



“Battle of the Blades 2012”
Alexandria Figure Skating Club
Saturday, March 10, 2012 (DATE CHANGE!!)
ENTRY FORM

Name _____ Age / DOB _____ Sex _____

Address/City/State/Zip _____

Email Address _____ Area Code/Phone # _____
(fill in if you would like to receive confirmation by email or provide a self-addressed stamped envelope)

U.S. Figure Skating # _____ Highest Level Passed _____

Home Program/Club Affiliation _____

Director's/Instructor's Name _____

Please circle all the event(s) you are entering: *(Fees are \$35.00 – second event \$15.00 - each additional event \$10)*

Compulsory Elements <i>Basics</i>	Basic (freeskate) Programs With Music <i>Basics</i>	Compulsory Elements <i>Freeskate /Test Track</i>	Basic (freeskate) Programs With Music <i>Freeskate /Test Track</i>	Well-Balanced (freeskate) Programs With Music	Interpretive Showcase Event	Beginner Synchronized Skating
Snowplow	Snowplow	Freeskate 1	Freeskate 1	No Test	Basic Showcase <i>(snowplow – Basic 8)</i>	Complete Separate Registration Form
Basic 1	Basic 1	Freeskate 2	Freeskate 2	Pre-Preliminary	Free Skate Showcase <i>(freeskate 1 – 6)</i>	
Basic 2	Basic 2	Freeskate 3	Freeskate 3	Preliminary	High Showcase <i>(test track levels)</i>	
Basic 3	Basic 3	Freeskate 4	Freeskate 4		<i>Interpretive Events are NOT ELIGIBLE for Central MN Basic Skills Competition (CMBSC) Series Points</i>	
Basic 4	Basic 4	Freeskate 5	Freeskate 5			
Basic 5	Basic 5	Freeskate 6	Freeskate 6			
Basic 6	Basic 6	Ltd Beginner	Ltd Beginner			
Basic 7	Basic 7	Beginner	Beginner		<i>Synchronized Skating Events are NOT ELIGIBLE for Central MN Basic Skills Competition (CMBSC) Series Points</i>	
Basic 8	Basic 8	No Test	No Test			
		Pre-Pre	Pre-Pre			
		Preliminary	Preliminary			

The completed entry forms in their entirety with certified signatures (on reverse of this form) and fees must be postmarked no later than Saturday, February 11, 2012. (DATE CHANGE!!)

Make check or money order payable to **Alexandria FSC** and mail to:

Alexandria Figure Skating Club, P. O. Box 471, Alexandria, MN 56308

For additional information contact: Melinda Fults @ 320-304-2849 or via email at gmfults@getel.net.

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED. THERE WILL BE A \$20 CHARGE FOR ALL RETURNED CHECKS.

Keep a copy of this form and mail original to address above postmarked no later than Saturday, February 11, 2012. (DATE CHANGE!!)

First Event \$35 \$ _____

Second Event \$20 \$ _____

Third Event \$15 \$ _____

Synchronized Skating \$50/team + \$5/skater \$ _____

Practice Ice (cost per form) \$ _____

I am already apart of the CMBSC Series, previously paid the one-time Series entry fee, and my Series Points need to be tracked at this basic skills competition.

I would like to now join the CMBSC Series; I am enclosing the one-time Series entry fee of \$20. \$ _____

Late Fee \$25 (if mailed after 2/11/12) \$ _____

Total: \$ _____

CERTIFICATION OF COMPETITOR:

The undersigned approves the competitor is eligible to enter the events checked and agrees to hold harmless the USFS, the Alexandria Figure Skating Club, Runestone Community Center, and all of their employees and agents from any and all loss, damage and/or injury that may be sustained by the entrant in any manner during Practice Ice or while participating in any activities of this Competition.

I agree, in accordance with the USFS Rulebook, entry fees are not refundable after the close of entries unless no competition exists in a particular division.

