

5th Annual Northland Basic Skills Competition

Held in conjunction with the
32nd Annual Northland Figure Skating Competition



**January 29, 2012
Duluth, MN**

**Hosted by Duluth Figure Skating Club
www.duluthfsc.org**

**Chief Referee: Lee Gardner
Accountant: Lexie Kastner
Assistant Accountant: Carolyn Marker
Music Coordinators: Chip Rauth**

**Co-Chairs: Kathy Jensen, Heidi and Ken Voss
Email: northland2012@aol.com
218-590-1710**

Deadline for Entry: December 5, 2011

Sanctioned by:



The **Duluth Figure Skating Club** is hosting its 5th Annual Basic Skills Competition in conjunction with its annual Northland Competition. The Basic Skills Competition will be held January 29, 2012 at the Duluth Entertainment Convention Center, 350 Harbor Drive, Duluth, MN 55802.

General Rules: This competition will be conducted under the rules of U.S. Figure Skating set forth in the 2012 U.S. Figure Skating Basic Skills Program 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. All Snowplow Sam and Basic Skills skaters through Basic 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed. For the Free skate 1-6, eligibility will be based only upon the 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. Eligibility will be based on skill level as of the closing date of entries.

Entry: (1) Online registration: online registration is preferred and is available via a secured credit card transaction at www.duluthfsc.org, serviced by *Entryeeze*. Registration must be completed by midnight, **December 5, 2011**. Upon receiving your application online an email will be sent to the skater's coach to verify accuracy of entry. An official at the skater's home club will also be notified to certify the skater's standing within the club. (2) Mail in paper registration: paper registration and payment by check will be accepted with a \$5 processing fee. Mail in entries must be post-marked no later than **December 5, 2011**. Mail registration form with check (payable to *DFSC*) to: Northland Basic Skills Competition, c/o Kathy Jensen, 587 W Wabasha St., Duluth, MN 55803. Please note that your coach/instructor is required to sign your application form verifying your level of competition and the events you are competing in. *It is the skaters' and coaches' responsibility to verify that the skater has entered the correct event and level. Any change in a skater's level/event after the entry deadline is subject to a \$25 change fee. Late entries are only accepted at the discretion of the Referee and subject to a \$25 late fee.*

Fees: Fee for a skater's first event is \$45. If entering a second event (which must be entered at the same level), the additional fee is \$20.00. There are no refunds (including for medical circumstances) after the registration closing date.

Admission and Event Programs: There is no admission charge for the Northland Competition. Event programs may be pre-purchased for \$5 with a limited quantity available for purchase at the competition.

Registration: The Registration Desk will be located in Fitzgerald Hall. Skaters must check in at least one hour prior to their first event. Events may run ahead at the discretion of the Referee. Please plan to check in with the rink monitor at least 45 minutes prior to your event's scheduled start time. All schedules will be posted on an official bulletin board near the registration table. It is the responsibility of each competitor to check this board for official schedules and notices.

Practice ice: Practice ice will be available for purchase online via *Entryeeze* or at the Registration Desk. Pre-paid practice ice is being offered to competitors for a cost of \$12 for each 20-minute session. Skaters will be able to pick their own practice ice sessions online but you must indicate the number of sessions you want during the registration process and must be pre-paid with your entry. Additional ice sales will be available for a cost of \$14 after the schedule has been posted and those that pre-register for sessions have had time to select their sessions. Practice ice will also be available for purchase during the competition and will be sold for a cost of \$16.

Music: Only CD's (standard format only in a hard-sided "jewel case") marked clearly with the competitor's name will be accepted. A CD must have only ONE track on it. Music must be turned at the registration desk when checking in for the competition. Music may be picked up at the registration desk after completion of the event. Music WILL NOT be mailed to skaters after the competition.

Awards/Photographs/Videotaping: Awards will be presented to all skaters in Fitzgerald Hall after results are posted. An official event photographer will be present to take group pictures of award winners as well as individual skaters. Professional videotaping and action shots will also be available for purchase.

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
- 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 6-8 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 	

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
- 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

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

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.

- To be skated on full ice.
- 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><u>Free skate 1</u></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><u>Free skate 4</u></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><u>Free skate 2</u></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><u>Free skate 5</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 combination jump 4. Flip jump
<p><u>Free skate 3</u></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><u>Free skate 6</u></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

2012 NORTHLAND BASIC SKILLS COMPETITION ENTRY FORM

Entry must be completed online or postmarked by December 5, 2011

Name: _____ Age: _____ Birthdate: ____/____/____ Gender: F M
Last Name First Name

Address: _____
Street City State Zip Code

Phone Number: _____ E-mail: _____

U.S. Figure Skating/Basic Skills Membership #: _____ Skating School/Club: _____

**CHECK THE EVENT(S) BELOW THAT THE SKATER WISHES TO ENTER.
 IF ENTERING TWO (2) EVENTS, BOTH MUST BE SKATED AT THE SAME LEVEL.
 CONSULT YOUR COACH/SKATING SCHOOL DIRECTOR BEFORE COMPLETING THIS AREA.**

ELEMENTS EVENTS	PROGRAM EVENTS	COMPULSORY EVENTS	MUSIC EVENTS
____ Snowplow Sam	____ Snowplow Sam	____ Freeskate 1	____ Freeskate 1
____ Basic 1	____ Freeskate Basic 1	____ Freeskate 2	____ Freeskate 2
____ Basic 2	____ Freeskate Basic 2	____ Freeskate 3	____ Freeskate 3
____ Basic 3	____ Freeskate Basic 3	____ Freeskate 4	____ Freeskate 4
____ Basic 4	____ Freeskate Basic 4	____ Freeskate 5	____ Freeskate 5
____ Basic 5	____ Freeskate Basic 5	____ Freeskate 6	____ Freeskate 6
____ Basic 6	____ Freeskate Basic 6		
____ Basic 7	____ Freeskate Basic 7		
____ Basic 8	____ Freeskate Basic 8		

Online registration at: duluthfsc.org
 or mail Competition Entry Form with check payable to **DFSC** to:
Basic Skills Competition, c/o Kathy Jensen, 587 W Wabasha St., Duluth, MN 55803

ENTRY FEES

Skater's first event is \$45.00..... First Event \$ _____
 Skater's second event (skated at same level) is \$20.00..... Second Event \$ _____
 Pre-paid practice ice (1 per event @ \$12 each).....\$ _____
 Event program (\$5.00 each).....\$ _____
 Paper Entry Form processing fee (\$5.00).....\$ _____
Total.....\$ _____

SKATING SCHOOL DIRECTOR'S OR COACH'S CONSENT: (This is required for entry acceptance.)

I certify that the above information is correct and that this skater is eligible to compete at the level indicated on this form.

 Name of Coach/Skating School Director - Please Print

 Signature of Coach/Skating School Director

 Date

 Email

 Phone Number

Parent/Guardian Consent: I have read and agree to the terms of the 2012 Northland Basic Skills Competition. The information provided is complete and accurate. Further, I will not hold liable the Duluth Figure Skating Club, the Duluth Entertainment and Convention Center, or U.S. FIGURE SKATING for any injury or loss incurred by my child or myself during this competition.

 Parent/Guardian Signature

 Date