



Sanctioned by:



*The North Jersey Figure Skating Club, Inc. announces:*

## 2010 Ice Vault Spring Basic Skills Competition

**Date:** Sunday, May 2, 2010

**Location:** Ice Vault Arena [www.icevault.com](http://www.icevault.com)  
10 Nevins Drive  
Wayne, NJ 07470  
Phone: 973-628-1500  
Fax: 973-628-1555

**Official Website:** [www.northjerseyfsc.org](http://www.northjerseyfsc.org)

**Chairperson:** Richard F. Breitweiser, Chairperson, 78 Boulevard, Westwood, NJ 07675  
(201) 358-6581, (201) 696-8046; [rfskate@optonline.net](mailto:rfskate@optonline.net). Please use e-mail.

**General:** All events will be held at Ice Vault Arena, 10 Nevins Dr., Wayne, NJ 07470. The facility has a restaurant and pro shop. **The facility does not allow any food or drink to be brought inside.** Dressing rooms are available.

**Rules:** The competition will be conducted according to the rules for the 2009-10 U.S. Figure Skating Basic Skills rulebook and shall be judged according to the Basic Skill rules.

**Eligibility:** The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or 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 their 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. BASIC SKILLS SKATERS THROUGH BASIC 8 **must** skate at highest level passed and **NO** official U.S. Figure Skating tests may have been passed including MIF or individual dances. Skaters in **other events** must adhere to the eligibility rules outlined for that event.

**Entries:** Entries must be postmarked no later than **April 1, 2010**. Post office cancellation is required. No metered, hand stamped, certified or registered mail will be accepted. The Local Organizing Committee (LOC) reserves the right to limit entries in each category and the right to combine, divide, or cancel groups. **No changes may be made to a competitor's application once the deadline has passed. Double check your application with your coach.** Read and sign the Waiver that is located on the bottom portion of the application. Applications without the signed waiver will be returned. Late applications will be accepted at the discretion of the competition committee and will require **DOUBLE THE FEES.** **MAKE SURE YOU HAVE MARKED THE CORRECT CATEGORY. YOUR COACH MUST SIGN APPLICATION – it verifies you signed up for correct category.**

***No refunds will be granted for any reason other than events cancelled by the LOC (USFSA# 3235)***

**Fees:** Include a check or money order payable to the **North Jersey FSC**. Cash payments will not be accepted. There will be a \$35 handling charge for returned checks. **MAKE A FULL DAY OF THE EVENTS, ENTER A PROGRAM WITH MUSIC, COMPULSORIES W/O MUSIC, SPINS, JUMPS AND SHOWCASE!**

FIRST EVENT	\$50
SECOND EVENT	\$25
THIRD EVENT ( <i>or more</i> )	\$15 EACH

**Send application and fees to: Rick Breitweiser, Chairperson**  
78 Boulevard  
Westwood, NJ 07675  
(201) 358-6581, (201) 696-8046 (cell); [rfbskate@optonline.net](mailto:rfbskate@optonline.net)

**Registration/Music:** The registration desk will open one hour before the first event. Participants are advised to be present **at least** one hour before their event in case the competition is running early. CDs are required. **Only CDs are allowed. Music on cassette tapes or CDR-W's will NOT be accepted.** Music must be clearly marked with the skater's name, level, and length of program and submitted at least one (1) hour before the start of the skater's event. The North Jersey Figure Skating Club, Inc. assumes no responsibility or liability for damage or loss of CDs. All competitors **must** have a duplicate CD (back-up) with them at the rink.

**Schedules:** Schedules will be available 7-10 days prior to the start of the competition and will **ONLY** be posted on the North Jersey FSC website: [www.northjerseyfsc.org](http://www.northjerseyfsc.org). Please note that the schedule is prepared by the Referee and/or LOC after the close of entries and is based strictly on the number of events and competitors and the availability of judges. No changes to the schedule will be allowed to accommodate personal or family conflicts. **NO SCHEDULES WILL BE MAILED – CHECK THE WEBSITE.**

