

Blades in 'Bama

Basic Skills Event

March 6, 2010
Pelham Civic Complex
Pelham, AL



Sponsored by
Birmingham Figure Skating Club
And
The Pelham Skating School



Sponsored by
Birmingham Figure Skating Club

Hosted by
Pelham Civic Complex
Pelham, AL

The Blades in 'Bama - Basic Skills Competition sponsored by Birmingham Figure Skating Club and the Pelham Skating School will be held at the Pelham Civic Complex, 500 Amphitheater Road, Pelham, AL 35124 on Saturday, March 6, 2010 between 1:00 pm and 5:00 pm on the Practice Rink.

Eligibility Rules for Participants

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete, but must be registered with the Pelham Skating School Basic Skills Program or Birmingham FSC, or any other Basic Skills Program or USFS 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 the highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Free Skate 1-6, Test Track, and Well Balanced levels, eligibility will be based only upon highest free skate level passed (MIF 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/FEES- All entries must be postmarked no later February 13, 2010 and are limited to the first 100 applications received. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is \$30 and each additional event is \$10. No refunds after closing date unless the Competition Committee cancels the event. Entry forms must be completely filled out and returned with the fees for the event with the check made payable to BFSC. There will be a \$25 fee for returned checks. Mail entries to Blades in 'Bama, c/o Kim Hardwick, 1784 Indian Hill Road, Vestavia Hills, AL 35216. Late entries will be assessed additional \$25 per skater. There will be a \$25 fee for returned checks.

AWARDS- Everyone will receive an award. All events will be final rounds. Medals will be awarded for first, second, third and fourth places. All other places will receive ribbons. Award ceremonies will take place during the intermission and at the conclusion of the event.

CONTACT- Competition Chair: Kim Hardwick, , krhardwick@charterinternet.com.

SCHEDULE OF EVENTS- The schedule will be posted on the official Bulletin Board as well as on the BFSC web site, www.bhamfsc.com no later than March 1. Information regarding groups and skating times will be e-mailed or mailed out prior to the beginning of the competition provided an e-mail address or self addressed stamped envelope is included with competitor's entry.

PRACTICE ICE – A limited amount of practice ice will be available on Saturday, March 6 from 12:00pm until 1:00pm. Skaters wishing to purchase practice ice must submit the Practice Ice Form. You may write a single check for entry fees and practice ice if forms are sent together. (Phone or email reservations will not be accepted.) The fee for practice ice is \$10.00/twenty minute session if arranged prior to the February 13 postmark date and \$12.00/twenty minute session for a skater to walk-on, if space allows, without a reservation. Skaters may sign up for no more than two sessions on a first come-first served basis.

REFUND POLICY- There will be no refunds unless the request is for medical reasons or cancellation of the event by the Committee for lack of participants.

MUSIC- The music for free skating programs must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater and length of music, not the skating event time. The Committee will identify the CD with the event entered. Competition music is to be turned in at time of registration and should be picked up after the skater's event. Time duration of music for this event will be +/- 10 seconds. Competitors should have suitable backup music available on CD at rinkside.

VIDEOTAPING AND PHOTOGRAPHS- Video taping and (non-flash) photographs will be allowed for this event from the viewing stands only. Tripods, monopods and taping from the boards will not be allowed. Photographs will be taken of all skaters by an approved vendor. Videotaping of events will also be provided by an approved vendor. An order form is attached for advanced video sales. Videos can also be ordered at the competition.

Element Events — Basic Skills Curriculum U.S. Figure Skating Snowplow Sam and Basic 1 - 8

