

1st Annual



# The FREEZE

**Compulsory • Freestyle • Interpretive • Adult  
Beginner Spins • Competitive Test Track  
Well Balanced Program Events • Synchronized Skating**

**February 25-26, 2012**

**Entry Deadline: February 3, 2012**



1851 Landwehr Road  
Glenview, IL 60026  
[glenviewicecenter.org](http://glenviewicecenter.org)  
(847) 724-2800

# *2012 Competition Fact Sheet*



## *Competition Dates:*

February 25-26, 2012

## *Host Rink:*

Glenview Ice Center - Glenview, IL

## *Entry Deadline:*

February 3, 2012

## *Mail Entries to:*

The Freeze Competition  
c/o Glenview Ice Center  
1851 Landwehr Road  
Glenview, IL 60026-1241



## *Make Checks Payable to:*

Glenview Ice Center or GIC

## *Questions? Call:*

847-724-2800

Dorie Cascio, ext. 2041  
Skating Director

# *The Freeze 2012 Basic Skills Competition*

*February 25-26, 2012*

The Freeze 2012 Basic Skills Competition is sponsored by the Figure Skating School of Glenview. This Basic Skills Competition is approved by the USFS and conducted in accordance with the USFS rulebook.

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, Please Note:*

For the Free Skate 1- Free Skate 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 submitted no later than February 3, 2012.** The initial event is \$55.00 and each additional event is \$15.00. Entry Fees are non-refundable after the closing date. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY.** You can mail in your registration forms and payment to: Glenview Ice Center, 1851 Landwehr Road, Glenview, IL 60025, or fax to (847) 657-0510. Please make checks payable to **Glenview Ice Center.**

## *Awards:*

Everyone will receive an award immediately following the completion of the event and posting of the results.

## *Schedule of Events:*

Schedules will be available online at [www.glenviewicecenter.org](http://www.glenviewicecenter.org) approximately 1 week prior to the competition. Just follow the link to Glenview Ice Center.

## *Music:*

CD's are required and are to be labeled with the skater's name and event information. Time duration is always +/- 10 seconds. Music must be handed in at the registration desk no later than one hour prior to the scheduled program event. Please remember to bring an extra copy of the CD and to pick up your music following your competition event.

## *Check-in/Registration:*


All skaters are to register one hour prior to their scheduled program event. Skaters are to first register at the registration desk and turn in their program CD. CD's are required and should be labeled with the skater's name and event information.

# Basic Solo 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
- Time: 1:00 +/- 10 seconds
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

<p><b>Snowplow Sam:</b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3-in a row</li> <li>3. Backward wiggles 2-6 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward crossovers 4-6 consecutive in both directions</li> <li>2. Basic one-foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>3. Side toe hop -either direction</li> <li>4. Hockey stop</li> </ol>
<p><b>Basic 1</b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide and dip</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Backward wiggles 6-8 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b>Basic 2</b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Two foot turn in place- forward to backward</li> <li>3. Backward two foot swizzles 6 - 8 in a row</li> <li>4. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot</li> <li>5. Moving snowplow stop</li> </ol>	<p><b>Basic 7:</b></p> <ol style="list-style-type: none"> <li>1. Standstill forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump- either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b>Basic 3</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>3. Backward one foot glide – either foot</li> <li>4. Forward slalom</li> <li>5. Two foot spin – minimum three revolutions</li> </ol>	<p><b>Basic 8:</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka in either direction</li> <li>4. 1 Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step down, cross behind and step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ol>
<p><b>Basic 4</b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers 4-6 consecutive both directions</li> <li>2. Standstill forward outside three- turn - R &amp; L</li> <li>3. Backward stroking - 4-6 strokes</li> <li>4. Backward snowplow stop - R or L</li> </ol>	

