

8th Annual  
**ICE HOUSE**  
**Basic Skills Competition**

Saturday  
March 22, 2008

Approved by US Figure Skating # MM032208  
Hosted by American Academy FSC  
[www.aafsc.org](http://www.aafsc.org)

201-487-8444 ext. 232

[www.icehousenj.com](http://www.icehousenj.com)

**ICE HOUSE**

*"Home of Champions"*

111 Midtown Bridge Approach  
Hackensack, NJ 07601



## ICE HOUSE Basic Skills Competition

- WHEN:** Saturday, March 22, 2008
- LOCATION:** Ice House  
111 Midtown Bridge Approach  
Hackensack, NJ 07601  
(201) 487- 8444
- CO-CHAIRS:** Craig Maurizi Donna Rojas  
201-487-8444 ext. 205 drojas@unicco.com
- CHIEF REFEREE:** Pat Lynch
- ELIGIBILITY:** Events are open to all members in good standing with the USFS or be enrolled in the Basic Skills Program. Skaters may enter any event for which they qualify OR one level higher, but **not** both levels in the same event. A skater deciding to skate up a level in any event is not required to skate up a level in all events. **Age and test levels (all events are based on FS levels) are determined as of the entry deadline.** Basic Skills skaters must **not have passed any "official" USFS test.** All competitors must be registered at their highest group level as of 2/10/08. **All Basic Skills Skaters Levels 1 through 8 must skate at their current level.** Snowplow Sam is limited to skaters age 5 and under. Skaters in other events may skate at current level or one level higher **but not both levels.** Participants in ISI skating programs are welcome.
- RULES:** The competition will be conducted according to the rules in the 2008 Rule Book except as stated herein. **The 6.0 judging system will be used for this competition.**
- LIABILITY:** The American Academy Figure Skating Club, USFS and the Ice House accept no responsibility for injury or damage sustained by any participant in this competition; competitors assume the risk of competing in accordance with US Figure Skating rule CR 10.12.
- PRACTICE ICE:** Information and applications will be posted on AAFSC website: [www.AAFSC.org](http://www.AAFSC.org).
- SCHEDULE:** **Do not send self-addressed, stamped envelopes.** A tentative schedule will be available approximately two weeks before the competition. Individual group assignments with dates and times will be posted on AAFSC website, AAFSC.org as soon as available. Please check for schedule changes prior to traveling to the competition.
- MUSIC:** Only CD's will be accepted. They must be clearly marked with competitor's name and event. Please submit CD's at the registration desk on arrival (at least one hour prior to scheduled event). Please pick up CD's promptly after the event. The AAFSC assumes no responsibility or liability due to loss or damage to any CD's. All possible care will be taken. Competitors should have duplicate CD's with them at their scheduled event (in case of problems with the original music) and for practice sessions.
- RINK:** Oval, 200 x 85 feet
- AWARDS:** Medals will be presented for First through Fourth places in each event.
- VIDEO:** Only battery operated video equipment will be permitted. There will be professional videotaping available for purchase.
- DEADLINE:** Applications must be accompanied by entry fee and must be postmarked no later than **February 10, 2008.** Late entries will be accepted at the discretion of the Competition Committee and will require DOUBLE the entry fee. **There will be no refunds** except for the cancellation of an event. Make checks payable to: **AAFSC.**
- ENTRY FEES:** 1<sup>st</sup> Event: \$50.00, 2<sup>nd</sup> Event: \$35.00

**EVENT CHANGE FEE:** Please review your application closely with your coach to ensure you have entered the correct events/levels. Once names have been submitted to the Chief Referee, no changes will be made except those due to an error by the LOC. After the tentative schedule is posted, any change in registration because of an error on your application will result in a \$25.00 fee per change.

**RETURNED CHECKS:** There will be a \$30.00 fee charged for every returned check.

**MAIL TO:** American Academy FSC  
Attn: BS Competition  
PO Box 267  
Hackensack, NJ 07602

**REGISTRATION::** Please arrive 1 hour prior to your scheduled event. Report to the Registration Desk where you will turn in your music and receive a skater's information packet. Competitors who arrive after their warm-up group begins will be allowed to skate only at the discretion of the referee. If they do not skate, they will forfeit all fees for that event.

**BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8**

- Each skater will have the option to perform one element at a time  
 A. In the order listed below (no excessive connecting steps) **OR**  
 B. 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 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 three turn - R &amp; L</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## 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

<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 - 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 three turn - R &amp; L</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

## FREE SKATE 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

<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</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> </ol>
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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	2. Forward power 3's, 2-3 consecutive sets-R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<b>Free skate level 2 Compulsory</b> 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	<b>Free skate level 5 Compulsory</b> 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
<b>Free skate level 3 Compulsory</b> 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	<b>Free skate level 6 Compulsory</b> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 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

## 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

<b>Freeskate 1</b> 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	<b>Freeskate 4</b> 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
<b>Freeskate 2</b> 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	<b>Freeskate 5</b> 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
<b>Freeskate 3</b> 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	<b>Freeskate 6</b> 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

## Singles Free Skating – Well-balanced Program Track

Separate events for male and female at all levels. Skaters may skate up one level (**Highest level passed as of 2/10/08**). See USFS Rule Book SSR 4.00 for descriptions of well –balanced free programs.

No Test	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	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.	Time: 1:30+/-10
Free skate			

	Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i>		
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 must be an axel or waltz jump type plus up to two different double jumps as individual jumps, jump sequences or jump combinations are allowed 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 #3701 for more information</i>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10

## New Competitive Test Track – (Comparable to “Restricted” FS)

Skaters may enter EITHER the new test track or the well-balanced free skate track (see below) but **NOT** both. Competitors will skate to music of their choice. Deductions WILL be made for skaters including technical elements not permitted in the event description.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner <i>Skills up to and including Free skate 2</i>	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). No combination jumps or jump sequences. 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	Up to 1:30 +/-10
Beginner <i>Skills up to and including Free skate 3</i>	Solo spins in an upright position (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. No combination jumps or jump sequences. 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	1:30 +/- 10
Pre-PrelimTest <i>Skills up to and including Free skate 6</i>	At least two solo spins of a different nature (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. 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	1:30 +/-10
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 may not have passed tests higher than the preliminary free skate test	1:30 +/-10

**Compulsory Moves** – Test and age requirements are the same as free skating levels. No music will be played. Elements may be skated in any order. Failed elements may not be re-tried. Additional jumps or spins are not permitted and will result in a deduction. All levels will be skated on half ice. Male skaters may be combined with female skaters for this event.

Level	Elements					Duration
No Test (half ice)	Bunny hops (three in a row)	Forward outside consecutive edges(2per foot)	Salchow	Forward outside spiral (either foot)	One-foot spin (min 3 revs)	1:00 max
Pre-Preliminary (half ice)	Single/single jump (no axel )	Salchow	Loop Jump	Forward inside spiral (either foot)	One-foot spin (min 3 revs)	1:00 max
Preliminary (half ice)	Single/single jump combination (axels permitted)	Flip Jump	Front scratch or back scratch spin	Loop Jump	Sit-Spin (minimum three revolutions)	1:00 max

**2008 ICE HOUSE BASIC SKILLS Application**  
**March 22, 2008**  
**Applications must be postmarked by February 10, 2008**

Last Name	First	MI	Sex	Birthdate	Age	USFS/BS #
Street Address		City	State	Zip Code		
e-mail		Home phone			Cell Phone	
Home club or rink	Coach	Coach's e-mail		Coach's phone		
Highest BS/ISL test level passed as of 2/10/08:						

