

SANCTIONED BY THE U.S. FIGURE SKATING

Northwest
Fall
Open
Competition

SPONSORED BY THE



Inland Northwest Figure Skating Club

SEPTEMBER 21-22, 2007

Eagles Ice-A-Rena

6321 N. Addison
Spokane, WA 99207
509-483-7385

Entry Deadline: August 18, 2007

Jerry Watson, Registrar
E-mail: infsc2001@adelphia.net

Competition: This competition is open to qualified skaters who are registered members of the United States Figure Skating Association or Skate Canada. This is a non-qualifying competition and will be governed by the current USFSA rulebook except as modified by this announcement. Competitors will skate to 2007-2008 rules as may be modified by the 2007 US Figure Skating Governing Council and the 2007 ISU Council meeting. Rule changes from these meetings will be the competitor's responsibility to obtain and adhere to.

Facility: The ice surface is indoor, 85' x 200' with slightly rounded corners. It is located at Eagles Ice Arena, 6321 N. Addison, Spokane, WA 99207.

Entries: Completed entry forms must be mailed with entry fee to: Mr. Jerry Watson, 3089 W. Fairway Drive, Coeur d'Alene, ID 83815. **Enclose a self-addressed, stamped legal envelope (Canadians, please include a U.S. Air Mail Stamp). Entries must be postmarked no later than August 18, 2007.** Late entries will be accepted at the discretion of the referee and will be subject to a \$25 late fee.

Eligibility: Will be determined by tests passed and age as of August 18, 2007. All skaters should be prepared to show proof of age. Any skater may enter one event higher than the event for which he/she qualifies by test. Refer to rules 3640-4100 of the current rulebook. Events with large numbers of entries may be split into multiple groups. These groups will be split by age for Non-test through Pre-Juvenile, and by draw for Juvenile through Senior and Adult. No final rounds will be skated. Pairs skating will be a couple composed of a lady and a man. In either singles or pairs, the short and long program will be scored as separate events. No combined scores will be given. Skaters will receive one mark for technical elements in Compulsory Moves events.

Scoring: The 6.0 scoring system will be used for all events. Critiques based on the new ISU Judging System (IJS) will be offered to Novice, Junior & Senior Skaters. Skaters may only have one program critiqued – either short program or free skate. Please, indicate your interest and choice by sending a completed Planned Program Elements (PPE) form along with your entry.

Fees: The entry fee is \$70.00 for the first event, \$30.00 for second event. Entry fees for Pairs events are \$70.00 per couple, and must be sent in together. The Compulsory Moves competition is \$30.00 per event. Basic Skills Free Skate \$45.00 and Compulsory Moves \$20.00. **See separate entry forms for Higher levels and Basic Skills for more information**

Refunds: No entry fee will be refunded for withdrawal after the entry deadline unless there is a written physician's recommendation that the skater not participate. In any event with only one entry, the skater will be offered the opportunity to skate and have a critique if time permits (without a refund). A fee of \$20 will be charged for checks returned for non-sufficient funds (NSF). A one time \$10 processing fee will be charged for any withdrawal.

Admission: All events are open to spectators, no admission will be charged.

Registration: The official registration desk will be located in the Eagles Ice Arena lobby starting the afternoon of Friday, September 21, 2007. All competitors are required to register as soon as possible after arrival at the rink.

Music: Music shall be reproduced by CD's only (no CD/RW's or DVD). We will not accept cassette tapes. CD's must contain only one cut of music. Clearly label CD with the skater's name, his/her professional's name, the event, and the music run time. Do not place any type of small attachable labels on the CD. CD must be turned in at the time of official registration. It is strongly suggested that all competitors have an extra copy (CD) available at rink side. Once the CD is turned in, it will not be returned until the event is completed. The Inland Northwest Figure Skating Club will not accept responsibility against breakage, damage, or loss, but will take every reasonable precaution to safeguard each cassette.

Official Notices: An official bulletin board will be maintained at the competition site. The official schedule showing starting times for each event and the draw will be posted on the bulletin board. The schedule supersedes all other schedules. Notices posted on this bulletin board are considered as sufficient notice to all competitors. Skaters are to be in the rink and ready to skate 60 minutes before their event is scheduled to begin. Events will not be delayed for skaters who arrive late. Decisions by the Referee in all matters will be final.

Awards: Awards will be presented at the photographer's table immediately after the official posting of each event for first, second, third, and fourth place winners.

Practice Ice: Practice will be available on the competition ice. Practice ice will be \$15 per 30-minute practice session. A practice ice request form accompanies this announcement. See request form for details.

