Events

Music: Music must be provided by the skater/coach on CD to be turned in at registration. The CD must be clearly labeled with the competitor's name, and event for which the music is intended. Please record only one track on CD. Please bring more than one copy of music in case of an emergency.

Closing date for entries is **April 5, 2008**. All entries must be postmarked on or before this date. **Only entries with payment will be accepted. Entries postmarked between April 5, 2008 – April 12, 2008 will be accepted with a \$20.00 late fee. No applications accepted after April 12, 2008.** The Committee reserves the right to limit entries. **No Refunds** will be granted except for events cancelled by the Local Organizing Committee.

Entry Fees:

\$50 for the First Event

\$20 for Each Additional Event

\$20 Late Fee for applications received after April 12, 2008

Make checks payable to: **Upper Mountain Skating Association (UMSA)**

Total Entrant Numbers and Schedule: Entries will be limited by the time constraints and will be accepted on a first come first serve basis. Schedule will be posted on the website by May 1, 2008 (www.upper-mountain-skating.org)

Awards: Medals for 1st, 2nd, 3rd and 4th placements will be awarded.

Practice Ice: None Available

Directions to the rink: Available at www.princetonportscenter.com/directions.html

Elements		
Level Passed	Competition Level	OFFICIAL TESTS ALLOWED
Snowlow Sam 1	Snowlow Sam only	NONE
Snowlow Sam 2	Snowlow Sam only	NONE
Snowlow Sam 3	Snowlow 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
Snowlow Sam	Snowlow Sam only	NONE
Snowlow Sam 2	Snowlow Sam only	NONE
Snowlow Sam 3	Snowlow 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
**If a skater competes up into Beginner Category (if offered) they may not go back to compete in the Freestyle Categories.		

Elements Events – Basic Skills

- ❖ To be skated on ½ the ice
- ❖ No music
- ❖ All elements must be skated in the order listed
- ❖ Each skater performs one element at a time.

<p><u>Snowplow Sam – TOTS:</u> March followed by a two foot glide and dip Forward two foot swizzles 2-3 in a row Forward snowplow stop Backward wiggles 2-6 in a row</p>	<p><u>Basic 5:</u> Backward outside edge on a circle – clockwise or counterclockwise Backward crossovers 6-8 consecutive – both directions One foot spin – minimum of three revolutions Hockey stop Side toe hop – either direction</p>
<p><u>Basic 1</u> Forward two foot glide Forward two foot swizzles 6-8 in a row Forward snowplow stop Backward wiggles 6-8 in a row</p>	<p><u>Basic 6:</u> Forward inside 3-turn – R & L from a standstill Bunny hop Forward spiral on a straight line – R or L Lunge – R or L T-stop – R or L</p>
<p><u>Basic 2:</u> Forward one foot glide – either foot Forward alternating ½ swizzle pumps, in a straight line – across width of ice Two foot turn in place forward to backward Backward two foot swizzles 6-8 in a row Moving snow plow stop</p>	<p><u>Basic 7:</u> Forward inside open Mohawk – R to L and L to R Ballet Jump either direction Back crossovers to a back outside edge landing position clockwise and counter clockwise Forward inside pivot</p>
<p><u>Basic 3:</u> Forward Stroking Forward ½ swizzle pumps on a circle, either direction 6-8 consecutive Moving forward to backward two foot turn – either direction Backward one foot glide – either foot Two foot spin</p>	<p><u>Basic 8:</u> Moving forward outside or forward inside 3 turns R and L Waltz jump Mazurka – either direction Combination move – clockwise or counter clockwise (two forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge) Beginning one-foot upright spin, optional free foot position</p>
<p><u>Basic 4:</u> Forward outside edge on a circle clockwise or counter clockwise Forward crossovers 6-8 consecutive both directions Forward outside 3-turn – R and L Backward stroking Backward snowplow stop – R or L</p>	

Compulsory Programs Freeskate 1-6 – No Music

- In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- To be skated on 1 / 2 ice
- No music 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: 1.00 minute max.

