

# 4<sup>th</sup> ANNUAL CORTLAND-ITHACA BASIC SKILLS COMPETITION

## Saturday, March 4, 2017

Hosted by:



In this packet you will find information and an application for participation in the 4th annual Cortland-Ithaca basic skills competition. Please come and join us!!

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**FACILITIES:** The competition will be held at the Community Recreation Center, known as The Rink, at 1767 East Shore Drive, Ithaca, NY 14850.

**RULES:** The competition will be run in accordance with the rules set forth in the 2016-2017 USFSA Rulebook. The 6.0 judging system will be utilized.

**ELIGIBILITY:** The competition is open to ALL skaters who are current eligible (ER 1.00) members of 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 a USFSA Basic Skills Program/Club.

Eligibility will be based on skill level as of **February 1<sup>st</sup>, 2017**. All SNOWPLOW SAM and BASIC SKILLS SKATERS 1-6 must skate at the highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or Individual Dances.

Skaters in the Test Track Program Event may skate at the highest level passed OR one level higher BUT not both levels in the same event during the same competition.

If the Competition Chairperson discovers that a skater has been placed in a category that is below their class level, or incorrect, the chairperson will have the option to move the skater into the proper division, even if this has to be done the day before the competition. This will ensure that every event is fair.

**AWARDS** – Everyone will receive an award. Medals will be awarded to all competitors. ALL awards will be made at appropriate times throughout the competition.

**MUSIC – Music will only be used by skaters in the Basic Program and Test Track Program events.** Music will be played from CDs only and must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time) and must have 1 track only. Competition music is to be turned in at the time of registration and may be picked up approximately 20 min after the completion of each event at the registration table.

**DRESS:** Skaters may choose to wear a skating dress and tights, or athletic type pants with a top or sweatshirts. Helmets are optional.

**SCHEDULE OF EVENTS:** Schedules will be posted on the Ithaca Area Figure Skating Club website at [www.ithacafigureskating.com](http://www.ithacafigureskating.com) approximately February 28th. Information regarding groups and skating times will be e-mailed out prior to the beginning of competition. **Skaters are responsible for being at each event 1 hour before their scheduled event time.** Skaters must check in at the registration table upon arrival. The schedule is subject to adjustment. The official schedule will be at the registration table.

**Basic Elements, Basic Program & Free Skate 1-6 Event Entry Fee:**

**\$30 for the first event; \$20 for each additional event.**

**Test Track Program Event Entry Fee:**

**\$35 for the first event; \$25 for each additional event.**

**ALL ENTRIES MUST BE SUBMITTED BY February 13, 2017**

NO refunds after closing date unless the event is cancelled by the Ithaca Area Figure Skating Association Basic Skills Committee. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with a check made payable to the Ithaca Area Figure Skating Association. There will be a \$25 fee for returned checks.

For inquires or further information please contact the Competition Chair Karin Silva ([Karin\\_silva@yahoo.com](mailto:Karin_silva@yahoo.com) or 315-222-6410).

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Please Remember:

- Please check the website at [ithacafigureskating.com](http://ithacafigureskating.com) for regular updates!
- Group assignments and event times will be posted on-line on our website as soon as they become available. **All competition correspondence will be done through e-mail. Please print your e-mail CLEARLY on the application.**
- The competition takes place between 9:00am and 4:00pm on Saturday, March 4, 2017. Your skaters could compete anytime during that period of time. Please account for this when signing them up.
- Sorry, there are no refunds unless an event is cancelled.
- If you have any questions please contact your child's Skate School instructor, coach, or Ithaca Area Figure Skating Association Competition Chairs.
- Late entries will be accepted only if space permits & at the discretion of the Competition Chairperson as well as the Chief Referee. Late entries are subject to a \$15 late fee.