- Each skater will have the option to perform one element at a time in the order listed below with no excessive connecting steps, or will perform each element when directed by a judge or referee.
- Elements to be skated on 1/3 to 1/2 ice surface
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><u>Snowplow Sam/Tots</u> <i>Open to skaters age 5 and under who have not passed Basic 1</i></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles, 2-6 in a row 	<p><u>Basic 5</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle (clockwise <u>or</u> counterclockwise) 2. Backward crossovers 6-8 consecutive (clockwise and counterclockwise) 3. One foot spin, minimum of 3 revolutions 4. Hockey stop 5. Side toe hop (either direction)
<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. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p><u>Basic 6</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn; (right <u>and</u> left) from a standstill 2. Bunny hop 3. Forward spiral on a straight line; (right <u>or</u> left) 4. Lunge (right <u>or</u> left) 5. T-stop; (right <u>or</u> left)
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide (either foot) 2. Forward alternating ½ swizzle pumps, in a straight line – across width of ice 3. Two foot turn in place – forward to backward 4. Backward two foot swizzles 6-8 in a row 5. Moving snowplow stop 	<p><u>Basic 7</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk; (right to left <u>and</u> left to right) 2. Ballet jump (either direction) 3. Back crossovers to a back outside edge landing position (clockwise <u>and</u> counterclockwise) 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, 6-8 consecutive (clockwise or counterclockwise) 3. Moving forward to backward two foot turn (either direction) 4. Backward one foot glide - either foot 5. Two foot spin 	<p><u>Basic 8</u></p> <ol style="list-style-type: none"> 1. Moving forward outside <u>or</u> forward inside 3-turns (right and left) 2. Waltz jump 3. Mazurka (either direction) 4. Combination move - clockwise or counterclockwise – two forward crossovers into forward inside Mohawk, step behind, step into one back crossover and step to a forward inside edge (same as Basic 8 curriculum) 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 3-turn – (right <u>and</u> left) from a standstill 2. Forward outside edge on a circle (clockwise <u>or</u> counterclockwise) 3. Forward crossovers 6-8 consecutive both directions (clockwise <u>and</u> counterclockwise) 4. Backward stroking 5. Backward snowplow stop (right <u>or</u> left) 	

Compulsory Programs — No Music

U.S. Figure Skating Freeskate Levels 1 – 6

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

<p>Free skate Compulsory 1</p> <ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 consecutive 2. Basic forward outside <u>and</u> forward inside edges; 2-4 of each 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p>Freeskate Compulsory 4</p> <ol style="list-style-type: none"> 1. Spiral sequence: forward inside spiral, forward inside Mohawk, back outside spiral (clockwise or counterclockwise) 2. Forward power 3-turns; 2-3 consecutive sets (right or left) 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p>Freeskate Compulsory 2</p> <ol style="list-style-type: none"> 1. Forward outside <u>and</u> forward inside spiral (right or left) 2. Waltz 3s (right or left) 3. Beginning back spin – entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p>Freeskate Compulsory 5</p> <ol style="list-style-type: none"> 1. Spiral sequence: forward outside spiral, forward outside 3-turn, one backward crossover, back inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
<p>Freeskate Compulsory 3</p> <ol style="list-style-type: none"> 1. Forward crossover 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>Freeskate Compulsory 6</p> <ol style="list-style-type: none"> 1. 5-step Mohawk sequence – 1 set alternating pattern (refer to Freeskate 6 curriculum in manual) 2. Camel/sit spin combination, minimum of 4 revolutions total 3. Split jump, or stag jump 4. Waltz jump, ½ loop, Salchow combo 5. Lutz jump

Compulsory Event/Test Track and Well Balanced Levels

- In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one 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 badge tests	Time: 1:00
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 badge tests	Time: 1:00
No Test Compulsory	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit <u>or</u> camel spin 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: 1:00
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> 1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit <u>or</u> camel spin 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 free skate test	Time: 1:00
Preliminary Compulsory	<ol style="list-style-type: none"> 1. Lutz jump 2. Jump combination (may not use Lutz jump 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 <u>must</u> 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 (Vocals Permitted)

Snowplow Sam (Tots), Basic 1 – 8

- Program duration is 1:00 minute +/- 10 seconds; vocal music is allowed
- Program to be skated on full ice surface
- Order of elements is optional and not restricted to the number of times element is executed, length of glides, number of revolutions, etc. except where otherwise stated; all required elements must be included
- Skaters may use elements from previous levels; elements from higher levels are not allowed
- A .2 deduction will be taken for each element performed from a higher level

<p><u>Snowplow Sam/Tots</u> <i>Open to skaters age 5 and under who have not passed Basic 1</i></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 (clockwise <u>and</u> counterclockwise) 3. One foot spin, minimum of 3 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. Forward inside 3-turn from a standstill; (right <u>and</u> left) 2. Bunny hop 3. Forward arabesque spiral on a straight line; (right <u>or</u> left) 4. Lunge (right <u>or</u> left) 5. T-stop; (right <u>or</u> left)
<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; (right to left <u>and</u> left to right) 2. Ballet jump (either direction) 3. Back crossovers to a back outside edge landing position (clockwise <u>and</u> counterclockwise) 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, 6-8 consecutive (clockwise <u>or</u> counterclockwise) 3. Moving forward to backward two foot turn (either direction) 4. Backward one foot glide (either foot) 5. Two foot spin 	<p><u>Basic 8</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside 3-turns (right and left) 2. Waltz jump 3. Mazurka (either direction) 4. Combination move (from Basic 8 curriculum; clockwise or counterclockwise) – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one foot upright spin (optional free foot position)
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle (clockwise or counterclockwise) 2. Forward crossovers 6-8 consecutive both directions (clockwise and counterclockwise) 3. Forward outside 3-turn (right and left) from a standstill 4. Backward stroking 5. Backward snowplow stop (right or left) 	