<p><u>Freeskate level 1 Compulsory:</u> Advanced forward stroking – 4-6 consecutive Basic forward outside edges and forward inside consecutive edges – 2-4 outside and 2-4 inside Scratch spin from backward crossovers Waltz jump from backward crossovers Half flip jump</p>	<p><u>Freeskate level 4 Compulsory:</u> Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise Forward power 3's, 2-3 consecutive sets-R or L Sit spin Loop Jump Waltz jump/loop jump</p>
<p><u>Freeskate level 2 Compulsory:</u> Forward outside spiral – R or L and a forward inside spiral - R or L Waltz Three's – R or L Beginning back spin – entry optional Waltz jump, side toe hop, waltz jump series Toe loop jump</p>	<p><u>Freeskate level 5 Compulsory:</u> Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral Camel spin Forward upright spin to a back upright spin Loop/loop jump Flip jump</p>
<p><u>Freeskate level 3 Compulsory:</u> Forward crossovers in a figure 8 Advanced forward outside swing rolls 4-6 consecutive Back spin Salchow jump Waltz jump/toe loop or Salchow/toe loop</p>	<p><u>Freeskate level 6 Compulsory:</u> Five step Mohawk sequence – 1 set alternating pattern (Refer to Basic Skills Curriculum Freeskate 6) Camel, sit spin combination – minimum of 4 revolutions total Split jump or stag jump Waltz jump, ½ loop, salchow combination Lutz jump</p>

Basic Programs with Music

- The skating order of the required elements is optional.
- The elements are not restricted as to the number of times each element is executed, or the length of glides, number of revolutions etc., unless otherwise stated.
- Vocal music is permitted.
- May use elements from a previous level.
- Time is 1 Minute max
- To be skated on full ice
- A .2 deduction will be taken for each element performed from a higher level

<p><u>Snowplow Sam Program(Tots)</u> March forward by a two foot glide and dip Forward two foot swizzles 2-3 in a row Backward wiggles 2-6 in a row Forward snowplow stop</p>	<p><u>Basic 5</u> Backward outside edge on a circle clockwise or counterclockwise Backward crossovers 6 – 8 consecutive in both directions One foot spin – min 3 revolutions Side Toe hop – either direction Hockey stop</p>
<p><u>Basic 1</u> Forward two foot glide Forward two foot swizzles 6-8 in a row Backward wiggles 6-8 in a row Forward snowplow stop</p>	<p><u>Basic 6</u> Forward inside 3 turn – R & L Bunny Hop Forward arabesque spiral on a straight line R or L Lunge – R or L T – stop – R or L</p>
<p><u>Basic 2</u> Forward one foot glide – either foot Two foot turn in place – forward to backward Backward two foot swizzles 6-8 in a row Forward alternating 1/ 2 swizzle pumps in a straight line across width of ice Moving snowplow stop</p>	<p><u>Basic 7</u> Forward inside open Mohawk – R to L and L to R Ballet jump either direction Back crossovers to a back outside edge landing position clockwise and counter clockwise Forward inside pivot</p>
<p><u>Basic 3</u> Forward stroking Forward 1 / 2 swizzle pumps on a circle, either clockwise or counter clockwise 6 – 8 consecutive Moving forward to backward two foot turn in either direction Backward one foot glide – either foot Two foot spin</p>	<p><u>Basic 8</u> Moving forward outside in forward inside three turns R & L Waltz jump Mazurka in either direction Combination move – clockwise or counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge Beginning one foot upright spin – optional free foot position</p>
<p><u>Basic 4</u> Forward outside edge on a circle clockwise or counter clockwise Forward crossovers 6 – 8 consecutive both directions Forward outside three turn – R & L Backward stroking Backward snowplow stop – R or L</p>	

Freestyle Programs 1-6 with Music

- Program duration time is one minute max
- To be skated on full ice. NO Vocal Music Permitted.
- Deductions will be made if elements from a higher level are performed
- Programs must contain all the required elements listed and will be judged on the following: technical merit and presentation