- **INFORMATION REGARDING COACHES:**
- U.S. Figure Skating Rule MR 5.11 Coach Registration
- In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:
- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.
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- For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.
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- The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.
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- If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

LIABILITY: U.S. Figure Skating, Ithaca Figure Skating Association and The Community Recreation Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook



## Compete USA Competitions

### EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

Format choice of the host: 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.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	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
Basic 1	1:00 max.	Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	Forward one-foot glide, either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Beginning backward one-foot glide, either foot Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	Backward one-foot glides, right and left Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, both directions Beginning two-foot spin, 2-4 revolutions Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, both directions Advanced two-foot spin, 4-6 revolutions Forward outside three-turn, right and left Hockey stop
Basic 6	1:00 max.	Forward inside three-turn, right and left Bunny Hop Forward spiral on a straight line, right or left Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry T-stop, right or left

## Compete USA Competitions

## EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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.

To be skated on full ice.

The skater may use elements from a previous level.

A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	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
Basic 1	1:10 max.	Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	Forward one-foot glide, either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Beginning backward one-foot glide, either foot Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	Backward one-foot glides, right and left Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, both directions Beginning two-foot spin, 2-4 revolutions Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, both directions Advanced two-foot spin, 4-6 revolutions Forward outside three-turn, right and left Hockey stop
Basic 6	1:10 max.	Forward inside three-turn, right and left Bunny Hop Forward spiral on a straight line, right or left Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry T-stop, right or left



## Compete USA Competitions

### EVENT: Pre-Free Skate – Free Skate 6 Compulsory

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 0.2 deduction will be taken for each element performed from a higher level.

Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	Forward inside open Mohawk from a standstill position (R to L and L to R) Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise One-foot upright spin, optional entry and free-foot position (minimum three revolutions) Mazurka Waltz jump
Free Skate 1	1:15 max.	Forward power stroking, 4-6 consecutive strokes Backward outside three-turns, right and left Upright spin, entry from backward crossovers - minimum 4-6 revolutions Toe loop Half flip jump
Free Skate 2	1:15 max.	Alternating forward outside and inside spirals on a continuous axis (2 sets) Backward inside three-turns, right and left Beginning back spin, up to two revolutions Half Lutz Salchow jump
Free Skate 3	1:15 max.	Alternating Mohawk/crossover sequence, right to left and left to right Waltz three-turns, clockwise and counterclockwise Advanced back spin with free foot in crossed leg position, min 3 revs Loop jump Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Half loop jump Flip jump
Free Skate 5	1:15 max.	Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum three revolutions Waltz jump-loop jump combination Lutz jump
Free Skate 6	1:15 max.	Forward power pulls, right and left Split jump or stag jump Camel, sit spin combination - minimum of four revolutions total Waltz jump, ½ loop, Salchow jump sequence Axel jump



## Compete USA Competitions

### EVENT: Pre-Free Skate – Free Skate 6 Program

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

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 0.2 deduction will be taken for each element performed from a higher level.

Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise One-foot upright spin, optional entry and free-foot position (minimum three revolutions) Mazurka Waltz jump
Free Skate 1	1:40 max	Forward power stroking, 4-6 consecutive strokes Upright spin, entry from backward crossovers - minimum 4-6 revolutions Toe loop jump Half flip jump
Free Skate 2	1:40 max.	Alternating forward outside and inside spirals on a continuous axis (2 sets) Beginning back spin, up to two revolutions Half Lutz Salchow jump
Free Skate 3	1:40 max	Alternating Mohawk/crossover sequence, right to left and left to right Advanced back spin with free foot in crossed leg position, min 3 revs Loop jump Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Half Loop jump Flip jump
Free Skate 5	1:40 max.	Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum three revolutions Waltz-loop jump combination Lutz jump
Free Skate 6	1:40 max.	Split jump or stag jump Camel, sit spin combination - minimum of four revolutions total Waltz jump, ½ loop, Salchow jump sequence Axel jump



## Compete USA Competitions

### EVENT: Introductory Levels Compulsory

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 0.2 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	Time	Skating rules/standards
Beginner	1:15 max.	Waltz jump ½ jump of choice Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional) Forward or backward spiral
High Beginner	1:15 max.	Toe loop jump Salchow jump Forward scratch spin - minimum three revolutions Forward or backward spiral





## Compete USA Competitions

### EVENT: Introductory Levels Free Skate Program

General event parameters:

Skaters will skate to the music of their choice.

Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: Jumps with no 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 Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: Jumps with no 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 Learn to Skate USA free skating badge tests



## Compete USA Competitions

### EVENT: COMPULSORY MOVES

General event parameters:

Elements skated on ½ ice

Elements may be performed  
only once Music is not  
allowed

Level	Time	Skating rules/standards
No-Test	1:15 max.	Loop jump Jump combination to include a toe loop (may not use a loop or Axel) Solo spin - sit or camel spin - minimum three revolutions Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	Toe Loop jump Jump combination: single/single (no Axel) Sit spin or camel spin - minimum three revolutions Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	Lutz jump Jump combination: single/single (may include Axel) Back upright spin - minimum three revolutions Forward inside spiral



## SHOWCASE EVENTS:

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.

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 singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

Showcase categories may include:

Levels can be subdivided, if necessary, depending on entry numbers and event set up

Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.

Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.

Duets: Theatrical/artistic performances by any competitors.

Mini production ensembles: Theatrical performances by three to seven competitors.

Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High 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 max.
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 or Adult pre-Bronze free skate test.	Time: 1:30 max.
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 or Adult Bronze test.	Time: 1:40 max.



## EVENT: Spins Challenge

General event parameters:

Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.

All events are skated on ½ ice.

Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
No Test	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
Pre – Preliminary	1:30 max.	Upright one-foot spin (3) Upright back-scratch spin (3) Sit spin (3)
Preliminary	1:30 max.	Forward scratch to back scratch spin (3) Combination spin with no change of foot (4) Sit spin (3)



**EVENT: Jumps Challenge**

General event parameters:

Each jump may be attempted twice; the best attempt will be counted. To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – Waltz jump-toe loop</li> </ol>
No Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>Jump combination – Any two ½ or single revolution jumps (no</li> <li>3. Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>Jump combination - Any two ½ or single revolution jumps (no</li> <li>3. Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>



Certification of Competitor: The Competitor is eligible to enter the events checked.

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

Instructor/Coach Signature \_\_\_\_\_ Date \_\_\_\_\_

Program Director/Club Officer \_\_\_\_\_ Date \_\_\_\_\_

**Application MUST be signed by instructor/coach and Home Club Officer or Program Director in order to compete.**

First Event	\$ _____	Basic Elements, Basic Program & Free Skate 1-6 - \$25 / Test Track - \$30
Additional Event(s)	\$ _____	Basic Elements, Basic Program & Free Skate 1-6 - \$20 / Test Track - \$25
<b>Total:</b>	<b>\$ _____</b>	<b>Make check or money order payable to Ithaca Area Figure Skating Association</b>

**(IFSA)**

**The completed entry form, with fees, must be postmarked no later than February 13, 2017!**

**PLEASE SEND ENTRIES TO:**

Ithaca Area Figure Skating Association  
c/o Karin Silva  
65 Tigerlily Ln  
Ithaca, NY 14850

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Entries will be limited, and will be accepted according to the postmark on the application. For further information or any questions, please email Karin\_silva@yahoo.com. Late entries will be accepted at the discretion of the Competition Chair as well as the Chief Referee and only if space is available. Late entries are subject to a \$15 late fee.

The Ithaca Area Figure Skating Association reserves the right to divide any event, to cancel any event and to limit the number of entries. There will be a \$25.00 service charge for any returned checks.

**ENTRY FEES ARE NOT REFUNDABLE UNLESS AN EVENT IS CANCELED.**