

2009 3rd ANNUAL JUNE BUG JUMP & SPIN

BASIC SKILLS & LIMITED BEGINNER THROUGH
JUVENILE TEST TRACK COMPETITION
ANNOUNCEMENT & ENTRY FORM PACKAGE

Sunday, May 31, 2009

Hosted by the St. Paul Figure Skating Club
Pleasant Arena, 848 Pleasant Ave, St. Paul MN 55102

Chief Referee: Jennifer Marker Johnson



DEADLINE FOR ENTRY: May 1, 2009

*The Competition Committee & Referee reserve the right to limit
the number of entries, so mail early.*

Sanctioned by U.S. Figure Skating

*The goal of this competition is to introduce beginning skaters to the
competition experience. Basic Skills applications have priority based on time available;
Test Track applications will be accepted as schedule permits.*

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 host Basic Skills Program/Club or any other Basic Skills Program/Club.

Eligibility will be based on skill level as of closing date of entries. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed.

For the Free Skate 1-6, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition. Due to US Figure Skating sanction, the Pre-Juvenile restriction for Basic Skills does not apply.

ENTRIES: Entries must be postmarked by May 1, 2009. Metered mail will not be accepted. Entry form must be signed by your coach or Skating School Director as well as a parent or guardian.

FEES: Basic Skills: The fee for a skater's first event is \$45. If entering a second event (which must be entered at the same level) the additional fee is \$20.00. **Test Track:** The fee for a skater's first event is \$60. If entering a second event (which must be entered at the same level) the additional fee is \$20.00. Checks should be made payable to: **St. Paul Figure Skating Club** Mail entry and check to: **St. Paul Figure Skating Club, c/o Lexie Kastner, PO Box 296, Deerwood MN 56444**

MUSIC: Only CD's (standard format only in a hard-sided "jewel case") marked clearly with the competitor's name. A CD must have only ONE track on it. Turn in music when registering - minimum of 45 min. prior to your event. Pick up your CD from the registration desk prior to leaving - we will NOT mail any CDs back to the skater.

PRACTICE ICE: Ice will be available Saturday & Sunday before the competition at Pleasant Arena. Information regarding practice ice will be posted on our website at www.stpaulfsc.org

AWARDS: Medals will be presented off ice after results are posted. There will be a photographer available for pictures. **BECAUSE OF THE LIMITED AMOUNT OF TIME, NO FLOWERS OR STUFFED ANIMALS ARE TO BE THROWN ON THE ICE AFTER A SKATER'S PERFORMANCE. NO EXCEPTIONS!**

Rules and Format

BASIC SKILLS

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) OR perform each element when directed by a judge or referee. Skated on 1/3 to 1/2 ice. No music. All elements must be skated in the order listed. Max 1:00 minute

Snowplow Sam - Tots: age under 6	Basic 1: Age 5-13	Basic 2: Age 5-13
<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 	<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 	<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
Basic 3 :Age 5-13	Basic 4: Age 5-13	Basic 5: Age 5-13
<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Forward outside three turn - R & L from a standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop - R or L 	<ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
Basic 6: Age 5-13	Basic 7: Age 5-13	Basic 8: Age 5-13
<ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L 	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka - 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

FREE SKATE COMPULSORY ELEMENTS EVENT: FREE SKATE 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 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: 1:00 or less

Free skate level 1 Compulsory	Free skate level 2 Compulsory	Free skate level 3 Compulsory
<ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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
Free skate level 4 Compulsory	Free skate level 5 Compulsory	Free skate level 6 Compulsory
<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeski 6) 2. Camel, sit spin combination - minimum of 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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

Snowplow Sam - Tots:	Basic 1	Basic 2
<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 	<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 	<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
Basic 3	Basic 4	Basic 5:
<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside three turn - R & L 4. Backward stroking 5. Backward snowplow stop - R or L 	<ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 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 6:	Basic 7:	Basic 8:
<ol style="list-style-type: none"> 1. Forward inside 3-turn - 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 	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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

FREE SKATE EVENT: FREE SKATE 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 not 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