Freestyle 1	Freestyle 4
Advanced forward stroking 4-6 strokes Forward outside or inside consecutive edges, 2-4 Scratch spin from backward crossovers Waltz jump from backward crossovers Half flip jump	Spiral sequence: FI spiral, FI Mohawk, BO spiral R or L Forward power 3's, 2-3 consecutive R or L Sit spin Loop jump Waltz jump/loop jump
Freestyle 2	Freestyle 5
Forward outside spiral R or L Waltz 3's R or L Beginning back spin Waltz jump, side to hop, waltz jump Toe loop	Spiral sequence: FO spiral, FO 3-turn, 1 back crossover, backward inside spiral, R or L Camel Spin Forward upright spin to back upright spin Loop/loop jump Flip
Freestyle 3	Freestyle 6
Forward crossovers in a figure 8 Advanced forward outside swing rolls 4-6 Back spin Salchow Waltz jump/toe loop or Salchow/toe loop	5 step Mohawk sequence, 1 set alternating patterns Camel/sit spin combination, minimum of 4 revolutions total Split or stag jump Waltz jump, ½ loop, salchow jump combination Lutz jump

Beyond the Basics

Refer to the table below for event eligibility

**Compulsory Programs
(No Music)**

Level Passed	Competition Level	HIGHEST OFFICIAL TESTS ALLOWED
NONE	Beginner or Pre-Preliminary NOT BOTH	NONE
Pre-Preliminary	Pre-Preliminary or Preliminary NOT BOTH	Pre-Preliminary FS/Preliminary MIF
Preliminary	Preliminary	Preliminary FS/Preliminary MIF

(Programs with Music)

Level Passed	Competition Level	NONE
NONE	Beginner or Pre-Preliminary NOT BOTH	NONE
Pre-Preliminary	Pre-Preliminary or Preliminary NOT BOTH	Pre-Preliminary FS/Preliminary MIF
Preliminary	Preliminary	Preliminary FS/Preliminary MIF

****If a skater competes in a Beginner Category or higher they may not go back to compete in the Basic Skills Freeskate Categories.**

Compulsory Events

1 minute max

Program to be skated on ½ ice (no music)

The skating order of the required elements is optional

Skaters will be judged on technical merit and presentation

<p align="center">Beginner (No Test) Compulsory Program</p> <p>May not have passed any official U.S. Figure Skating Freeskating test. Waltz jump Salchow Jump Half flip or half lutz jump Upright scratch spin (minimum 3 revolutions) Forward spiral</p>	<p align="center">Preliminary Compulsory Program</p> <p>Must have passed no higher than U.S. Figure Skating Preliminary Freeskating test. Single jump of choice (Axel permitted) Combination jump consisting of any two single jumps (may not repeat single jump selected above) Camel spin (minimum of 3 revolutions) Combination spin (no change of foot) Footwork sequence – straight line or diagonal</p>
<p align="center">Pre-Preliminary Compulsory Program</p> <p>Must have passed no higher than U.S. Figure Skating Pre-Preliminary Freeskating test. Flip jump Combination jump consisting of any two single jumps (NO AXEL) Split jump Sit spin (minimum of 3 revolutions) Forward outside spiral</p>	

FREESKATE EVENTS

<p>Limited Beginner Freeskate Program –May not have passed any official U.S. Figure Skating tests. A well balanced program consisting of half jumps only, salchow and toe loops, combinations consisting of these jumps only, upright forward one and two foot spins, one step sequence. No flying spins or combination spins are permitted.</p>	<p>Beginner (No Test) Freeskate Program – May not have passed any official U.S. Figure Skating tests. (Refer to Rulebook #3721) A well balanced program consisting of single jumps (no axel or double jumps permitted) at least one jump combination or series, minimum of two spins of a different nature and one step or spiral sequence.</p>
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Pre-Preliminary Freeskate Program-Must have passed no higher than U.S. Figure Skating Pre-Preliminary Freeskating test.