- Liability:** U.S. Figure Skating, the North Jersey FSC, Inc., and the Ice Vault Arena accept no responsibility for injury or damage sustained by any participant in these championships. **SKATE AT YOUR OWN RISK.**
- Limitations:** *We may not be able to accommodate all entries.* If limits must be placed on any event, entries will be based on the postmark date. Anyone closed out of an event will be notified and the applicable portion of the fee returned. Under no other circumstances will a refund be given including conflicting family activities, injuries, illness or deaths in the family (USFSA# 3235). Events with one entry ***will not*** be cancelled.
- Awards:** In all events, medals will be awarded to First, Second, Third and Fourth place winners.
- Facility:** The ice surface at Ice Vault Arena measures 200' by 85'.
- Practice Ice:** Practice ice may be available and will be announced at a later date.
- Flowers/Gifts:** Small flower arrangements and/or gifts will be sold at the competition. **You are not permitted to toss flowers or gifts and other objects onto the ice during this competition!**
- Vendors:** We plan to have video and other vendors at the competition. Check the North Jersey FSC website at [www.northjerseyfsc.org](http://www.northjerseyfsc.org) for more information. ***Flash photography is NOT allowed during the competition.***

Check the website for schedule and updates: [www.northjerseyfsc.org](http://www.northjerseyfsc.org)

**PLEASE DO NOT CALL ABOUT SCHEDULES**

Competition questions? Email: [rfbskate@optonline.net](mailto:rfbskate@optonline.net).

Or call (Except Schedules):

Rick Breitweiser, Chairperson  
78 Boulevard; Westwood, NJ 07675

(201) 358-6581, (201) 696-8046

*Please save this announcement for your reference.*

## ***Directions to Ice Vault Arena:***

10 Nevins Drive (Off Barbour Pond Road from Valley Road)  
Wayne, NJ 07470  
Phone: 973-628-1500  
Fax: 973-628-1555  
Pro Shop: 973-628-1500 ext. 107  
[www.icevault.com](http://www.icevault.com) (more detailed directions on website)

From Rt-23: Rt-23 to Alps Road exit (Wayne). (Rt-23 North exits directly onto Alps Road. From Rt-23 South proceed to stop sign and turn right on Alps Road.) Proceed approx. 2 miles to the traffic light at Alps and Ratzer Roads. Turn extreme right on Ratzer and proceed approx. 1 mile to the traffic light at Ratzer and Valley Roads. Turn left on Valley Road. Follow Valley Rd. for approx. 1 mile through first traffic light (Hamburg Turnpike). The next traffic light is Barbour Pond Drive, turn left. Rink is approx. 150 yards on right.

From Rt-46: Take route 46 West to the exit for Riverview Drive – Little Falls/Wayne. Take the exit and at the light, make a left and immediately get in the right lane where you will make the right turn to go onto Riverview Drive in Wayne. Go 5 lights on Riverview to Valley Road (golf course on right). Make a right onto Valley Road. Go 6 lights to Barbour Pond Road. Turn left onto Barbour Pond Road. Rink is approximately 150 yards on the right. Turn right onto Nevins Drive.

From Garden State Parkway: Garden State Parkway South to exit 159, Rt-80 West. Proceed to Rt-23 North or Rt-46 West. \*See directions from Route 23 or Route 46.

From NYC (Washington Bridge/Lincoln Tunnel): Follow Rt-46 West, Rt-80 West, or Rt-3 West. Proceed to Rt-23 North or Route 46 West and follow direction above..

From Rt-208: Rt-208 to Ewing Ave./Franklin Lakes exit. (Rt-208 North proceeds to stop sign, then left on Ewing. Rt-208 South proceed to stop sign, turn right on Ewing.) Proceed to end of Ewing Avenue. Turn left on High Mountain Road. Continue approx. 1 mile to fork. Take right fork on Belmont Ave. and proceed approx. 2 miles to 2nd traffic light. Turn right on Pompton Road. Proceed up hill to next light, turn right on the Hamburg Turnpike. Follow Hamburg Turnpike approx. 1.5 miles to Valley Road. Turn right on Valley Road. At the next traffic light turn left on Barbour Pond Road. Rink is approx. 150 yards on the right.

