



2010 Back 2 School Basic Skills Competition

Starz of Houston Figure Skating Club

8220 Willow Place North
Houston, TX 77070

August 15, 2010

Chief Referee: Richard Gold

The 2010 Back 2 School Basic Skills Competition sponsored by the Starz of Houston Figure Skating Club will be held at the Aerodrome located 8220 Willow Place North, Houston, TX 77070 on August 15, 2010.

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 SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official 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.

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 AND FEES - All entries must be made online at <http://comp.entryeeze.com/Home.aspx?cid=94> no later than July 23 and are limited to the first 150 applications received. (If limitations on number of entries are needed) Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is **\$50** and each additional event is **\$15**. NO refunds after closing date unless event is canceled by Starz of Houston FSC.

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be made at appropriate times throughout the competition.

SCHEDULE OF EVENTS - The schedule of events including registration as well as information regarding groups and skating times will be posted on the club website at <http://www.starzofhoustonfsc.org> no later than August 10, 2010.

MUSIC -The music for all free skating programs and showcase must be provided on CD's by the skater. CD's should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/-10 seconds. CDs (CD-RW) are NOT acceptable.

VIDEO TAPING AND PHOTOGRAPHS -The committee will endeavor to provide a competition photographer. Personal video equipment is permitted in the bleacher area only. No flash photography is allowed.

PRACTICE ICE -Practice ice may be available at a later date.

COACHES - Coaches attending must be current in their registration with the USFS for background screen and proof of liability insurance.

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Each skater will have the option to perform one element at a time in the **order listed below** (no excessive connecting steps) **OR** will perform each element when directed by a judge or referee.

- 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>Snowplow Sam -Tots:</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 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop - either direction
<p>Basic 1</p> <ol style="list-style-type: none"> 1. Forward two foot glide 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. Forward inside three turn - R & L from a standstill 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 -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. 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 6 -8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide -either foot 5. Two foot spin 	<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. 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 5. Beginning one-foot upright spin - optional free foot position
<p>Basic 4</p> <ol style="list-style-type: none"> 1. Forward outside three turn -R & L from a standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6 - 8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop -R or L 	

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.

- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/-10 seconds

<p>Snowplow Sam - Tots:</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>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6 - 8 consecutive in both directions 3. One foot spin - min of 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 2. Forward two foot swizzles 6 - 8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Forward inside 3-turn from a standstill - 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>Basic 2</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 across width of ice 5. Moving snowplow stop 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. 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 6 - 8 consecutive 3. Moving forward to backward two foot turn in either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<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 in either direction 4. 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 5. Beginning one-foot upright spin -optional free foot position
<p>Basic 4</p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6 - 8 consecutive both directions 3. Forward outside 3 turn - R & L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L 	

FREE SKATE/COMPULSORY ELEMENTS EVENT: FREE SKATE 1-6

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 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: 1:15 or less

<p>Free skate level 1 Compulsory</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. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p>Free skate level 4 Compulsory</p> <ol style="list-style-type: none"> 1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise 2. Forward power 3's, 2 - 3 consecutive sets- R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p>Free skate level 2 Compulsory</p> <ol style="list-style-type: none"> 1. Forward outside spiral - R or L. and a forward inside spiral - R or L 2. Waltz Three's - R or L 3. Beginning back spin -entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p>Free skate level 5 Compulsory</p> <ol style="list-style-type: none"> 1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
<p>Free skate level 3 Compulsory</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 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p>Free skate level 6 Compulsory</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 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump

FREE SKATE EVENT: FREE SKATE 1-6

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.

- **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

Freestyle 1 <ol style="list-style-type: none"> 1. Advanced Forward stroking. 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump 	Freestyle 4 <ol style="list-style-type: none"> 1. Spiral sequence: FI spiral, FI Mohawk, BO spiral R or L 2. Forward power 3's, 2-3 consecutive R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
Freestyle 2 <ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Waltz three's R or L 3. Beginning back spin 4. Waltz jump, side toe hop, waltz jump 5. Toe loop 	Freestyle 5 <ol style="list-style-type: none"> 1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover, Backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop combination jump 5. Flip jump
Freestyle 3 <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or Salchow/toe loop 	Freestyle 6 <ol style="list-style-type: none"> 1. 5 step Mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, min of 4 revolutions total 3. Split or stag jump 4. Waltz jump/1/2 loop /Salchow combination 5. Lutz jump

Compulsory Event/Test Track and Well Balanced Levels

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 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
- *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	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two foot or one foot spin (free leg position optional) • Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
Beginner Compulsory	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin • Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time:1:00
No Test Compulsory	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Solo spin-sit or camel spin • 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:1:00
Pre-Preliminary Compulsory	<ul style="list-style-type: none"> • Flip jump • Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump • Solo spin-sit or camel spin • 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 :1:00
Preliminary Compulsory	<ul style="list-style-type: none"> • Lutz jump • Jump combination (may not use Lutz jump or Axel) • Camel spin • 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

Competitive Test Track

Skaters may enter EITHER the test track free skate program or the well-balanced track free skate program but **NOT** both during the same non-qualifying competition. Competitors will skate to music of their choice. 6.0 Judging will be used. Deductions WILL be made for skaters including technical elements not permitted in the event description. Vocal music is allowed according to the USFS guidelines for freeskates.

- 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	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	<ul style="list-style-type: none"> • Two upright spins, no change of foot (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). • Jump sequences are allowed. Maximum 5 jump elements. • 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	Time: Up to 1:30 +/-10
Beginner	<ul style="list-style-type: none"> • Two upright spins, change of foot optional (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. • Jump combinations and sequences are allowed. • Maximum 5 jump elements. • 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	Time:1:30 +/-10
Pre-Preliminary Test	<ul style="list-style-type: none"> • Two solo spins of a different nature, no change of foot (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. • Maximum 5 jump elements. • 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	Time :1:30 +/-10
Preliminary Test	<ul style="list-style-type: none"> • Two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). • Jump combinations and sequences are allowed. • Maximum 5 jump elements. • 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	Time :1:30 +/-10

Well-balanced Program Requirements (U.S. Figure Skating rulebook requirements)

No Test Free skate	<p>A well balanced program consisting of:</p> <p>Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i></p>	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30+/-10
Limited Pre-preliminary Free skate	<p>A well-balanced program consisting of:</p> <p>Jumps: maximum of 5 jump elements. No axels and no double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3711 for more information</i></p>	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +/-10
Pre-preliminary Free skate	<p>A well-balanced program consisting of:</p> <p>Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3711 for more information</i></p>	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +/-10
Preliminary Free skate	<p>A well-balanced program consisting of:</p> <p>Jumps: maximum of 5 jump elements, one of which must be an axel/waltz jump-type jump Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ the ice surface <i>Refer to U.S. Figure Skating rulebook #3701 for more information</i></p>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10

All entries must be submitted via EntryEeze at the following
URL: <http://comp.entryeeze.com/Home.aspx?cid=94>

**ENTRIES WILL BE ACCEPTED NO LATER THAN FRIDAY,
JULY 23, 2010**

For questions, please visit the Starz of Houston website at
www.starzofhoustonfsc.org

or

contact Virginia Talbot at secretary@starzofhoustonfsc.org
or (713) 481-5801.