# Free Skate 1 - 6 Solo 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.
- 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><b>Free Skate 1</b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking 4-6 strokes</li> <li>2. One-foot upright scratch spin from back crossovers- minimum three revolutions</li> <li>3. Waltz jump from back crossovers</li> <li>4. Half flip jump</li> </ol>	<p><b>Free Skate 4</b></p> <ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive R or L</li> <li>2. Sit spin – minimum three revolutions</li> <li>3. Loop jump</li> <li>4. Waltz jump/loop jump</li> </ol>
<p><b>Free Skate 2</b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral – R or L</li> <li>2. Beginning back spin</li> <li>3. Waltz jump, side toe hop, waltz jump</li> <li>4. Toe loop</li> </ol>	<p><b>Free Skate 5</b></p> <ol style="list-style-type: none"> <li>1. Camel spin – minimum three revolutions</li> <li>2. Forward upright spin to back upright spin – minimum three revolutions each foot</li> <li>3. Loop/loop combination jump</li> <li>4. Flip jump</li> </ol>
<p><b>Free Skate 3</b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8.</li> <li>2. Back spin – minimum three revolutions</li> <li>3. Salchow</li> <li>4. Waltz jump/Toe loop or Salchow/toe loop</li> </ol>	<p><b>Free Skate 6</b></p> <ol style="list-style-type: none"> <li>1. Camel/sit spin combination – minimum four revolutions total</li> <li>2. Split or stag jump</li> <li>3. Waltz jump/ ½ loop/Salchow combination</li> <li>4. Lutz jump</li> </ol>



# *Basic Compulsory Elements Event: Snowplow Sam - Basic 8*

## *Format:*

Each skater will perform each element in the order listed below (no excessive connecting steps). Skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/2 ice
- No music
- All elements must be skated in the order listed
- Time: 1:00 or less


<p><b>Snowplow Sam:</b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Back wiggles 2 -6 in a row</li> </ol>	<p><b>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counter-clockwise</li> <li>2. Backward crossovers 4-6 consecutive - both directions</li> <li>3. Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>4. Side toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b>Basic 1</b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide and dip</li> <li>2. Forward two foot swizzles 6-8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 6-8 in a row</li> </ol>	<p><b>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line - R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b>Basic 2:</b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two foot turn in place – forward to backward</li> <li>5. Backward two foot swizzles 6-8 in a row</li> </ol>	<p><b>Basic 7:</b></p> <ol style="list-style-type: none"> <li>1. Standstill Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump - either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b>Basic 3:</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>3. Backward one foot glide - either foot</li> <li>4. Forward slalom</li> <li>5. Two foot spin – minimum three revolutions</li> </ol>	<p><b>Basic 8:</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka - either direction</li> <li>4. 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</li> <li>5. Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol>
<p><b>Basic 4:</b></p> <ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn - R &amp; L</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 4-6 consecutive both directions</li> <li>4. Backward stroking 4-6 strokes</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

# Free Skate 1 - 6 Compulsory Event

## Format:

In a simple program form, using a limited number of connecting steps, the skating order of the required elements is optional

- To be skated on 1/2 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><b>Free Skate 1 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking - 4-6 consecutive</li> <li>2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside</li> <li>3. One-foot upright scratch spin from backward crossovers-minimum three revolutions</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b>Free Skate 4 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive sets – R or L</li> <li>2. Sit spin – minimum three revolutions</li> <li>3. Loop jump</li> <li>4. Waltz jump/loop jump.</li> </ol> 
<p><b>Free Skate 2 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Forward outside or inside spiral R or L</li> <li>2. Waltz Three's – R or L, 2-3 sets</li> <li>3. Beginning back spin – entry optional</li> <li>4. Waltz jump, side toe hop, waltz jump series</li> <li>5. Toe loop jump</li> </ol>	<p><b>Free Skate 5 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Camel spin – minimum three revolutions</li> <li>2. Forward upright spin to back upright spin – minimum three revolutions, each foot</li> <li>3. Loop/loop jump</li> <li>4. Flip jump</li> </ol>
<p><b>Free Skate 3 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Advanced forward outside swing rolls 4-6 consecutive</li> <li>3. Back spin – minimum three revolutions</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p><b>Free Skate 6 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence – 1 set alternating pattern (refer to Basic Skills Curriculum Free Skate 6)</li> <li>2. Camel, sit spin combination – minimum of four revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>



# *Beginner Spins*

No music on half-ice. Spins should be skated exactly as stated and in this order. Skaters will perform one spin at a time (no excessive connecting steps). Skaters will be given one opportunity to perform each spin. Groups will be divided according to Basic/Free Skate test level. Spins should be a minimum of three revolutions each. Time limit one minute or less.