Freeskate 1	Freeskate 2	Freeskate 3
<ol style="list-style-type: none"> 1. Advanced Forward stroking. 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump 	<ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Waltz three's R or L 3. Beginning back spin 4. Waltz jump, side toe hop, waltz jump 5. Toe loop 	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or Salchow/toe loop
Freeskate 4	Freeskate 5	Freeskate 6
<ol style="list-style-type: none"> 1. Spiral sequence: FI spiral, FI Mohawk, BO spiral R or L 2. Forward power 3's, 2-3 consecutive R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump 	<ol style="list-style-type: none"> 1. Spiral sequence: FO spiral, FO 3-turn, 1 back Crossover, Backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop combination jump 5. Flip jump 	<ol style="list-style-type: none"> 1. 5 step Mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, min of 4 revolutions total 3. Split or stag jump 4. Waltz jump/1/2 loop /Salchow combination 5. Lutz jump

RULES AND FORMAT TEST TRACK

COMPULSORIES: TEST TRACK

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

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beg Compulsory	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 having no higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00 ½ sheet ice
Beginner Compulsory	1) Toe loop jump - 2) Salchow jump - 3) Forward scratch spin 4) Forward or backward spiral	Skaters having no higher than U.S. Figure Skating Basic Skills free skate badge tests	Time:1:00 ½ sheet ice
No Test Compulsory	1) Loop jump - 2) Jump combination to include a toe loop (may not use a loop or Axel) - 3) Solo spin- sit or 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 having no 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 ½ sheet ice
Pre-Preliminary Compulsory	1) Flip jump - 2) Jump combination waltz jump/toe loop Jump OR Salchow/toe loop jump - 3) Solo spin- sit or 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 having no higher than U.S. Figure Skating Pre-Preliminary free skate test	Time :1:00 ½ sheet ice
Preliminary Compulsory	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 must have passed at least the U.S. Figure Skating Pre-Preliminary free skate test but having no higher than the Preliminary free skate test	Time :1:15 ½ sheet ice
Pre-Juvenile/Open Pre-Juvenile Compulsory	1) Single Jump (may not use Axel) - 2) Jump combination, single/single (two single jumps with no turn in between, must be two different jumps) - 3) Combination spin-1 foot change, minimum 6 total revs - 4) Forward Spiral - 5) Power pull (front or back, one foot only)	Skaters must have passed at least the U.S. Figure Skating Preliminary free skate test but having no higher than the Pre-Juvenile Free Skate Test	Time :1:15 ½ sheet ice
Juvenile/Open-Juvenile Compulsory	1) Axel - 2) Jump combination single/single - 3) Single jump 4) Combination spin with 1 change of foot, no change of position 5) Forward Spiral - 6) Back Power 3's one circle only	Skaters must have passed at least the U.S. Figure Skating Pre-Juvenile free skate test but having no higher than Juvenile FS test	Time :1:30 Full sheet ice

FREE SKATE PROGRAM EVENT: TEST TRACK

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.

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 having no higher than U.S. Figure Skating Basic Skills free skating badge tests.	Time: Up to 1:30 +/- 10 sec
Beginner	Two upright spins, change of foot optional (min 3 revolutions and no flying spins), 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 having no higher than U.S. Figure Skating Basic Skills free skating badge tests	Time:1:30 +/- 10 sec
Pre-Preliminary Test	Two solo spins of a different nature, no change of foot (min 3 revs 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 having no higher than U.S. Figure Skating Pre-Preliminary free skate test	Time :1:30 +/-10 sec
Preliminary Test	At least 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 jumping 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 having no higher than the Preliminary free skate test	Time :1:30 +/-10 sec
Pre-Juvenile/Open Pre-Juvenile Test	Three spins in any position (min 4 revolutions), one must be a combination spin with change of foot optional (min 3 revolutions on each foot or 6 total revolutions and no flying spins). Jumps with not more than one rotation (no axels). Jump combinations and sequences are allowed. Maximum 6 jumping elements. One step sequence straight line, circular or serpentine fully utilizing ice surface.	Skaters must have passed at least the US Figure Skating Preliminary free skate test but having no higher than Pre-Juvenile free skate test.	Time: Up to 2:00 +/- 10 sec
Juvenile/Open Juvenile Test	Three spins in any position (min 4 rev.), one must be a combination spin with one change of foot (min 4 rev. on each foot). May include flying spins. Any single jumps and jump combinations with not more than 1 ½ rotations. (Axel permitted). Maximum 6jumping elements. One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters must have passed at least the US Figure Skating Pre-juvenile free skating test but not have passed tests higher than Juvenilefree skate test.	Time:2:15 +/- 10 sec

ENTRY FORM FOR 2009 JUNE BUG JUMP & SPIN BASIC SKILLS & TEST TRACK COMPETITION
(Please print clearly)

Name _____ Birth Date ____/____/____ Gender ____F____M

U.S. Figure Skating/Basic Skills Membership Number _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Skating School or Club Representing _____

Check the event(s) below that the skater wishes to enter.