**Please check the event(s) you are entering:**

<b>Basic Elements (no music):</b>		<b>Basic Program (with music):</b>	
<input type="checkbox"/> Snowplow Sam		<input type="checkbox"/> Snowplow Sam	
<input type="checkbox"/> Basic 1	<input type="checkbox"/> Basic 5	<input type="checkbox"/> Basic 1	<input type="checkbox"/> Basic 5
<input type="checkbox"/> Basic 2	<input type="checkbox"/> Basic 6	<input type="checkbox"/> Basic 2	<input type="checkbox"/> Basic 6
<input type="checkbox"/> Basic 3	<input type="checkbox"/> Basic 7	<input type="checkbox"/> Basic 3	<input type="checkbox"/> Basic 7
<input type="checkbox"/> Basic 4	<input type="checkbox"/> Basic 8	<input type="checkbox"/> Basic 4	<input type="checkbox"/> Basic 8
<b>Free Skate Elements/Compulsories:</b>		<b>Free Skate Event:</b>	<b>Test Track Program:</b>
<input type="checkbox"/> Free Skate 1	<input type="checkbox"/> No Test	<input type="checkbox"/> Free Skate 1	<input type="checkbox"/> Limited Beginner
<input type="checkbox"/> Free Skate 2	<input type="checkbox"/> Pre-preliminary	<input type="checkbox"/> Free Skate 2	<input type="checkbox"/> Beginner
<input type="checkbox"/> Free Skate 3	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Free Skate 3	<input type="checkbox"/> Pre-preliminary test
<input type="checkbox"/> Free Skate 4		<input type="checkbox"/> Free Skate 4	<input type="checkbox"/> Preliminary Test
<input type="checkbox"/> Free Skate 5		<input type="checkbox"/> Free Skate 5	
<input type="checkbox"/> Free Skate 6		<input type="checkbox"/> Free Skate 6	
<b>Well Balanced Program:</b>			
<input type="checkbox"/> No Test Free skate	<input type="checkbox"/> Pre-preliminary Free skate	<input type="checkbox"/> Preliminary Free skate	
<b>Endorsement of coach</b> _____			
<i>"These are the correct events for this skater."</i>			
<b>Entry Fee: \$50.00 1st Event \$35.00 Per Additional Event</b>			
<b>Deadline: February 10, 2008. Make Checks Payable to: AAFSC</b>		<b>Total fees enclosed \$ _____</b>	
<b>Please review your entry form carefully as all event changes due to your error will incur a \$25.00 fee per change.</b>			
<b>Entry forms postmarked later than February 10, 2008 must pay double entry fee as late fee if accepted</b>			

I understand that I, my son or daughter, skate at this competition at my/their own risk and hereby release the AAFSC, its directors and volunteers, The ICE HOUSE, its Director and professional staff, and all other personnel from all liability.

Signature (Parent of Skater if under 18) \_\_\_\_\_

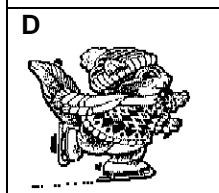
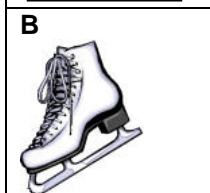
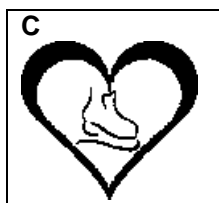
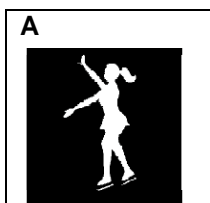
Rink/Club Authorized Signature \_\_\_\_\_

**Mail entry form with check to:**  
**American Academy FSC**  
**Attn: BS Competition**  
**PO Box 267**  
**Hackensack, NJ 07602**

## PROGRAM BOOSTERS

The following Program Boosters may be purchased for \$15.00 and will be included in the official event program. To participate:

- (1) Select the booster design that you would like
- (2) Complete the information that should be in the booster message
- (3) Send payment with this form by **March 1, 2008**



### Sample Booster

	<p><b>Break a lace, Skatebunny!</b>  <b>Love, Dad, Mom, Ricky,</b>  <b>Pop-pop and Boo</b></p>
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Print the Letter of the desired booster design. Print your message, maximum 25 letters and spaces per line. We will choose message font.

Booster Letter:

Message

Line 1	
Line 2	
Line 3	

Contact Information in case we have a question.

Name \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Make checks payable to AAFSC.

Please, only one booster per form. Please photocopy this form for additional booster orders. A single check may be used for multiple orders. Please do not include booster payment in competition registration checks. Form may be included with registration, but please use separate checks to pay for entry fees and booster ads.

Please mail Program Boosters with payment to:

AAFSC  
 Boosters  
 PO Box 267  
 Hackensack, NJ 07602

**Deadline for Program Boosters: postmark by March 1, 2008**