

Lighthouse Figure Skating Club of Cape Cod, Inc.

6th Annual Basic Skills Competition

Saturday, August 11th, 2012

Name: _____ Age: _____ M/F: _____ DOB: _____

Address: _____

Town: _____ State: _____ Zip: _____

Phone # _____ E-Mail Address: _____

Club or Rink: _____ USFS # _____

Coach's Name: _____ Coach's Phone # _____

Highest Level Passed : _____ (as verified by the skater's coach only)

Please Check the Event(s) you are entering:

Elements: (No Music/No Program)

Snowplow Sam
 Basic 1 Basic 2
 Basic 2 Basic 6
 Basic 3 Basic 7
 Basic 4 Basic 8

Free skate Compulsories (No Music/Half Ice Program)

Free skate 1 Free skate 6
 Free skate 2 Limited Beginner
 Free skate 3 Beginner
 Free skate 4 No Test
 Free skate 5 Pre-Preliminary
 Preliminary

Basic Programs with Music (Full Ice)

Snowplow Sam Basic 5
 Basic 1 Basic 6
 Basic 2 Basic 7
 Basic 3 Basic 8
 Basic 4

Free skate Program with Music (Full Ice)

Free skate 1 Free skate 2
 Free skate 3 Free skate 4
 Free skate 5 Free skate 6

Competitive Test Track

Limited Beginner Beginner
 Pre-Preliminary Preliminary

Showcase: _____ Basic SS-8 _____ FS levels

_____ limited beginner/beg.

_____ No test/pre-pre/pre

Well-Balanced Program

_____ No Test Free skate _____ Pre-Preliminary

_____ Preliminary

Entry Fee: First Event \$45.00
 2nd/3rd events \$25.00(each additional event)

(+\$10.00 late fee if applicable) _____

Total Enclosed: _____

Completed Entry Forms and Checks made out to Lighthouse FSC must be postmarked by July 21th, 2012 and mailed to:

Lighthouse FSC c/o Renee Roos, 43 Fairview Lane, Plymouth, MA 02360

Entry Fees are non-refundable except in the event of cancellation of competition. Lighthouse FSC of Cape Cod Inc and Mid-Cape Ice Arena assume no responsibilities for injuries to the skater, parents/guardians or spectators and will not be held responsible or liable for injuries during practice ice or competition, and from damage to or loss of personal property.

Signature of Skater, Parent or Guardian (if Minor) _____ Date _____

The above named member is a member in good standing for the 2011 - 2012 season and is eligible to compete in this event.

Signature Club Officer/Director: _____ Date _____

Signature of Skater's Coach/Professional _____ Date _____

Lighthouse Figure Skating Club of Cape Cod Inc.
6th Annual Basic Skills Competition
Approved by U.S. Figure Skating Basic Skills

When: Saturday, August 11, 2012

Where: Tony Kent Arena - 8 South Gages Way S. Dennis MA 02660

******FEE INCLUDES COMPLIMENTARY MEDAL ENGRAVING AND
COMMEMORATIVE PIN******

Eligibility: The competition is open to ALL skaters who are eligible 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 register 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 or one level higher, and no official U.S. Figure Skating tests may have been passed, including moves in the field or individual dances. For Free skate 1-6, Test Track and Well Balanced levels, eligibility will be based on highest free skate test level passed. (The moves-in-the-field test will not determine a skater's competitive level.) Skaters may skate at the highest level passed OR one level higher but not both levels in the same event during the same competition.

- CDs only can be played on our sound system, we also offer a full menu snack-bar and Moon's pro shop with laces, tights, dresses, guards, skilled skate sharpening and much more.

Entry Fee: \$45.00 First Event and \$25.00 Additional Events

Awards: Medals will be given to the top 4 finishers of each group.

Applications: Must be postmarked by July 21st 2012 and should be sent with check or money order made out to Lighthouse FSC to:

Lighthouse FSC Inc.
c/o Renee Roos
43 Fairview Lane
Plymouth, MA 02360

If deadline has passed entry fees will be accepted if space is available at the discretion of the Lighthouse organizing committee and will be subject to a \$10.00 late fee

Visit our website for competition schedule and availability of practice ice the day of the event, two practice ice sessions will be available the morning of the event: www.lighthousefigureskatingclub.com
**** Schedule will be posted no later than 1 week before the event, NO SCHEDULES WILL BE MAILED all information will be available on our website, directions and map to arena also available on web site, please e-mail kroosvw@hotmail.com or call 508-224-7049 with any questions.

ELEMENTS EVENT -BASIC SKILLS CURRICULUM

- To be skated on 1/3 to 1/2 ice
- No music
- All elements will be performed in the order listed
- Each skater will perform each element when directed by a judge or referee.