If entering two events, both must be skated at the same level.

<u>ELEMENTS EVENTS</u>	<u>PROGRAM EVENTS</u>	<u>COMPULSORY EVENTS</u>	<u>TEST TRACK COMPULSORY</u>	<u>TEST TRACK FREESKATE</u>
<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Freeskate 1	<input type="checkbox"/> Ltd Beginner	<input type="checkbox"/> Ltd Beginner
<input type="checkbox"/> Basic 1	<input type="checkbox"/> Freeskate Basic 1	<input type="checkbox"/> Freeskate 2	<input type="checkbox"/> Beginner	<input type="checkbox"/> Beginner
<input type="checkbox"/> Basic 2	<input type="checkbox"/> Freeskate Basic 2	<input type="checkbox"/> Freeskate 3	<input type="checkbox"/> No Test	<input type="checkbox"/> Pre Preliminary
<input type="checkbox"/> Basic 3	<input type="checkbox"/> Freeskate Basic 3	<input type="checkbox"/> Freeskate 4	<input type="checkbox"/> Pre Preliminary	<input type="checkbox"/> Preliminary
<input type="checkbox"/> Basic 4	<input type="checkbox"/> Freeskate Basic 4	<input type="checkbox"/> Freeskate 5	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Pre Juvenile
<input type="checkbox"/> Basic 5	<input type="checkbox"/> Freeskate Basic 5	<input type="checkbox"/> Freeskate 6	<input type="checkbox"/> Pre Juvenile	<input type="checkbox"/> Open Pre Juvenile
<input type="checkbox"/> Basic 6	<input type="checkbox"/> Freeskate Basic 6	<u>FREESKATE EVENTS</u>	<input type="checkbox"/> Open Pre	<input type="checkbox"/> Juvenile
<input type="checkbox"/> Basic 7	<input type="checkbox"/> Freeskate Basic 7	<input type="checkbox"/> Freeskate 1	Juvenile	<input type="checkbox"/> Open Juvenile
<input type="checkbox"/> Basic 8	<input type="checkbox"/> Freeskate Basic 8	<input type="checkbox"/> Freeskate 2	<input type="checkbox"/> Juvenile	
		<input type="checkbox"/> Freeskate 3	<input type="checkbox"/> Open Juvenile	
		<input type="checkbox"/> Freeskate 4		
		<input type="checkbox"/> Freeskate 5		
		<input type="checkbox"/> Freeskate 6		

Entry Fees - Entry fees are per skater, NOT per family

Basic Skills Skaters: first event - \$45, second event - \$20; Test Track Skaters: first event - \$60, second event - \$20

First Event: \$ _____ Second Event: \$ _____ Total\$ _____ Check # _____

<u>Mail entry with check payable to St. Paul FSC to: Lexie Kastner, P O Box 296, Deerwood MN 56444</u>	<u>Entry must be postmarked (not metered) by May 1, 2009</u>
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Parent/Guardian Consent: I understand that this entry form must be postmarked by May 1, 2009, and in accordance with US Figure Skating Rule Book CR. 10.09 entry fees are not refundable after the close of entries unless no competition exists in a particular event or division. Further, I will not hold liable the St. Paul Figure Skating Club, Ramsey County/Pleasant Arena or US Figure Skating for any injury or loss incurred by my child or myself during this competition.

Parent/Guardian Signature

Date

SKATING SCHOOL DIRECTOR'S OR COACH'S CONSENT

(This is required for entry acceptance)

I certify that the above information is correct and that this skater is eligible to compete at the level indicated on this form.

Name of Director or Coach (print)

Signature of Director or Coach

Date

Email address or phone number for Coach/Director

SKATERS AFFILIATED WITH FIGURE SKATING CLUBS

(This is required for entry acceptance)

Skater's name _____
is a member in good standing with their home club and US Figure Skating

Officer's signature

Title: President, Vice President