Event Content

Content for all Freeskate events: Please refer to the 2007 Governing Council Report of Action at <http://www.usfigureskating.org/content/Combined%20ROA%205-7-06%20thru%205-5-07.pdf> or 2008 Rulebook for the well balanced requirements

Non-test- Open to skaters who have not passed any free skating test.

Freeskate: Time 1 minute to 1 minutes 30 seconds.

Compulsory Moves: 1/2 ice Max. 1:10 Minute, No Music

1. Single Salchow
2. Combination Waltz jump/single toe loop (no turn or change of foot in between)
3. Lunge
4. Forward spiral
5. One foot spin

Pre-Preliminary- Open to skaters who have not passed the Preliminary FS Test.

Freeskate: Time: 1 minute 30 Seconds.

Compulsory Moves: ½ Ice, Max. 1 minute 30 seconds, No Music

1. Forward spiral.
2. Waltz Jump – single Toe Loop combination.
3. Camel Spin (min. 3 revolutions).
4. Salchow – single Toe Loop Combination
5. Single Loop Jump.
6. Connecting steps.
7. One foot spin (free leg position optional) -- no change of position. (min. 4 revolutions).

Preliminary- Open to skaters who have passed the Pre-preliminary FS Test, but no higher than the Preliminary FS Test.

Freeskate: Program time 1 minute 30 seconds

Compulsory Moves: Half Ice, Max. 1 minute 30 seconds, No music.

1. Single Salchow.
2. Forward Spiral or Ina Bauer.
3. Camel Spin (minimum 3 revolutions).
4. Straight line step sequence.
5. Sit spin (minimum 3 revolutions).
6. Jump Combination: 2 single jumps of skaters choice (no change of foot or turn in between, axel permitted).

Pre-Juvenile- Open to skaters who have passed the Preliminary FS Test, but no higher than the Pre-Juvenile FS Test.

Freeskate: Program time 2 minutes.

Compulsory Moves: Full Ice, Max. 1 minutes 30 seconds, No music.

1. Single Lutz jump.
2. Ina Bauer or Spread Eagle.
3. Double Salchow or double toe loop
4. Footwork including 3 turns and Mohawks
5. Jump Combination: One double (skaters choice) and one single jump (no change of foot or turn in between).
6. Combination Spin with no change of foot and one change of position (min. 4 revolutions/position).
7. Attitude or layback for ladies, sit spin for men.

Open Pre-Juvenile- Same as Pre-Juvenile except Open to skaters who are 13 years or older.

Juvenile- Open to skaters who have passed the Pre-juvenile FS Test, but no higher than the Juvenile FS Test.

Freeskate: Singles Program time 2 minutes 15 seconds, Pairs Program time 2 minutes 30 seconds.

Compulsory Moves: Full Ice, Max. 1 minutes 30 seconds, no music.

1. Single Axel.
2. Straight-line step sequence. Incorporating 3 turns, Mohawks and brackets
3. Ina Bauer or spread eagle
4. Women: Layback spin / Men: Forward camel.
5. Jump combination consisting of a double and a single, or 2 double jumps (no change of foot or turn in between).
6. Split or stag jump
7. Spin combination with one change of foot and one change of position (min. 4 revolutions each foot).

Open Juvenile - Same as Juvenile except Open to skaters who are 13 years or older.

Intermediate- Open to skaters who have passed the Juvenile FS test, but no higher than the Intermediate FS Test.

Freeskate: Program time Ladies & Men 2 minutes 30 seconds, Pairs 3 minutes.

Short Program:: U.S.F.S. rule book refer to 2007-2008 requirements. Program time: 2 min max.

Novice- Open to skaters who have passed the Intermediate FS test, but no higher than the Novice FS Test.

Freeskate: Program time Ladies 3 minutes, Men 3 minutes 30 seconds, Pairs 3 minutes 30 seconds.

Short program: U.S.F.S.A. Rulebook to 2007-2008 requirements Program time: Max 2 minutes 30 seconds.

Junior- Open to skaters who have passed the Novice FS test, but no higher than the Junior FS test.

Freeskate: Program time Ladies 3 minutes 30 seconds, Men 4 minutes, Pairs 4 minutes.

Short Program: U.S.F.S. A. Rulebook refer to 2007-2008 requirements. Program time: 2:50 max.