## *Basic Skills*

Forward pivot- either foot, Two foot spin, Forward one foot spin

## *Free skate 1-6, Beginner, No-Test*

Two foot spin, Forward one foot spin, Sit Spin

## *Pre-Preliminary*

Forward Scratch spin, Backward one foot spin, Camel spin

## *Preliminary*

Forward Scratch Spin, Backward one foot spin, Combination spin of choice- minimum two changes of position or foot

# *Compulsory Event Test Track and Well Balanced Levels*

## *Format:*

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 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*

*Continued on next page*



# *Compulsory Event*

## *Test Track and Well Balanced Levels*

### *Continued*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two foot or one foot spin, minimum three revolutions (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>	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"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin- minimum three revolutions</li> <li>4. Forward or backward spiral</li> </ol>	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"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin- sit <u>or</u> camel spin - minimum three revolutions</li> <li>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.</li> </ol>	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"> <li>1. Flip jump</li> <li>2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump</li> <li>3. Solo spin- sit <u>or</u> camel spin - minimum three revolutions</li> <li>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.</li> </ol>	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"> <li>1. Lutz jump</li> <li>2. Single jump combination (may not use Lutz jump or Axel)</li> <li>3. Camel spin- minimum three revolutions</li> <li>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.</li> </ol>	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 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, vocal music allowed.

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	Jumps	Spins	Steps	Qualifications
<b>Limited Beginner</b>  Time: 1:30 +/- 10	Max 5 jump elements: Jumps with not 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 Basic Skills free skating badge tests
<b>Beginner</b>  Time: 1:30 +/- 10	Max. 5 jump elements. 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. Maximum 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 Basic Skills free skating badge tests
<b>Pre-Preliminary Test</b>  Time: 1:30 +/- 10	Max. 5 jump elements. 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 and loop jump only. Maximum 2 jump combination or sequences. Max 2 of any same type jump	Max 2 spins. 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
<b>Preliminary Test</b>  Time: 1:30 +/- 10	Max. 5 jump elements. Jumps with not more than one rotation (no Axels). Max 2 jump combination or sequences. Max 2 of any same type Jump	Max. 2 spins. One spin in one position, no change of foot, no flying entry (min. 3 rev.) and one consisting of a front scratch to a back scratch, exit on spinning foot not mandatory. (min of 3 rev. 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	Jumps	Spins	Steps	Qualifications
<b>No Test</b>  <b>Time</b> <b>1:00-1:30</b> <b>+/-10</b>	<b>Max 5</b> Single Jumps (no Axel) Max 2 combos or sequences Combos limited to 2 jumps, Number of jumps in sequence is not limited	<b>Max 2</b> Spins must be a different nature Minimum three revolutions each Spins may change feet, position and start with a fly	<b>Max 1</b> 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.
<b>Pre-preliminary</b>  <b>Time:</b> <b>1:30 +/- 10</b>	<b>Max 5</b> 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.	<b>Max 2</b> Spins must be a different nature Minimum three revolutions each Spins may change feet, position and start with a fly	<b>Max 1</b> 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.
<b>Preliminary</b>  <b>Time:</b> <b>1:30 +/- 10</b>	<b>Max 5</b> 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	<b>Max 2</b> Spins must be a different nature Minimum three revolutions each Spins may change feet, position and start with a fly	<b>Max 1</b> 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.

# Adult Events

## Adult 1-4, Pre-Bronze and Bronze:

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.
- 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 unless otherwise noted