## ***Accommodations:***

Residence Inn  
30 Nevins Road  
Wayne, NJ 07470

Phone: 973-872-7100  
Fax: 973-872-7170

<http://marriott.com/property/propertypage/EWRWY>

# BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

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

- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

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

## 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.

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

<p><b><u>Snowplow Sam - Tots:</u></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><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive in both directions</li> <li>3. One foot spin - min of three revolutions</li> <li>4. Side Toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</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><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn from a standstill - 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><u>Basic 2</u></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 across width of ice</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. 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><u>Basic 3</u></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 6 -8 consecutive</li> <li>3. Moving forward to backward two foot turn in either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></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. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside edge on a circle clockwise or counter clockwise</li> <li>2. Forward crossovers 6-8 consecutive both directions</li> <li>3. Forward outside 3 turn - R &amp; L from a standstill</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## FREE SKATE 1-6 COMPULSORY EVENT

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 is allowed
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

<p><b><u>Free skate level 1 Compulsory</u></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. Scratch spin from backward crossovers</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b><u>Free skate level 4 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</li> <li>2. Forward power 3's, 2-3 consecutive sets-R or L</li> <li>3. Sit spin</li> <li>4. Loop jump</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b><u>Free skate level 2 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral - R or L. and a forward inside spiral - R or L</li> <li>2. Waltz Three's - R or L</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><u>Free skate level 5 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop jump</li> <li>5. Flip jump</li> </ol>
<p><b><u>Free skate level 3 Compulsory</u></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</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p><b><u>Free skate level 6 Compulsory</u></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 4 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>

## *FREE SKATE 1-6 MUSIC 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. Scratch spin from back crossovers</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</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</li> <li>2. Forward upright spin to back upright spin</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</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, min of 4 revolutions total</li> <li>2. Split or stag jump</li> <li>3. Waltz jump/1/2 loop /Salchow combination</li> <li>4. Lutz jump</li> </ol>

## 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 is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<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 (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: 1:00
Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin</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: 1:00
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</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: 1:00
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</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 :1:00
Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Lutz jump</li> <li>2. Jump combination (may not use Lutz jump or Axel)</li> <li>3. Camel spin</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 Music Event

Skaters may enter EITHER 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.

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
<p><b>Limited Beginner</b></p> <p>Time: 1:40 max</p>	<p>Jumps with not more than one-half rotation (front to back or back to front).</p> <p>Jump sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two upright spins, no change of foot (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p><b>Beginner</b></p> <p>Time: 1:40 max</p>	<p>Jumps with not more than one-half rotation (front to back or back to front)</p> <p>Single rotation jumps: Salchow and toe loop only.</p> <p>Jump combinations and sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two upright spins, change of foot optional (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p><b>Pre-Preliminary Test</b></p> <p>Time: 1:40 max</p>	<p>Jumps with not more than one rotation (no Axels).</p> <p>Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted.</p> <p>Maximum 5 jump elements.</p>	<p>Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>
<p><b>Preliminary Test</b></p> <p>Time: 1:30 +/- 10</p>	<p>Jumps with not more than one rotation (no Axels).</p> <p>Jump combinations and sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>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</p>

## Well-balanced Program Requirements

(U.S. Figure Skating rulebook requirements)

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

## COMPULSORY EVENT ADULTS ONLY

No Music, Program Performed on ½ Ice

Adults may not have passed any free skate test higher than the level they are competing

Adult Basic Skills	<ol style="list-style-type: none"> <li>1. Forward stroking, 4-6 strokes</li> <li>2. Forward crossovers, min. 5</li> <li>3. Backward skating</li> <li>4. Forward snowplow stop</li> </ol>
Adult No-Test	<ol style="list-style-type: none"> <li>1. Two-foot spin</li> <li>2. Bunny hop</li> <li>3. Forward outside spiral, R or L</li> <li>4. Waltz jump</li> <li>5. Advanced stroking, 4-6 strokes</li> </ol>
Adult Pre-Bronze	<ol style="list-style-type: none"> <li>1. Toe loop</li> <li>2. One-foot upright spin</li> <li>3. Waltz jump</li> <li>4. Half flip</li> </ol>
Adult Bronze	<ol style="list-style-type: none"> <li>1. Toe loop</li> <li>2. Salchow</li> <li>3. Waltz/toe loop combination</li> <li>4. One-foot upright spin</li> <li>5. Sit spin</li> </ol>

## JUMP EVENTS

\*Program without music to be skated on ½ ice surface.

\*Elements may be skated in any order, may not be repeated and with minimal steps.