<p><u>Snowplow Sam - TOTS:</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 outside edge on a circle - clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 3. One foot spin - min of 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 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. Stand still forward inside 3-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. Forward alternation ½ swizzle pumps, in a straight line- 2-3 per 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. 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 6 -8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin- min 3 revolutions 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside 3 turns R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge) 5. Beginning one-foot upright spin, optional free foot position
<p><u>Basic 4</u></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 and L 4. Backward stroking 5. Backward snowplow stop - R or L 	

COMPULSORY PROGRAMS FREESKATE 1-6 - NO MUSIC

- In program form, using a limited number of connecting steps, skating order of the required elements is optional
- **The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous level.**
- To be skated on ½ ice
- No music permitted
- Time: 1:15 or less
- Deductions will be made if elements from a higher level are performed

<p><u>Free skate level 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. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Free skate level 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-3 revolutions 3. Loop jump 4. Waltz jump/loop jump
<p><u>Free skate level 2 Compulsory</u></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><u>Free skate level 5 Compulsory</u></p> <ol style="list-style-type: none"> 1. Camel spin 2. Forward upright spin to back upright spin, min of 3 revolutions, each foot 3. Loop/loop jump 4. Flip jump
<p><u>Free skate level 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 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Free skate level 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 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump

COMPULSORY EVENTS TEST TRACK & WELL BALANCE PROGRAM

- 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 have the option to skate one level higher in compulsories than their free skate program

Limited Beginner Compulsory	<ol style="list-style-type: none"> 1. Waltz Jump 2. ½ Jump of choice 3. Forward 2 foot or 1 foot spin (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 badges	Time: 1:15
Beginner Compulsory	<ol style="list-style-type: none"> 1. Toe Loop Jump 2. Salchow Jump 3. Forward Scratch Spin 4. Forward or backward Spiral 	Skaters may not have passed tests higher than U.S Figure Skating Basic Skills free skate badges	Time 1:15
No Test Compulsory	<ol style="list-style-type: none"> 1. Loop Jump 2. Jump combo to include a toe loop (may not use a loop or axel) 3. Solo Spin: Sit OR Camel 4. 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: 1:15
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> 1. Flip Jump 2. Combo: Waltz jump/toe loop OR salchow/toe loop 3. Solo Spin: Sit OR camel 4. 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 frees skate test	Time: 1:15
Preliminary Compulsory	<ol style="list-style-type: none"> 1. Lutz Jump 2. Jump combo (may NOT use lutz or axel) 3. Camel Spin 4. 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

Basic Programs with Music-Snowplow Sam – Basic 8

- 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.
- To be skated on full ice
- May use elements from a previous level.
- **Vocal music is allowed.**
- A .2 deductions will be made for each element from a higher level that is skated.
- Time is 1:00+/- 10 sec.

<p><u>Snowplow Sam - TOTS:</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 4-6consecutive - both directions 2. One foot spin –free leg held to side- min of 3 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 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. Stand still- forward inside 3-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 -across width of ice 5. Moving snowplow stop 	<p><u>Basic 7:</u></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><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 6 -8 consecutive 3. Forward Slalom 4. Backward one foot glide - either foot 5. Two foot spin-minimum 3 revolutions 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside 3 turns R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge) 5. Beginning one-foot upright spin, optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward crossovers 4-6 consecutive both directions 2. Forward outside 3-turn - R and L 3. Backward stroking 4. Backward snowplow stop - R or L 	

Free Skate Events – Free Skate 1-6 with music

- 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
- Time 1:30+/-10sec
- The skater must demonstrate the required elements and may use but is NOT required to use additional elements from previous levels.
- A .2 deductions will be taken for **each element** performed from a higher level

Free skate 1 1. Advanced Forward stroking. 4-6 strokes 2. Scratch spin from back crossovers 3. Waltz jump from back crossovers 4. Half flip jump	Free skate 4 1. Spiral Sequence: FI spiral, FI Mohawk, BO spiral R or L 2. Sit spin 3. Loop jump 4. Waltz jump/loop jump
Free skate 2 1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop	Free skate 5 1. Camel spin 2. Forward upright spin to back upright spin 3. Loop/loop combination jump 4. Flip jump
Free skate 3 1. Forward crossovers in a figure 8 2. Back spin 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop	Free skate 6 1. Camel/sit spin combination, min of 4 revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

Competitive Test Track Events

Skaters may enter EITHER the test track free skate program or the well-balanced track frees 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.

