

BASIC SKILLS LEVEL COMPULSORIES

- To be skated on 1/2 ice
- Time Limit: 1:00
- No music
- All elements must be skated in the order listed
- Each skater will perform one element at a time in a simple program format (no excessive connecting steps)

Snowplow Sam (Tots, 6 & under)

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

Basic 1

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

Basic 2

1. Forward one-foot glide - either foot
2. Backward two-foot swizzles: 6-8 in a row
3. Two-foot turn in place - forward to backward
4. Moving snowplow stop
5. Forward alternating 1/2 swizzle pumps, in a straight line-across width of ice

Basic 3

1. Forward Stroking
2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive
3. Moving forward to backward two-foot turn: either direction
4. Backward one-foot glide: either foot
5. Two foot spin

Basic 4

1. Forward outside edge on a circle - clockwise or counter clockwise
2. Forward crossovers: 6-8 consecutive - both directions
3. Forward outside 3-turn - R and L from a stand still
4. Backward stroking
5. Backward snowplow stop - R or L

Basic 5

1. Backward outside edge on a circle - clockwise or counter clockwise
2. Backward crossovers: 6 - 8 consecutive - both directions
3. One-foot spin - minimum of 3 revolutions
4. Hockey Stop
5. Side Toe hop - either direction

Basic 6

1. Forward inside 3-turn - R and L
2. T-stop - R or L
3. Bunny Hop
4. Forward arabesque (spiral) on a straight line - R or L
5. Lunge-R or L

Basic 7

1. Forward inside open Mohawk - R to L and L to R
2. Ballet jump - either direction
3. Backward crossovers to a backward outside edge landing position, clockwise and counterclockwise
4. Forward inside pivot

Basic 8

1. Moving forward outside or forward inside three-turns - R and L
2. Waltz jump
3. Mazurka - either direction
4. Combination move - 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

FREE SKATE LEVEL COMPULSORIES

- To be skated on 1/2 ice
- Time Limit: 1:30
- No music
- All elements must be skated in the order listed
- Each skater will perform one element at a time in a simple program format (no excessive connecting steps)

Freeskate 1

1. Advanced forward stroking — 4-6 consecutive strokes
2. Basic forward outside edges and forward inside consecutive edges: 2-4 outside and 2-4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

Freeskate 2

1. Forward outside spiral - R or L, and a forward inside spiral - R or L
2. Waltz Three's - R or L
3. Beginning back spin - entry optional
4. Waltz jump/side toe hop/waltz jump series
5. Toe loop jump

Freeskate 3

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls - 4-6 consecutive
3. Backspin
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop

Freeskate 4

1. Spiral sequence: FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets - R or L
3. Sit spin
4. Loop jump
5. Waltz jump/loop jump

Freeskate 5

1. Spiral Sequence: FO Spiral, FO three turn, one backward crossover, BI spiral
2. Camel Spin
3. Forward upright spin to backward upright spin
4. Loop/loop jump
5. Flip jump

Freeskate 6

1. Five step mohawk sequence (2 – 3 sets, either directions)
2. Camel/sit spin combination (min 4 revolutions total)
3. Split jump or stag jump
4. Waltz jump/half loop/Salchow combination
5. Lutz jump

BASIC PROGRAMS

(SNOWPLOW SAM - BASIC 1 - 8): with music

- The skating order of the required elements is optional
- The elements are not restricted as to number of times element is executed, or length of glides, number of revolutions in a spin etc., unless otherwise stated
- May use elements from a previous level. Deductions will be made if elements from a higher level are skated
- Time 1:00 ± 10 sec., to be skated on full ice
- Programs must contain the following required elements:

Snowplow Sam Program (Tots, 6 & under)

1. Forward skating
2. Backward wiggles
3. Glide forward and dip
4. Snowplow stop

Basic Program 1

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

Basic Program 2

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

Basic Program 3

1. Forward stroking
2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive
3. Moving forward to backward two foot turn in either direction
4. Backward one foot glide - either foot
5. Two foot spin

Basic Program 4

1. Forward outside edge on a circle clockwise or counter clockwise
2. Forward crossovers 6-8 consecutive both directions
3. Forward outside 3 turn - R & L from a standstill
4. Backward stroking
5. Backward snowplow stop - R or L