Free skate Program with Music U.S. Figure Skating Freeskiate 1 – 6

- The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated.
- Vocal music is allowed
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Program duration is 1:30 minute +/- 10 seconds

Free skate 1	Free skate 4
1. Advanced forward stroking, 4-6 strokes 2. Scratch spin from back crossovers 3. Waltz jump from back crossovers 4. Half flip jump	1. Forward power 3-turns; 2-3 consecutive sets (right or left) 2. Sit spin 3. Loop jump 4. Waltz jump/loop jump
Free skate 2	Free skate 5
1. Forward outside spiral (right <u>or</u> left) 2. Beginning back spin – entry optional 3. Waltz jump, side toe hop, waltz jump series 4. Toe loop jump	1. Camel spin 2. Forward upright spin to back upright spin 3. Loop/loop combination jump 4. Flip jump
Freeskiate 3	Freeskiate 6
1. Forward crossover in a figure 8 2. Back spin 3. Salchow jump 4. Waltz jump/toe loop <u>or</u> Salchow/toe loop	1. Camel/sit spin combination, minimum of 4 revolutions total 2. Split jump, or stag jump 3. Waltz jump, ½ loop, Salchow combo 4. Lutz jump

Beyond the Basics - Test Track Music Event

Skaters may enter EITHER the new test track or the well-balanced free skate track but NOT both. Competitors will skate to music of their choice. Vocal music is permitted. Judging will be the 6.0 system. 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
Limited Beginner Time: 1:40 max	Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.	Two upright spins, no change of foot (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Beginner Time: 1:40 max	Jumps with not more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two upright spins, change of foot optional (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary Test Time: 1:40 max	Jumps with not more than one rotation (no Axels). Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted. Maximum 5 jump elements.	Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating prepreliminary free skate test
Preliminary Test Time: 1:30 +/- 10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating prepreliminary 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)

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



2010 Blades in 'Bama Practice Ice Form

Saturday, March 6 (between 12:00pm and 1:00pm)

of 20-minute segments _____ x \$10 = \$ _____

Total practice ice* \$ _____

*You may include the total for practice ice with your total registration fees on the previous page and write one check for both.

You will receive an e-mail telling you when your practice ice time will be. Please arrive a few minutes early. Check in with the ice monitor prior to getting on the ice. NO music will be played and coaches must remain at the boards. Space permitting, additional practice ice segments may be purchased on a walk on basis, without a reservation, for \$12 per segment. Practice ice is sold on a first-come, first-served basis.)

Return this completed form with the appropriate fees to:
Blades in 'Bama c/o Kim Hardwick, 1784 Indian Hill
Road, Vestavia Hills, Alabama 35216.

**Blades in Bama
 2010
 DVD ORDER FORM**

Competitor's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____

E-mail: _____ (for shipment notification e-mail)

All events will be filmed by one camera. Each event will be on a separate DVD. Most DVDs should be ready to pick up by the end of the competition, if they are not we will mail them to your home. Only family members may share one order form.

1 event Event # _____ Level _____ Initial at Pick Up _____ \$30.00	2 events Event # _____ Level _____ Initial at Pick Up _____ \$50.00	3 events Event # _____ Level _____ Initial at Pick Up _____ \$70.00	4 events Event # _____ Level _____ Initial at Pick Up _____ \$90.00
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TOTAL \$ _____

**Please pay cash or check payable to
 Saxena Video Productions, LLC.**



**PLEASE PICK YOUR ORDER UP
 BEFORE YOU LEAVE THIS WEEKEND.**

Office use only
 Payment method: INVOICE CASH \$ _____ Check # _____ Amount \$ _____

SAXENA VIDEO PRODUCTIONS, LLC
 455 HOLLAND LAKES DRIVE NORTH, PELHAM, AL 35124
 205-222-3372
 SAXENAVIDEO@GMAIL.COM