I hereby grant the right and authority to photograph, film and/or record vocally my skater for promotional or publicity purposes and I understand that these images and names might be used in print media publications, advertisements, online and other formats.

I also understand that the competition committee reserves the right to limit the number of entries in any event or if required eliminate an event or events due to time constraints. I agree that if my application is incomplete, I will accept a collect telephone call to supply additional information.

I agree to conduct myself, both on and off the ice, in a manner that will reflect favorably upon the 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 other skaters.

Parent/Guardian Signature _____ **Date** _____

Competitor Signature _____ **Date** _____

Instructor/Coach Signature _____ **Date** _____
(or Program Director/Club Officer)

Instructor/Coach E-mail / Phone Contact: _____
(or Program Director/Club Officer)

PRACTICE ICE:

Practice Ice sessions are 20-minutes in length and cost \$8.00 per session. Practice Ice will be available Friday evening and Saturday morning. (Friday evening options will be cancelled if a minimum of 48 sessions are not sold in advance.) Practice Ice must be paid for in advance and no more than two (2) 20-minute sessions on Friday evening and one (1) 20-minute session on Saturday morning may be reserved in advance.

Friday Evening Options March 9th – Between 4:00 p.m. and 6:00 p.m.

I would like 1 session – 20 minutes of practice ice on Friday Evening March 9th for a cost of \$8; between 4:00 p.m. and 6:00 p.m.

I would like 2 sessions – 40 minutes of practice ice on Friday Evening March 9th for a cost of \$16; between 4:00 p.m. and 6:00 p.m.

I would be interested in _____ additional 20 minute sessions of practice ice on Friday Evening between 4:00 p.m. and 6:00 p.m. if available. (if checked you will be contacted by email after the registration deadline to confirm your participation)

Saturday Morning Option ~ March 10th – Prior to Competition

I would like 1 session – 20 minutes of practice ice on Saturday Morning March 10th for a cost of \$8.

Once all practice ice has been scheduled, additional ice will be available first-come, first-serve basis at registration at a cost of \$8.00 per 20-minutes. No refunds will be given for unused sessions.

INCLUDE THIS COMPLETED PAGE WITH ENTRY FORM

Keep a copy of this form and mail original to address above postmarked no later than Saturday, February 11, 2012.

BEGINNER SYNCHRONIZED SKATING / ENTRY FORM p. 1

Battle of the Blades ~ March 10, 2012

ENTRY FORM 1: Team Information

Team name:		U.S. Figure Skating #:	
Club: (if applicable)			
Team contact person:			
Daytime phone number:		E-mail:	
Address:		City	State / ZIP
Primary coach:		U.S. Figure Skating #	
Daytime phone number:		E-mail:	
Number of skaters:		Number of alternates:	

Please check the level and/or event (s) entered:

- BS Beginner 1
 BS Beginner 2
 BS Beginner 3

Entry Fee: Enclosed is

\$ ____ for ____ beginner events \$ 50 per team / beginner event

\$ ____ for ____ competitors \$ 5 per skater / beginner event

Checks should be made payable to:

Alexandria Figure Skating Club

Please send all forms and fees to:

P. O. Box 471, Alexandria, MN 56308

All fees and entry forms must be
Received by:

February 11, 2012

Beginner teams may choose to represent either a full member club or a U.S. Figure Skating Basic Skills school / program.

BEGINNER SYNCHRONIZED SKATING / ENTRY FORM p. 2

Name of the team:
Name of the club of program represented:

TEAM ROSTER (Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate).

Skater's name	Membership #	Age	Signature of skater / parent if under 18

ENTRY FORM 3: Liability Waiver / Certification by Club Officer

Team Name:	Level:
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U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries 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, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.

Skater's name in alphabetical order	Skater signature or parent / guardian (if skater is under 18)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

Club officer or skating school director: *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

Print Name:	Signature
Title:	
Club or Basic Skills program name:	

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>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

Compulsory Event Test Track and Well Balanced Levels

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
- *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 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 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 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

Test Track Program Event

Skaters may enter EITHER the new 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 permitted. The 6.0 judging system will be used for all Test Track events.