<p><b>Adult 1</b></p> <ol style="list-style-type: none"> <li>1. Backward swizzles</li> <li>2. Forward one-foot glides, one time skater's height: R &amp; L</li> <li>3. Two-foot turns</li> <li>4. Snowplow stops: R or L</li> <li>5. Forward curves on two feet</li> </ol>	<p><b>Adult 2</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward crossovers, clockwise and counter clockwise</li> <li>3. Backward one-foot glide: R or L</li> <li>4. Forward pivot</li> <li>5. Forward Chasses on a circle</li> </ol>
<p><b>Adult 3</b></p> <ol style="list-style-type: none"> <li>1. Backward crossovers, clockwise and counter clockwise</li> <li>2. Inside Mohawk, either direction</li> <li>3. Backward snowplow stops: R and L</li> <li>4. Forward progressives</li> <li>5. Beginning two-foot spin</li> </ol>	<p><b>Adult 4</b></p> <ol style="list-style-type: none"> <li>1. Forward three turns, outside or inside: R &amp; L</li> <li>2. Alternate backward crossovers with two-foot transition</li> <li>3. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle</li> <li>4. Power three turns: one direction only</li> <li>5. Backward Chasses on a circle</li> </ol>
<p><b>Adult Pre-Bronze:</b>            Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test.            Time: 1:40 max            Refer to the current U.S. Figure Skating Rulebook #3806 for specific requirements</p>	<p><b>Adult Bronze:</b>            Must have passed no higher than adult bronze free skate test or the preliminary free skate test.            Time: 1:50 max            Refer to the current U.S. Figure Skating Rulebook #3801 for specific requirements</p>

# Interpretive Event

## Competition Format:

The Organizing Committee will pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

## Time:

Music Duration: Limited Beginner, Beginner, No Test: 1:15    Pre-preliminary- Preliminary: 1:30

## Coaching:

There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competition.



**NEW Synchronized Skating Format  
For United States Figure Skating Basic Skills Competitions**

The United States Figure Skating Basic Skills Program, along with the Chicago Area Basic Skills clubs will be offering a new format with regards to synchronized skating at their local Basic Skills competitions.

The idea behind this new offering is to invite, and encourage, all synchro teams from the area to compete at the local Basic Skills competitions. Many teams from the area have not been participating in these competitions due to the restrictions on music length and number of skaters. The newly added event will allow these teams to compete at the Basic Skills competitions without having to alter their music length, and they will be able to skate all of their team members. All teams must include the required elements for the chosen level and follow the age requirements, but their music duration will be allowed to the maximum of 3:30 and the maximum number of skaters to 24. Any questions regarding requirements should be directed to the competition referee.

Events offered will be:

- Level 1
- Level 2
- Level 3
- Preliminary

**\*All participants must be United States Figure Skating Basic Skills Program members. These memberships are registered through the local rinks which use the Basic Skills Program.**

Attached is the Basic Skills Level 1,2,3 and Preliminary level descriptions.

**Any questions regarding this pilot program, please contact  
Vicki Revere at 847-844-8700 ex223**





## BASIC SKILLS Level 1

Number of skaters	Age	Test requirement	Program length
<b>8 -16</b>	<b>Majority of skaters must be under 9</b>	<i>Skaters may NOT have passed any test higher than preliminary and majority must be "no test"</i>	<b>1:30 – 2:00 +/- 10 sec.</b>
<b>Required elements (may not be repeated)</b>	<p>One (1) block: <i>must cover the ice, only 1 configuration</i>            One (1) circle: <i>must include a 2-foot turn and a forward inside or outside edge glide</i>            One (1) intersection: <i>2 lines facing each other, 2-foot glide at point of intersection</i>            One (1) line: <i>must cover the ice, include only forwards skating</i>            One (1) wheel: <i>choice of 4-spoke or "S" wheel, backwards pumps</i></p> <p><u><i>Additional elements are not allowed. Changes of rotational direction and traveling within elements are not allowed. Holds may include ONLY shoulder-to-shoulder and hand-to-hand. Steps, turns or free skating moves from higher than Basic 5 are not allowed. All illegal elements in synchronized skating, found in Rule 4669, apply.</i></u></p>		
<b>Skating skill</b>	Skaters at this level should be able to safely execute the skills in Basic 5 in the U.S. Figure Skating Basic Skills Program.		
<b>Expectations</b>	The purpose of beginner is to encourage basic skills level skaters to try synchronized skating. Skaters should be at approximately the Basic 4 – Free Skate 2 level. They should be working on the skills in Synchro Badges 1-4, but not yet ready for preliminary.		