\*Time limit is 1 minute

\*Series of jumps with minimal connecting steps, deductions for spins or jumps outside category

\*One try at jump, repetition not allowed

\*Men and Women may be grouped together

**JUMP EVENTS ARE OPEN TO ALL REGARDLESS OF TEST LEVEL**

<b>Basic Skills through Freeskate 1-3</b> <ol style="list-style-type: none"> <li>1. 2 solo jumps (waltz, toe loop or salchow)</li> <li>2. 1 combination jump or sequence (with waltz jump, toe loop or salchow)</li> <li>3. No Axle or Doubles</li> </ol>	<b>Pre-Preliminary</b> <ol style="list-style-type: none"> <li>1. 1 three jump combination (No Axle or Double)</li> <li>2. Split jump</li> <li>3. 1 solo jump (Axel permitted; no Double)</li> </ol>
<b>Freeskate 4-6</b> <ol style="list-style-type: none"> <li>1. 2 solo jumps (loop, flip or lutz)</li> <li>2. 1 combination jump or sequence (with loop, flip or lutz)</li> <li>3. No Axle or Doubles</li> </ol>	<b>Preliminary</b> <ol style="list-style-type: none"> <li>1. Axel combination jump (2 jump combination only)</li> <li>2. Lutz jump combination</li> <li>3. 1 solo jump (single or double)</li> </ol>
<b>No Test</b> <ol style="list-style-type: none"> <li>1. 1 three jump combination (no Axle or Double)</li> <li>2. Solo loop jump</li> <li>3. 1 other solo jump of skaters choice</li> <li>4. No Axle or Doubles</li> </ol>	<b>Adult (No-test – Bronze)</b> <ol style="list-style-type: none"> <li>1. 2 solo jumps (waltz, toe loop or salchow)</li> <li>2. 1 combination jump or sequence (w/waltz, toe loop, or salchow)</li> <li>3. No Axle or Double</li> </ol>

## SPIN EVENTS

Beginner through Preliminary

**\*Beginner open to any basic skills or basic freeskate competitor; ADULT IS OPEN**

\*Pre-Preliminary and Preliminary must have passed the standard Pre-preliminary MIF test

\*Elements may be skated in any order on half sheet of ice.

\*A minimum of 3 revolutions per spin and time of (1min. 15 sec.) max.

Beginner	1. Two foot up-right spin 2. Forward one foot spin 3. Sit spin - in a recognizable sitting position
Pre-Preliminary	1. Forward one foot spin 2. Camel spin 3. Sit spin - in a recognizable sitting position
Preliminary	1. Combination spin with 1 change of foot and 1 change of position 2. Back spin 3. Solo spin of skaters choice - <b>no</b> flying entrance
Adult	1. Forward one foot spin 2. Sit spin – in recognizable sitting position 3. Beginning back spin

## SHOWCASE

Eligibility requirements are the same as for free skating. All showcase programs shall be skated on full ice with music, which may utilize vocals. There are no required elements. Emphasis is placed on the theatrical and entertainment value of the skater's performance rather than on technical accuracy of specific moves. Costumes and props are encouraged to help illustrate the act. Props are limited to those that skaters can hand carry or push out onto the ice themselves in one trip. Their setup should not take more than 30 seconds. Skaters may not be assisted during the setup time nor assisted from off-ice during the number. Props may not be flame or smoke oriented nor may they be live. Deductions will be given for anything left on the ice such as paper, feathers, glitter, or anything else that could cause harm to another skater.

<u>Category</u>	<u>Requirements</u>	<u>Duration</u>
Showcase Basic	Basic Skills 1-8	Up to 1 minute
Showcase FS 1-3	Basic Freeskate 1-3	Up to 1-1:30 max
Showcase FS 4-6	Basic Freeskate 4-6	Up to 1:30 max
Showcase No Test	No Test	Up to 1:30 max
Showcase Pre-preliminary	Pre-preliminary	Up to 1:30 max
Showcase Preliminary	Preliminary	Up to 1:30 max
Showcase Adult Basic	Basic Skills Adult	Up to 1:30 max
Adult Bronze Showcase	Pre-Bronze/Bronze	Up to 1:30 max

**2010 Ice Vault Spring Basic Skills**

**(READ FULL APPLICATION FOR ELIGIBILITY RULES)**



NAME \_\_\_\_\_ USFSA#: \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ **E-mail (Mandatory):** \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ COUNTY \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ HOME CLUB \_\_\_\_\_

HIGHEST USFSA PASSED (AS OF April 1, 2010) Basic \_\_\_\_\_ Freeskate \_\_\_\_\_ USFSA Standard \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