Basic Program 5

1. Backward outside edge on a circle clockwise or counter clockwise
2. Backward crossovers 6-8 consecutive in both directions
3. One foot spin - min of three revolutions
4. Side Toe hop - either direction
5. Hockey stop

Basic Program 6

1. Forward inside 3-turn from a standstill - R & L
2. Bunny Hop
3. Forward arabesque spiral on a straight line R or L
4. Lunge - R or L
5. T-stop - R or L

Basic Program 7

1. Forward inside open Mohawk - R to L and L to R
2. Ballet Jump either direction
3. Back crossovers to a back outside edge landing position clockwise and counter clockwise
4. Forward inside pivot

Basic Program 8

1. Moving forward outside or forward inside three turns R & L
2. Waltz jump
3. Mazurka in either direction
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
5. Beginning one-foot upright spin - optional free foot position

FREESKATE PROGRAMS with music

- The skating order of the required elements is optional
- The elements are not restricted as to number of times element is executed, or length of glides, number of revolutions in a spin etc., unless otherwise stated
- May use elements from a previous level. Deductions will be made if elements from a higher level are skated
- Time 1:30 ± 10 sec., to be skated on full ice
- Programs must contain the following required elements

Freeskate 1

1. Advanced forward stroking - 4-6 consecutive
2. Basic forward outside edges or forward inside consecutive edges (2 - 4)
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

Freeskate 2

1. Forward outside spiral - R or L and a forward inside spiral - R or L
2. Waltz Three's - R or L
3. Beginning back spin - entry optional
4. Waltz jump/side toe hop/waltz jump series
5. Toe loop jump

Freeskate 3

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls 4 - 6 consecutive
3. Back spin
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop

Freeskate 4

1. Spiral sequence: FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets-R or L
3. Sit spin
4. Loop jump
5. Waltz jump/loop jump

Freeskate 5

1. Spiral sequence: FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral
2. Camel spin
3. Forward upright spin to back upright spin
4. Loop/loop jump
5. Flip jump

Freeskate 6

1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)
2. Camel, sit spin combination - minimum of 4 revolutions total
3. Split jump or stag jump
4. Waltz jump/half loop/Salchow combination
5. Lutz jump

Well-balanced Program Requirements

(U.S. Figure Skating rulebook requirements)

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

Competitive Test Track

Skaters may enter **EITHER** the 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. 6.0 Judging will be used.

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 | ELEMENTS | QUALIFICATIONS | PROGRAM LENGTH |
|----------------------|--|---|-------------------------|
| Limited Beginner | Two upright spins, no change of foot (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements. 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 | Time: Up to 1:30 +/- 10 |
| Beginner | Two upright spins, change of foot optional (min 3 revolutions), 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. 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 | Time: 1:30 +/- 10 |
| Pre-Preliminary Test | Two solo spins of a different nature, no change of foot (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Maximum 5 jump elements. 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 | Time: 1:30 +/-10 |
| Preliminary Test | Two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements. 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 | Time: 1:30 +/-10 |

ADULT EVENTS

Adult Basic Skills Levels - use elements from the Basic Skills Adult 1-4 curriculum. Must have passed no higher than Adult 4.

Time: 1:40 max

Adult Pre Bronze - Refer to U.S. Figure Skating rulebook #3805 for more information Pre-Bronze - Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max

Adult Bronze - Refer to U.S. Figure Skating rulebook #3801 for more information. Bronze- Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:40 max

SHOWCASE EVENTS

- Duration: Showcase A & B: 1:00 ± 10 seconds Showcase C – E: 1:30 ± 10 seconds
- May have music with words
- Judging will emphasize interpretation of music rather than technical skills
- Costumes should complement music
- May use props skater can get on and off ice without assistance.