## BASIC SKILLS Level 2

Number of skaters	Age	Test requirement	Program length
<b>8 -16</b>	<b>Majority of skaters must 9 – 11 years old</b>	<i>Skaters may NOT have passed any test higher than preliminary and majority must be "no test"</i>	<b>1:30 – 2:00 +/- 10 sec.</b>
<b>Required elements (may not be repeated)</b>	<p>One (1) block: <i>must cover the ice, only 1 or 2 configurations</i>            One (1) circle: <i>must include the combination move from Basic 8 (one direction only)</i>            One (1) intersection: <i>2 lines facing each other, 2-foot or 1-foot glide at point of intersection</i>            One (1) line: <i>must cover the ice, may include forwards and backwards skating</i>            One (1) wheel: <i>wheel of choice, backwards pumps</i></p> <p><u><i>Additional elements are not allowed. Changes of rotational direction and traveling within elements are not allowed. Hold may include ONLY shoulder-to-shoulder and hand-to-hand. Steps, turns or free skating moves from any level higher than Free Skate 1 are not allowed. All illegal elements in synchronized skating, found in Rule 4669, apply.</i></u></p>		
<b>Skating skill</b>	Skaters at this level should be able to safely execute the skills in Basic 5 in the U.S. Figure Skating Basic Skills Program.		
<b>Expectations</b>	The purpose of Beginner 2 is to encourage basic skills skaters to try synchronized skating. Skaters should be at approximately the Basic 5 – Free Skate 2 level and not yet ready for pre-juvenile.		



## BASIC SKILLS Level 3

Number of skaters	Age	Test requirement	Program length
<b>8 -16</b>	<b>Majority of skaters must at least 12</b>	<i>Skaters may NOT have passed any test higher than preliminary and majority must be "no test"</i>	<b>2:00 – 2:30 +/- 10 sec.</b>
<b>Required elements</b>	<p>One (1) block: <i>must cover the ice, include 2 or 3 configurations</i>            One (1) circle: <i>must include the combination move from Basic 8 (one direction only)</i>            One (1) intersection: <i>2 lines facing each other, 1-foot glide or lunge at point of intersection</i>            One (1) line: <i>must cover the ice, must include forwards and backwards skating</i>            One (1) wheel: <i>wheel of choice</i></p> <p><u><i>Traveling is not allowed. There are no restrictions on steps or turns, however, teams are strongly encouraged to include only 3-turns and Mohawks, and other steps and turns within the scope of the Basic Skills program. All illegal elements in synchronized skating, found in Rule 4669 apply.</i></u></p>		
<b>Skating skill</b>	Skaters at this level should be able to safely execute the skills in Basic 5 in the U.S. Figure Skating Basic Skills Program.		
<b>Expectations</b>	The purpose of Beginner 3 is to encourage older beginner skaters to try synchronized skating. Skaters should be at approximately the Basic 5 – Free Skate 2 level and not yet ready for open juvenile. While there are no restrictions on steps and turns, teams are expected only to include 3-turns and Mohawks, done well. Teams <b>WILL NOT</b> be rewarded for attempting more difficult steps and turns.		

## PRELIMINARY *Rule # 4710*

Number of skaters	Age	Test requirement	Program length
<b>8 -16</b>	<b>Under 12, majority under 10</b>	<b>No test required</b>	<b>2:00 +/- 10 sec.</b>
<b>Well balanced program</b>	<p>One (1) block element            One (1) circle element            One (1) intersection element: <b>forward only</b>            One (1) line element            One (1) wheel element</p>		
<b>Skating skill</b>	There is no skill requirement for this level. Most skaters at this level have completed the Basic 8s of the U.S. Figure Skating Basic Skills program or the pre-preliminary moves-in-the-field test.		
<b>Expectations</b>	The purpose of preliminary is to encourage beginning skaters to learn the fundamentals of synchronized skating. Skaters should be able to skate backward and forward with ease and should be confident performing basic turns and steps. Teams are ready for preliminary once they have mastered the skills and required elements in Basic Skills Beginner 1 & 2, and they need to be challenged more than the restrictions in those levels allow.		

## 4<sup>th</sup> Annual U.S. Figure Skating Illinois Basic Skills Series

During the season, skaters will have the chance to compete at different competitions and earn points for a final standing. Skaters must compete in at least four competitions. An awards ceremony will take place where the top 10 skaters will receive a medal and flowers. The final award announcement will be e-mailed to all qualifying skaters on December 5, 2012 for the location, date, and time of ceremony.

