



**The Rinks at Shelton Spring Classic, Basic Skills Competition
Upper Fairfield Skating Academy
Saturday April 8th, 2017
3:00PM**

The Rinks at Shelton Spring Classic will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

ENTRIES: Please mail application in to Jody Melotto - The Rinks at Shelton, 784 River Road, Shelton, CT 06484 Deadline for application is March 12th 2017, postmarked by March 12th. 2017. Fee for the 1st event \$59.00, \$20.00 each additional event.

REFUND POLICY: Entry fees will not be refunded after March 12th, 2017 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by email, or

on The Rinks website.

FACILITIES: The competition will be held at The Rinks at Shelton, 784 River Road, Shelton, CT, 06484, www.sportscenterct.com. The rink is equipped with locker rooms, snack bar and warm-up areas.

MUSIC: Music for all programs must be provided as the first track on a CD and must be clearly marked with the skater's name and event. Two copies (2 CDs) of each skater's music must be given to the music coordinator upon arrival at the rink in a paper sleeve. Program length varies according to the event. Refer to individual event descriptions for length. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Upper Fairfield Skating Academy cannot be responsible for CDs left at the end of the competition. Please have separate CD for practice and competition.

LIABILITY: U.S. Figure Skating, The Upper Fairfield Skating Academy and The Rinks at Shelton, accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

REGISTRATION: Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located in the rink lobby. Please register promptly upon arrival.

PRACTICE ICE: Saturday, April 8th, 2017. 6:00AM-9:00AM. At The Rinks at Shelton, \$28.00 walk-on fee to be collected at the practice.

AWARDS: In order to promote a feeling of accomplishment, every skater will receive a first, second or third place medal.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

A. Must be a current full member of U.S. Figure Skating – either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches – Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:
<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

CONTACT INFO: If you have questions, please contact Jody Melotto,
jmelotto@sportscenterct.com

ADDITIONAL INFORMATION: www.sportscenterct.com



Compete USA Competitions

EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to ½ ice.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward

		<ul style="list-style-type: none"> • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left



Compete USA Competitions

EVENT: Basic Program: SNOV

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.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row

		<ul style="list-style-type: none"> Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> Forward one-foot glide, either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Beginning backward one-foot glide, either foot Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ul style="list-style-type: none"> Backward one-foot glides, right and left Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, both directions Beginning two-foot spin, 2-4 revolutions Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	<ul style="list-style-type: none"> Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, both directions Advanced two-foot spin, 4-6 revolutions Forward outside three-turn, right and left Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> Forward inside three-turn, right and left Bunny Hop Forward spiral on a straight line, right or left Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry T-stop, right or left



Compete USA Competitions

EVENT: Pre-Free Skate – Free !

Format: In simple 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 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers – minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin – minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin – minimum three revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination – minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump



Compete USA Competitions

EVENT: Pre-Free Skate – Free Skate 6 Program

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers – minimum 4-6 revolutions • Toe loop jump • Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:40 max	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin – minimum three revolutions • Half Loop jump • Flip jump
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin – minimum three revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination – minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.
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LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
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Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.



The Rinks at Shelton Spring Classic

BASIC SKILLS COMPETITION ENTRY FORM

Name _____ Age _____ Sex _____
Last First

Address _____ City _____

State _____ Zip _____ Email Address _____

Area Code/Phone # _____ Birth Date _____

U.S. Figure Skating Number _____ Highest Level Passed _____

Program/Club Affiliation _____

Director's/Instructor's Name _____

Please check the event(s) you are entering:

Basic Elements:

_____ Snowplow Sam
_____ Basic 1 _____ Basic 5
_____ Basic 2 _____ Basic 6
_____ Basic 3
_____ Basic 4

Basic Free Skate Program:

_____ Snowplow Sam
_____ Basic 1 _____ Basic 5
_____ Basic 2 _____ Basic 6
_____ Basic 3
_____ Basic 4

Free Skate Compulsory:

_____ Pre-Free Skate
_____ Free Skate 1
_____ Free Skate 2
_____ Free Skate 3
_____ Free Skate 4
_____ Free Skate 5
_____ Free Skate 6

Free Skate Program:

_____ Pre-Free Skate
-----Free Skate 1
_____ Free Skate 2
_____ Free Skate 3
_____ Free Skate 4
_____ Free Skate 5
_____ Free Skate 6

Showcase Event:

_____ Basic 1-6 _____ Free Skate Pre-6

ENTRY FEE IS \$ 59.00 PER EVENT, \$20.00 PER EACH ADDITIONAL EVENT

First Event \$ _____

Additional Event \$ _____

Additional Event \$ _____

Total: \$ _____

The completed entry form, with fees, must be postmarked no later than March 12th, 2017.

Make check or money order payable to **The Rinks at Shelton** or enter credit card information below and mail to:
Jody Melotto, 784 River Rd, Shelton. CT. 06484:

Credit Card Information

CC# _____	Exp: _____	CVC Code: _____
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For additional information email: **Jody Melotto** at jmelotto@sportscenterct.com.

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Upper Fairfield Skating Academy and The Rinks at Shelton harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____	Date _____
Competitor Signature _____	Date _____
Instructor/Coach Signature _____	Date _____
Program Director/Club Officer _____	Date _____