Showcase categories:

Showcase A: Snowplow through Basic 3

Showcase B: Basic 4 – 8

Showcase C: Free Skate 1 – 3

Showcase D: Free Skate 4 – 6 and No Test

Showcase E: Pre Preliminary & Preliminary

SPECIAL OLYMPICS BASIC PROGRAM WITH MUSIC

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

- The skating order of the required elements is optional
- The elements are not restricted as to number of times element is executed, or length of glides, number of revolutions in a spin etc., unless otherwise stated
- May use elements from a previous level. Deductions will be made if elements from a higher level are skated
- Time 1:00 ± 10 sec., to be skated on full ice
- Programs must contain the following required elements:

Badge 1

- A.** Stand unassisted for five seconds
- B.** Fall and stand up unassisted
- C.** Knee dip standing still unassisted
- D.** March forward ten steps assisted

Badge 2

- A.** March forward ten steps unassisted
- B.** Swizzles, standing still: three repetitions
- C.** Backward wiggle or march assisted
- D.** Two foot glide forward for distance of at least length of body

Badge 3

- A.** Backward wiggle or march
- B.** Five forward swizzles covering at least ten feet
- C.** Forward skating across the rink
- D.** Forward gliding dip covering at least length of body: L & R

Badge 4

- A.** Backward two foot glide covering at least length of body
- B.** Two foot jump in place
- C.** One foot snowplow stop: L & R
- D.** Forward one foot glide covering at least length of body: L & R

Badge 5

- A.** Forward stroking across rink
- B.** Five backward swizzles covering at least ten feet
- C.** Forward two foot curves left and right across rink
- D.** Two foot curves left and right across rink

Badge 6

- A.** Gliding forward to backward two foot turn
- B.** Five consecutive forward one foot swizzles on circle: L & R
- C.** Backward one foot glide length of body: L & R
- D.** Forward pivot

Badge 7

- A.** Backward stroking across the rink
- B.** Gliding backward to forward two foot turn
- C.** T-stop left of right
- D.** Forward two foot turn on a circle: L & R

Badge 8

- A.** Five consecutive forward crossovers: L & R
- B.** Forward outside edge: L & R
- C.** Five consecutive backward ½ swizzles on a circle: L & R

Badge 9

- A.** Forward outside three turn: L & R
- B.** Forward inside edge: L & R
- C.** Forward lunge or shoot the duck at any depth
- D.** Bunny hop

Badge 10

- A.** Forward inside three turn: L & R
- B.** Five consecutive backward crossovers: L & R
- C.** Hockey stop
- D.** Forward spiral three times length of body

Badge 11

- A.** Consecutive forward outside edges: minimum of two on each foot
- B.** Consecutive forward inside edges: minimum of two on each foot
- C.** Forward inside Mohawk: L & R
- D.** Consecutive backward outside edges: minimum of two on each foot
- E.** Consecutive backward inside edges: minimum of two on each foot

Badge 12

- A.** Waltz jump
- B.** One foot spin: minimum of three revolutions
- C.** Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D.** Combination of three moves chosen from badges 9-12



Area Hotels:

Sheraton Park South: (804) 323-1144
9901 Midlothian Turnpike Richmond, VA 23235

Holiday Inn Koger Center: (804) 379-3800
10800 Midlothian Turnpike Richmond, VA 23235

Hampton Inn: (804) 897-2800
800 Research Road Richmond, VA 23236

Days Inn: (804) 794-4999
1301 Huguenot Road Midlothian, VA 23113

Directions:

Directions are also available on our web site: www.richmondicezone.com

From the North - Interstate 95 south to exit 79. Follow 195 south to Powhite Parkway. Follow Powhite Parkway to the Midlothian Turnpike exit. Take Midlothian Turnpike west about 4 miles to Johnston Willis Drive. Turn left between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

From the South - Interstate 95 north to Chippenham Parkway 150 North. Follow Chippenham to Midlothian Turnpike west. Take Midlothian Turnpike west about 6 miles to Johnston Willis Drive. Turn left between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

From the East - Interstate 64 west to 95 South. 95 South to the Downtown Expressway. Follow the Downtown expressway to the Powhite Parkway 76 South. Follow Powhite Parkway to the Midlothian Turnpike exit. Take Midlothian Turnpike west about 4 miles to Johnston Willis Drive. Turn left between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

From the West - Follow Rte 60 east through the village of Midlothian towards Richmond. After passing Chesterfield Town Center Mall turn right on Johnston Willis Drive, between the Jeep and Ford car dealerships and the Ice Zone will be on your right.