SPECIAL MEDICAL NEEDS \_\_\_\_\_ **COACH NAME AND E-MAIL:** \_\_\_\_\_

**-----EVENT REGISTRATION-----**

Basic Skills 1-8 w/music	Basic Freeskate w/music	Test Track Freeskate w/music	Compulsory elements Basic Skills No music	Compulsory elements Freeskate No music	Compulsory elements No-Test-Adult No music	Jumps, No music	Spins, No music	Showcase with music
Snowplow Sam -tots	Freeskate 1	Limited Beginner	Snowplow Sam -tots	Compulsory FS 1	Limited Beginner	Basic through Freeskate 1-3	Beginner	Showcase Basic
Basic 1	Freeskate 2	Beginner	Basic 1	Compulsory FS 2	Beginner	Freeskate 4-6	Pre-Preliminary	Showcase Freeskate 1-3
Basic 2	Freeskate 3	Pre-Preliminary	Basic 2	Compulsory FS 3	No-Test	No Test	Preliminary	Showcase Freeskate 4-6
Basic 3	Freeskate 4	Preliminary	Basic 3	Compulsory FS 4	Pre-Preliminary	Pre-Preliminary	Adult	No-Test
Basic 4	Freeskate 5	<b>Well Balanced FS</b>	Basic 4	Compulsory FS 5	Preliminary	Preliminary		Pre-preliminary
Basic 5	Freeskate 6	No-Test	Basic 5	Compulsory FS 6	Adult Basic Skills	Adult No Test-Bronze		Preliminary
Basic 6		Pre-Preliminary	Basic 6		Adult No-Test			Adult Basic Showcase
Basic 7		Preliminary	Basic 7		Adult Pre-Bronze			Adult Bronze Showcase
Basic 8			Basic 8		Adult Bronze			

**PLEASE CIRCLE EVENTS YOU ARE COMPETING IN**

**-----PAYMENT INFORMATION-----**

Make Check or Money Order Payable to: \_\_\_\_\_ Entry Fee Enclosed \$ \_\_\_\_\_  
 North Jersey FSC **\*\*\*NO REFUNDS OR CREDIT PER INSTRUCTIONS\*\*\***

FIRST EVENT: \$50, SECOND EVENT: \$25; THIRD (and more) EVENT(s): \$15 each

**Mail to:** Rick Breitweiser, Chairperson 78 Boulevard Westwood, NJ 07675  
 (201) 358-6581; (201) 696-8046 (Cell); [rfskate@optonline.net](mailto:rfskate@optonline.net) DEADLINE: April 1, 2010

**-----CERTIFICATE OF ELIGIBILITY-----**

I hereby approve the entry of this skater and certify that to the best of my knowledge he or she is a member in good standing of US Skating, is eligible to enter the specified event(s) and is an amateur in accordance with the rules of the USFSA. \_\_\_\_\_ **Coach Signature /Date**

Signature \_\_\_\_\_ Title \_\_\_\_\_

Club officer or test chairperson \_\_\_\_\_

Skating Club Name \_\_\_\_\_ Date \_\_\_\_\_

**-----WAIVER AND RELEASE OF LIABILITY-----**

In consideration of being allowed to participate in the North Jersey Spring Basic Skills Competition and related events and activities, the undersigned:

1. Agrees that prior to participating, or in the case of a minor participant, the parent(s) or legal guardian(s) will instruct the minor or participant that prior to participating, he/she should inspect the facilities and equipment to be used, and if the participant believes anything to be unsafe, he/she should immediately inform his/her coach or parent(s) of such condition(s) and refuse to participate
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses, which result not only from their actions, inaction's or negligence, but the actions, inaction's negligence of others, the rule of play, or the conditions of the premises or of any equipment, used. Further, that there may be risk not known to us or reasonably foreseeable at this time.
3. Assume the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue the North Jersey, FSC, Inc., Ice Vault and their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and all applicable, owners, and leasers of premises used to conduct the event, all of which are hereinafter referred to a "releasees" from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.

\_\_\_\_\_  
 Print Participant Name

\_\_\_\_\_  
 Participant Signature (Parent/Guardian if under 18)

\_\_\_\_\_  
 Date

**SCHEDULES POSTED 7-10 DAYS BEFORE COMPETITION AT [WWW.NORTHJERSEYFSC.ORG](http://WWW.NORTHJERSEYFSC.ORG)  
 BEFORE SUBMITTING: READ FULL APPLICATION ON ELIGIBILITY, REQUIREMENT; CHECK CATEGORIES WITH YOUR COACH**