### Series Point System

The Free Skate/Program with Music events and the Compulsory/Elements events of each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

Place	Points
1	6
2	5
3	4
4	3
5	2
6	1

If an event that has 2-6 skaters, the points will be awarded as if there were 6 skaters in the group. If there is only one skater in the group, they will be awarded 3 points. At the end of the Series, in the case of total points tied, all skaters tied for a place will be awarded a medal. No ties will be broken. Points are accumulated for Compulsory and Free Skate events separately.

A skater **MUST** enter BOTH the Compulsory and Free Skate event in each of four competitions to be eligible for accumulating points.

The following events will be offered:

- Snowplow Sam - up to Freeskate 1
- Test Track: Limited Beginner- up to Preliminary
- Well-Balanced: No Test- up to Preliminary

Skaters moving to the next level during the Series will take their points with them. If a skater moves up a level for more than two competitions, they will receive an additional 3 points.

Candy Cane Classic  
**January 8, 2012**  
 Hoffman Estates Park District  
 Jennifer Dooley  
[jdooley@heparks.org](mailto:jdooley@heparks.org)

Winter Blizzard  
**January 15, 2012**  
 Skokie Skatium  
 Kerry Murphy  
[KMMurphy@skokieparks.org](mailto:KMMurphy@skokieparks.org)

Cupid Competition  
**February 11, 2012**  
 All Seasons Ice Rinks  
 Dona Bengson  
[Luv2prosk8@sbcglobal.net](mailto:Luv2prosk8@sbcglobal.net)

The Freeze  
**February 25-26, 2012**  
 Glenview Ice Center  
 Dorie Cascio [do-rie.cascio@glenviewparks.org](mailto:dorie.cascio@glenviewparks.org)

North Shore Classic  
**March 3-4, 2012**  
 Centennial Ice Arena  
 Anita Squillo  
[Skatingcoordinators@pdhp.org](mailto:Skatingcoordinators@pdhp.org)

Upper Great Lakes Basic Skills Championships  
**March 10, 2012**  
 Hoffman Estates/Chicago FSC  
 Kerry Murphy  
[KMMurphy@skokieparks.org](mailto:KMMurphy@skokieparks.org)

7th Annual Shamrock Open  
**March 11, 2012**  
 Carlson Ice Arena  
 Mary Kroll  
[Marykroll@rockfordparkdistrict.org](mailto:Marykroll@rockfordparkdistrict.org)

3rd Annual Kankakee Valley Open  
**April 1, 2012**  
 Ice Valley Centre  
Formerly known as Oak Orthopedic Sports Arena  
 Angela Pace  
[apace@kvpd.com](mailto:apace@kvpd.com)

12th Annual Wagon Wheel Basic Skills  
**April 15, 2012**  
 Crystal Ice House  
 Lanny Nelson  
[Lannyww@sbcglobal.net](mailto:Lannyww@sbcglobal.net)

Riverbend Spring Classic  
**April 28-29, 2012**  
 East Alton FSC  
 Kathryn McKeon-Hicks  
[ea\\_skating@yahoo.com](mailto:ea_skating@yahoo.com)

Quad Cities Championships  
**June 8-10, 2012**  
 The River's Edge  
 Sue Schwaegler  
[SDSCHWAEG@aol.com](mailto:SDSCHWAEG@aol.com)

2012 Southport Summer Classic (formerly Southport Winter Invitational)  
**June 14-16, 2012**  
 Southport SC - Location: TBA  
 Elaine Johnson  
[elainejohnson67@sbcglobal.net](mailto:elainejohnson67@sbcglobal.net)

2011 Rockford Open Basic Skills & Beyond  
**June 30, 2012**  
 Rockford Skating Club  
 Sheila Felder  
[Tsfelder@comcast.net](mailto:Tsfelder@comcast.net)

2012 Springfield Skating Invitational  
**September 15, 2012**  
 The Nelson Center  
 Debra Marines  
[dlmarines@hotmail.com](mailto:dlmarines@hotmail.com)