Statement of Clarification

Junior Men's Short Program

A discrepancy in the required elements for the junior men's short program has been brought to the attention of the chair of the Singles Committee. This discrepancy needs to be clarified. For the 2007-08 skating season, the 2006 ISU Rulebook (pp. 87, Group C) states that d) a flying sit spin and e) a camel spin with only one change of foot are required in the junior men's short program. The 2007 edition of the U.S. Figure Skating rulebook (pp. 565, Group C) states that a d) flying camel spin and e) sit spin with only one change of foot are required in the junior men's short programs.

At the junior and senior levels, it is U.S. Figure Skating policy to follow the ISU regulations concerning questions of this nature. Therefore, the flying SIT spin and CAMEL spin with only one change of foot will be required in the junior men's short program for the 2007-08 season (Group C).

Junior Ladies Short Program

A discrepancy in the required elements for the junior ladies short program has been brought to the attention of the chair of the Singles Committee. This discrepancy needs to be clarified. For the 2007-08 skating season, the 2006 ISU Rulebook (pp. 87, Group C) states that d) a flying sit spin is required in the junior ladies short program. The 2007 edition of the U.S. Figure Skating rulebook (pp. 567, Group C) states that a d) flying camel spin is required in the junior ladies short programs.

At the junior and senior levels, it is U.S. Figure Skating policy to follow the ISU regulations concerning questions of this nature. Therefore, the flying SIT spin will be required in the junior ladies short program for the 2007-08 season (Group C).

Statement of Clarification

A discrepancy in the required elements in the junior and senior pairs short programs has been brought to the attention of the chair of the Pairs Committee.

This discrepancy needs to be clarified. For the 2007-08 skating season, the 2006 ISU Rulebook (pp. 92-93, Group B, h) states that a step sequence (straight line, circular, serpentine) is required in the both the junior and senior pairs short programs. The 2007 edition of the U.S. Figure Skating rulebook (pp. 587, 594, Group B, h) states that a spiral step sequence is required in both short programs.

At the junior and senior level, it is U.S. Figure Skating policy to follow the ISU regulations concerning questions of this nature. Therefore, the STEP SEQUENCE (STRAIGHT LINE, CIRCULAR, SERPENTINE) will be required in the junior and senior pairs short program for the 2007-08 season (Group B). This clarification will be reflected on the online charts when they are updated. The 2008 edition of the U.S. Figure Skating rulebook will also reflect this correction.

Senior- Open to skaters who have passed the Junior FS test, but no higher then Senior FS test.

Freeskate: Program time, Ladies 4 minutes, Men 4 minutes 30 seconds, Pairs 4 minutes 30 seconds

Short program: U.S.F.S A. Rulebook refer to 2007-2008 requirements. Program time: 2:50 max .

Statement of Clarification

A discrepancy in the required elements in the junior and senior pairs short programs has been brought to the attention of the chair of the Pairs Committee.

This discrepancy needs to be clarified. For the 2007-08 skating season, the 2006 ISU Rulebook (pp. 92-93, Group B, h) states that a step sequence (straight line, circular, serpentine) is required in the both the junior and senior pairs short programs. The 2007 edition of the U.S. Figure Skating rulebook (pp. 587, 594, Group B, h) states that a spiral step sequence is required in both short programs.

At the junior and senior level, it is U.S. Figure Skating policy to follow the ISU regulations concerning questions of this nature. Therefore, the STEP SEQUENCE (STRAIGHT LINE, CIRCULAR, SERPENTINE) will be required in the junior and senior pairs short program for the 2007-08 season (Group B). This clarification will be reflected on the online charts when they are updated. The 2008 edition of the U.S. Figure Skating rulebook will also reflect this correction.

Adult Pre-Bronze- Open to skaters who have reached the age of 21 and have passed no USFSA test and or no higher than the Adult Pre-Bronze skating test, the standard USFSA Pre-preliminary free skating test or the ISIA Freestyle 2 test.

Freeskate: Ladies and Men, Program time 1 minute 30 seconds to 1 minute 40 seconds.

Adult Bronze- Open to skaters who have reached the age of 21 and have passed no higher than the Adult Bronze Free Skating Test, the standard USFSA Preliminary Free Skating Test or the ISIA Freestyle 4 Test.

Freeskate: Ladies and Men, Program time max. 1 minute 40 seconds.

Adult Silver- Open to skaters who have reached the age of 21 and have passed no higher than the Adult Silver Free Skating Test.

Freeskate: Ladies and Men, Program time max. 2 minute 10 seconds.

Adult Gold and Championship Adult Gold- Open to skaters who have reached the age of 21 and have passed the Adult gold free skating test and no higher than the standard juvenile free skating test or ISI freestyle 6 test.