<p>Pre-Preliminary Freeskate A: A well-balanced program consisting of all single revolution jumps (no axels or double jumps permitted) single combination jumps, single jump sequences. A minimum of two spins of a different nature. One step sequence or spiral sequence.</p>	<p>Pre-Preliminary Freeskate B: A well-balanced program consisting of all single revolution jumps (Axels permitted) single combination jumps, single jump sequences, no double jumps permitted. A minimum of two spins of a different nature. (Refer to Rulebook # 3711)</p>
<p>Preliminary Freeskate: Must have passed <u>no higher</u> than Preliminary Freestyle. A well-balanced program consisting of all single revolution jumps including axels and up to 2 different doubles, combination jumps, and /or jump sequences. A minimum of two spins of a different nature. One step or spiral sequence (Refer to Rulebook # 3701)</p>	

(Please Print)

Name _____
First Middle Last

Age (as of 04/12/08) _____ Birth date _____ Gender: Male Female

Address _____ City _____

State _____ Zip _____ Email Address _____

Home Phone Number (____) - ____ - ____ Parent's Name _____

USFS Number _____ OR Basic Skills Number _____

USFS Club OR Basic Skills Program _____

Coach's Name _____ Phone Number (____) - ____ - ____

Coach's Signature **** (agrees that the skater is skating at the appropriate skill level) ****

Highest Basic Skills Test Level (as of 4/12/08) _____ (needed for basic skills events)
Highest USFS Tests (as of 4/12/08) Freeskating _____ MIF _____

Please check all events you are entering.

Elements (No Music)		Freeskate Compulsory Program (No Music)		Compulsory Programs (U.S. Figure Skating) No Music	
	Snowplow Sam (TOTS)		Freeskate 1		Beginner (No Test)
	Basic 1		Freeskate 2		Pre-Preliminary
	Basic 2		Freeskate 3		Preliminary
	Basic 3		Freeskate 4	With music Beginner (No Test) Pre-Preliminary Preliminary	
	Basic 4		Freeskate 5		
	Basic 5		Freeskate 6		
	Basic 6				
	Basic 7				
	Basic 8				
Basic Programs With Music		Freeskate Programs With Music		USFS Freeskate programs	
	Snowplow Sam (TOTS)		Freeskate 1		Limited Beginner Freeskate
	Basic Program 1		Freeskate 2		Beginner (NO Test) Freeskate
	Basic Program 2		Freeskate 3		Pre-Preliminary Freeskate A
	Basic Program 3		Freeskate 4		Pre-Preliminary Freeskate B
	Basic Program 4		Freeskate 5		Preliminary Freeskate
	Basic Program 5		Freeskate 6		
	Basic Program 6				
	Basic Program 7				
	Basic Program 8				

ENTRY FEE IS \$50 FOR THE 1ST EVENT, \$20 FOR THE 2ND EVENT, AND \$20 FOR THE 3RD.

FIRST EVENT: _____
SECOND EVENT: _____
THIRD EVENT: _____
TOTAL FEES: _____

Certifications of Eligibility: I hereby certify that the Competitor is eligible to enter the event/events marked above.

For Basic Skills Members: Instructors Signature: _____ Date: _____

For USFS Club Members: Club Officer Signature: _____ Date: _____

Waiver by athlete and Parent / Guardian

ATHLETE: I agree to conduct myself, both on and off the ice in a manner that will reflect favorable upon this Competition and upon the sport of figure skating, and that is consistent with the high standards of the sport. I agree to respect the person and property of others.

ATHLETE / PARENT / GUARDIAN: I understand that the USFSA and the Upper Mountain Skating Association and Princeton Sports Center or other organizers of the Competitions undertake no responsibility for damages or injuries, or loss of property suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, the USFSA, and the Upper Mountain Skating Association and their entries shall be accepted only on such condition.

Athlete's Signature _____ **Date** _____

Parent / Guardians Signature _____ **Date** _____

Authorization for Emergency Medical Treatment

In the event I am unavailable, I hereby give permission for any emergency medical diagnosis, treatment or procedure for the above-named entrant.

Signed _____ Relationship to Skater _____

Date _____ Telephone Number _____

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

Please send to:

**Upper Mountain Skating Association
C/O Suzanne Reynolds
26 Leif Erickson Avenue
Princeton, New Jersey 08540**

******Please make all checks payable to "UMSA"******

******ENTRIES MUST BE POSTMARKED NO LATER THAN April 5,2008******

**Questions? Call 908-655-8818 (leave message)
or
e-mail at umsabasicskills@gmail.com**