- 0.1 for 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 rotations

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	<i>Max 2 spins:</i> Two upright spins, no change of foot, no flying entry (min 3 revolutions). <i>Maximum 5 jump elements:</i> jumps with not more than one-half rotation (front to back or back to front). <i>Max of 2 Jump sequences are allowed. Max 2 of any same jump.</i> Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating free skating badge tests.	Time: Up to 1:30 +/- 10
Beginner	<i>Max 2 spins:</i> Two upright spins, change of foot optional (min 3 revolutions), no flying entry. <i>Maximum 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and Toe-Loop only. <i>Max 2 Jump combinations or sequences are allowed. Max 2 of any same type jump.</i> Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating free skating badge tests.	Time: Up to 1:30 +/- 10
Pre-Preliminary Test	<i>Max 2 spins:</i> Two solo spins of a different nature, no change of foot (min 3 revolutions and no flying spins), single solo jumps allowed are, salchow, toe loop and loop jump. <i>Maximum 5 jump elements. Max 2 of any same type jump.</i> 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 skating test.	Time: Up to 1:30 +/- 10
Preliminary Test	<i>Max 5 jump elements:</i> jumps with not more than one rotation (no axels). <i>Max 2 Jump combinations or sequences are allowed. Max 2 of any same type jump.</i> <i>Max 2 spins:</i> 1 spin in one position, no change of foot, no flying entry (min 3 revs) and 1 consisting of a front scratch to back scratch, exit on spinning foot NOT mandatory (min 3 revs 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 not have passed tests higher than the preliminary free skate test.	Time: Up to 1:30 +/- 10

Well-balanced Program Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<p style="text-align: center;">No Test Free Skate</p>	<p>A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Jumps: <u>The number of jumps in jump combinations is limited to two jumps. The number of jump combinations or jump sequences is limited to a maximum of two.</u> Spins: Maximum of 2 spins of a different nature. Spins may change feet, position, and start with a fly. Steps: One step sequence utilizing $\frac{1}{2}$ ice surface. Straight line, circular or serpentine.</p>	<p>May NOT have passed any official U.S. Figure Skating free skate tests</p>	<p>Time: Up to 1:30 +/- 10</p>
<p style="text-align: center;">Pre-preliminary Free Skate</p>	<p>A well balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. <u>The number of jumps in jump combinations is limited to two jumps. The number of jump combinations or jump sequences is limited to a maximum of two.</u> Spins: Maximum of 2 spins of a different nature. Spins may change feet, position, and start with a fly. Steps: One step sequence utilizing $\frac{1}{2}$ ice surface. Straight line, circular or serpentine.</p>	<p>May have passed no higher than U.S Figure Skating Pre-Preliminary free skate test.</p>	<p>Time: Up to 1:30 +/- 10</p>
<p style="text-align: center;">Preliminary Free Skate</p>	<p>A well balanced program consisting of: Jumps: maximum of 5 jump elements, one of which must be an axel/waltz jump-type jump <u>The number of jumps in jump combinations is limited to two jumps. The number of jump combinations or jump sequences is limited to a maximum of two.</u> Spins: Maximum of 2 spins of a different nature. Spins may change feet, position, and start with a fly. Steps: One step sequence utilizing $\frac{1}{2}$ ice surface. Straight line, circular or serpentine.</p>	<p>May have passed no higher than U.S Figure Skating Preliminary free skate test.</p>	<p>Time: Up to 1:30 +/- 10</p>

SHOWCASE EVENTS

This event is open to skaters in Basic levels, Free skate, No test, Limited beginner through Preliminary.

Skaters will be divided and grouped into age and level categories

- Props are allowed, however, props and scenery must be placed and removed by unaided skater within one minute of set up and removal.
- Show costumes are permitted, as long as they do not touch or drag on the ice.
- Deductions will be made for skaters including technical elements not permitted in the event description.
- Deductions will be made for dropped props or props that leave debris on the ice.
- May have vocal music
- Judging to emphasize interpretation of music rather than technical skills to theme of skater's choice, costumes should complement the music

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
BASIC 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than basic 8 Level.	Time 1:00
FREESKATE 1-6 LIMITED BEGINNER BEGINNER	3 jump max. ½ rotations 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
NO TEST PRE-PRELIM	3 jump max. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure skating pre-preliminary	Time: 1:30
PRELIMINARY	3 jump max. Axels are permitted. No double jumps allowed.	Must have passed no higher than U.S. Figure Skating Pre free skate.	Time: 1:40

Once you get to the arena please check out our club bulletin board for recommended places to eat, local attractions, and local entertainment. If you have questions please do not hesitate to ask one of our staff members we will be happy to help. Directions/maps to and from the facility are available on our web site www.lighthousefigureskatingclub.com

We look forward to seeing you all on beautiful, sunny Cape Cod!!