9th Annual Cranberry Classic  
**November 4, 2012**  
 Carlson Ice Arena  
 Mary Kroll  
[Marykroll@rockfordparkdistrict.org](mailto:Marykroll@rockfordparkdistrict.org)

8<sup>th</sup> Annual Autumn Blast  
**November 11, 2012**  
 All Season's Ice Rinks  
 Pegg Hislop  
[pegg@northernice.org](mailto:pegg@northernice.org)

Snowflake Classic  
**November 24, 2012**  
 Glenwood FSC  
 May Wiza  
[mayfsc@aol.com](mailto:mayfsc@aol.com)

If you have any questions, please contact the Illinois Basic Skills Series Director:  
 Brigitte Carlson Roquet  
[Brig811@aol.com](mailto:Brig811@aol.com)

**Team Entry Form (Page 1)**

**ENTRY DEADLINE: February 3, 2012 (no refunds)**  
**For phone inquiries please call Dorie Cascio at 847-724-2800x2041**

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:	

**SYNCHRONIZED TEAM :**

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

- Basic Skills Level 1     Basic Skills Level 3  
 Basic Skills Level 2     Basic Skills Preliminary



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

**All questions pertaining to this new pilot Synchronized Program should be directed to Vicki Revere at 847-844-8700 x 223.**

Number of skaters (including alternates) = \_\_\_\_\_ @ \$14skater = \$\_\_\_\_\_

Name on Credit Card: \_\_\_\_\_ *Office Staff please ring under Comp Entry (.236)*

Cash                      Circle One:    Visa            MasterCard            Discover  
 Money Order              Credit Card #: \_\_\_\_\_  
 Check #: \_\_\_\_\_      Expiration Date \_\_\_\_\_              Amount: \$ \_\_\_\_\_  
 Signature: \_\_\_\_\_

**Entry Deadline is February 3, 2012**

**Mail forms, check or money order payable to:**  
Glenview Ice Center or GIC  
The Freeze Competition c/o Glenview Ice Center  
1851 Landwehr Road, Glenview, IL 60026-1241

Office Use:  
Amt. Pd \$ \_\_\_\_\_  
Rec. \_\_\_\_\_

*2012 Glenview Ice Center  
U.S. Figure Skating Competition*



**Team Entry Form (Page 2)**

Name of Team \_\_\_\_\_

Name of the club of program represented \_\_\_\_\_

	Skaters' Name	Membership #	Birthdate	Signature verifies acceptance of waiver
1				
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24				



# The Freeze 2012 Registration February 25-26, 2012



Entry must be postmarked no later than February 3, 2012

**PARTICIPANT INFORMATION**

Last Name	First	Middle	
Address	City	State	Zip
Home Phone	Birthdate	Age	Sex
Parent/Guardian Name		Work Phone	
Parent's e-mail address			
Skater's Basic Skills or USFS #	Current Skating Level	Last USFS Level passed	
Program Affiliation/ Home Club	Coach's Name	Coach's USFS #	
Coach's e-mail address		Director's signature	