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	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> 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	<i>Max 5 jump elements:</i> 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. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> 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	<i>Max 5 jump elements:</i> 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. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> 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	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> 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 <u>not</u> 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.

INTERPRETIVE SHOWCASE EVENT

Each site will offer Basic Elements/Compulsory Events and Basic Program Free Skating Events (with music) in which series points will be accumulated throughout the season. In addition, each site will be offering an Interpretive Showcase event that is not eligible for series points but will be recognized with awards at each individual competition.

The Interpretive Showcase rules are as follows:



1. Skaters will hear the music twice on ice; once during warm-up; and once more prior to their individual skating time.
2. Skaters will skate their program demonstrating their ability to interpret the character of the music by combining footwork, jumps, and spins. Skating movements should interpret the feeling of the music.
3. Judging will emphasize composition and style rather than technical ability. The full sheet of ice will be used, and music selections will be 1:00-1:30 minutes in length.
4. Divisions will be made according to the number of entrants, ages, and test levels.
5. No Coaching is allowing during the Interpretive Showcase Events.
6. **AT LEVELS WHERE JUMPS ARE AN ELEMENT, NO MORE THAN THREE JUMPS WILL BE ALLOWED!**

Beginner Synchronized Skating

Each site will offer Basic Elements/Compulsory Events and Basic Program Free Skating Events (with music) in which series points will be accumulated throughout the season. In addition, Willmar, St. Cloud, and Alexandria will be offering a Beginner Synchronized Skating event that is not eligible for series points but will be recognized with awards at each individual competition.

The beginner competition program is also part of the U.S. Figure Skating Basic Skills program. The beginner competition program is for Basic Skills level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Beginner teams compete at Basic Skills competitions and nonqualifying synchronized skating competitions around the country.

Levels

- Beginner 1: 8 – 16 skaters, the majority of the team under 9 years old
 - Beginner 2: 8 – 16 skaters, the majority of the team 9 – 11 years old
 - Beginner 3: 8 – 16 skaters, the majority of the team at least 12 years old
- Required elements – Each level has specific required elements that must be completed:



LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
BEGINNER 1 Majority under 9; 1 ½ - 2 minutes	Must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide.	Must cover the ice and must have only forward skating.	Must cover the ice, and must have only 1 configuration.	4-spoke or “S” wheel with backward pumps.	Two lines facing each other, 2-foot glide at point of intersection.
BEGINNER 2 Majority 9 – 11; 1 ½ - 2 minutes	Must include the combination move from Basic 8. (1 direction only, don’t need to repeat)	Must cover the ice and may include forward and backward skating.	Must cover the ice and must have 1 or 2 configurations.	Wheel of choice with backward pumps.	Two lines facing each other, 1-foot glide at point of intersection.
BEGINNER 3 Majority 12+; 2 – 2 ½ minutes	Must include the combination move from Basic 8. (1 direction only, don’t need to repeat)	Must cover the ice and must include forward and backward skating.	Must cover the ice and must have 2 or 3 configurations.	Wheel of choice with backward pumps, chasses, or crossovers.	Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

The emphasis of the Beginner competition is on mastering the “basic skills” of synchronized skating:

- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Unison and use of skills such as guiding and shadowing.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

Beginner Restrictions

All of the synchronized skating “illegal elements” found in Rule 4669 of the U.S. Figure Skating rulebook apply to Beginner 1, 2 and 3. *(These are the basic rules, such as no jumps, no highlighting, no lying on the ice, etc.)*

Restrictions in Beginner 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand and shoulder-to-shoulder holds.
- Wheels and circles may not travel or change rotational direction.
- Beginner 1 teams may not do steps higher than Basic 5
- Beginner 2 teams may not do steps higher than Free Skate 1

Restrictions in Beginner 3:

- Wheels and circles may not travel or change rotational direction.