<p><b>Basic and Free Skate Program</b></p> <input type="checkbox"/> Snowplow Sam <input type="checkbox"/> Basic 1 <input type="checkbox"/> Basic 2 <input type="checkbox"/> Basic 3 <input type="checkbox"/> Basic 4 <input type="checkbox"/> Basic 5 <input type="checkbox"/> Basic 6 <input type="checkbox"/> Basic 7 <input type="checkbox"/> Basic 8 <input type="checkbox"/> Free Skate 1 <input type="checkbox"/> Free Skate 2 <input type="checkbox"/> Free Skate 3 <input type="checkbox"/> Free Skate 4 <input type="checkbox"/> Free Skate 5 <input type="checkbox"/> Free Skate 6 <p><b>Interpretive</b></p> <input type="checkbox"/> Limited Beginner <input type="checkbox"/> Beginner <input type="checkbox"/> No Test <input type="checkbox"/> Pre-preliminary <input type="checkbox"/> Preliminary	<p><b>Basic and Free Skate Comp.</b></p> <input type="checkbox"/> Snowplow Sam <input type="checkbox"/> Basic 1 <input type="checkbox"/> Basic 2 <input type="checkbox"/> Basic 3 <input type="checkbox"/> Basic 4 <input type="checkbox"/> Basic 5 <input type="checkbox"/> Basic 6 <input type="checkbox"/> Basic 7 <input type="checkbox"/> Basic 8 <input type="checkbox"/> Free Skate 1 <input type="checkbox"/> Free Skate 2 <input type="checkbox"/> Free Skate 3 <input type="checkbox"/> Free Skate 4 <input type="checkbox"/> Free Skate 5 <input type="checkbox"/> Free Skate 6 <p><b>Spins</b></p> <input type="checkbox"/> Basic <input type="checkbox"/> FS1-6, Beg, No Test <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary	<p><b>Test Track Program</b></p> <input type="checkbox"/> Limited Beginner <input type="checkbox"/> Beginner <input type="checkbox"/> Pre-preliminary <input type="checkbox"/> Preliminary <p style="text-align: center;"><b>Adult</b></p> <input type="checkbox"/> Adult 1 <input type="checkbox"/> Adult 2 <input type="checkbox"/> Adult 3 <input type="checkbox"/> Adult 4 <input type="checkbox"/> Adult Pre-Bronze <input type="checkbox"/> Adult Bronze	<p><b>Test Track and Well Balanced Comp.</b></p> <input type="checkbox"/> Limited Beginner <input type="checkbox"/> Beginner <input type="checkbox"/> No Test <input type="checkbox"/> Pre-preliminary <input type="checkbox"/> Preliminary	<p><b>Well Balanced Free Skate Program</b></p> <input type="checkbox"/> No Test <input type="checkbox"/> Pre-preliminary <input type="checkbox"/> Preliminary
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Synchronized Skating see separate entry form

ENTRY FEE	Cost per Event	# of Events	Cost
First Event	\$55.00	_____	_____
Additional Events	\$15.00	_____	_____
		<b>TOTAL</b>	_____

Name on Credit Card: \_\_\_\_\_

Cash     
 Circle One:     Visa       MasterCard       Discover

Money Order      Credit Card #: \_\_\_\_\_

Check #: \_\_\_\_\_      Expiration Date \_\_\_\_\_      Amount: \$ \_\_\_\_\_

Signature: \_\_\_\_\_

**Mail forms and check or money order payable to:**  
 Glenview Ice Center or GIC  
 The Freeze Competition c/o Glenview Ice Center  
 1851 Landwehr Road, Glenview, IL 60026-1241

Office Use:  
 Amt. Pd \$ \_\_\_\_\_  
 Rec. \_\_\_\_\_  
*Office Staff please ring under Comp Entry (.236)*



First Annual US Basic Skills Competition

# Figure Skating Competition

## February 25-26, 2012

### Signatures are Mandatory

#### Waiver and Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services/ vehicle operation, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program/ activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation.

I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Glenview Park District, including its officials, agents, volunteers and employees (hereinafter collectively referred as "Glenview Park District"). I do hereby fully release and forever discharge the Glenview Park District from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

I understand that photos and videos are periodically taken of people participating in Glenview Park District programs and activities and I agree that any photograph or videotape taken by the park district of me or my minor child/ward while participating in a park district program or activity may be used by the park district for promotional purposes including its electronic media, videotapes, brochures, flyers and other publications without additional prior notice, permission or compensation to the participant.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims as well as the registration policies on page 86. If registering via fax, my facsimile signature shall substitute for and have the same legal effect as an original form signature.

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Participants Name (please print) Parents/Legal Guardian/Adult Skater Signature Date

I have reviewed the entry form. I hereby certify that the above skater is an amateur member and is eligible to enter the event(s) specified.

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Basic Skills Director Signature Date

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Coaches Signature Date

#### **CERTIFICATION OF CLUB OFFICER: Only Pre-Preliminary and Preliminary skaters**

To the best of my knowledge, the information on this form is true and correct. This competitor is a member of our club in good standing.

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Club Officer/President/VP/Secretary Signature Date

**The completed Registration and Certification Forms must be postmarked no later than February 3, 2012.**

Mail: Glenview Ice Center  
1851 Landwehr Road  
Glenview, IL 60026  
(847) 724-2800  
Fax: (847) 657-0510  
E-mail: Dorie.Cascio@GlenviewParks.org