Freeskate: Ladies and Men, Program time max. 2 minutes 40 seconds.

Adult Masters Novice- Open to skaters who have reached the age of 21 and have passed the standard intermediate and no higher than the standard novice free skating test.

Freeskate: Ladies and Men, Program time max. 2 minutes 40 seconds.

Adult Master Junior- Open to skaters who have reached the age of 21 and have passed the standard novice and no higher than the standard junior free skating test.

Freeskate: Ladies and Men, Program time max. 3 minutes 10 seconds.

Adult Master Senior- Open to skaters who have reached the age of 21 and have passed the standard junior free skating test.

Freeskate: Ladies and Men, Program time max: 3 minutes 40 seconds.

Adult Championship Masters- Open to skaters who have reached the age of 21 and have passed at least the standard intermediate free skating test.

Freeskate: Ladies and Men, Program time max. 3 minutes 40 seconds.

Adult Bronze Pair – Open to skaters who have reached the age of 21 and have both passed at least one of the following tests: the adult bronze pair test and no higher, the adult bronze free skating test and no higher, the standard preliminary pair test and no higher, or the standard preliminary free skating test and no higher.

Freeskate: Program time 2 minutes 10 seconds max.

Adult Silver Pair- Open to skaters who have reached the age of 21. One partner must have passed at least one of the following tests: Adult pairs silver test and no higher, adult silver free skating test and no higher, standard juvenile pair skating test and no higher, standard pre-juvenile free skating test and no higher. The other partner must meet the requirements for this level or must have passed no less than one level lower.

Freeskate: Program time max 2 minutes 40 seconds.

Adult Gold Pair- Open to skaters who have reached the age of 21. One partner must have passed at least one of the following tests: Adult pair test and no higher, adult gold free skating test and no higher, standard juvenile pair test and no higher, or standard juvenile free skating test and no higher. The other partner must meet the requirements for this level or must have passed no less than one level lower.

Freeskate: Program time max. 3 minutes 10 seconds.

Adult Master Pair- Open to skaters who have reached the age of 21. One partner must have passed at least one of the following tests: Standard intermediate pair test or the standard intermediate free skating test. The other partner must meet the requirements for this level or must have passed no less than one level lower. For purposes of these requirements, the adult gold pair and free skating tests are considered to be one level lower than the standard intermediate pair and free skating tests.

Freeskate: Program time max. 3 minutes 40 seconds.

Northwest Fall Open 2007

Basic Skills Competition

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 and **NO** official U.S. Figure Skating Tests may have been passed including MIF or individual dance.

Skaters in **FREE SKATE 1-6** may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and may have passed pre-preliminary moves in the field. For events that are "Beyond the Basic" (beginner, pre-preliminary and preliminary) the U.S. Figure Skating Rule 1032 applies.

Please note: If a skater competes at a non-qualifying competition in a "Beginner or NO Test" category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.

Fees

The entry fee is \$45 for the first event and \$15 for each additional event entered. If not currently a member of U.S. Figure Skating or Basic Skills an additional \$5.00 membership fee must be included and membership from submitted with entry. **A charge of \$25 will be assessed for checks returned for non-sufficient funds (NSF) and must be paid in full prior to the start of competition in order to compete.**

To withdraw, notify THE REGISTRAR immediately. **NO Refunds for any reason after the closing date** unless the event is cancelled by the LOC.

Boys and girls may be combined to compete in the same event, at the discretion of the Referee and LOC. Events with large numbers of entries may be split into multiple, equal-sized groups by age (with no more than 3 years age difference total in a group) at the discretion of the Referee and LOC. No final rounds will be skated.

Awards

Awards will be presented at the photographer's table immediately after the official posting of each event. Awards will be given for the first through fourth places in all Basic Skills events.

U.S. Figure Skating / ISI /Basic Skills Conversion Chart

<u>Enter the Basic Skills event</u>	<u>If you are in an ISI program and have passed</u>	<u>Enter the Basic Skills events</u>	<u>If you are in an ISI program and have passed</u>
Snowplow	Tot	Basic 8	Delta – Freestyle 1
Basic 1	Pre-Alpha (age 7 & older) Alpha	Free Skate 1	Delta – Freestyle 2
Basic 2	Advanced Pre-Alpha	Free Skate 2	Freestyle 1-3
Basic 3	Advanced. Pre-Alpha(except 2 ft spin)	Free Skate 3	Freestyle 2-3
Basic 4	Alpha / Gamma	Free Skate 4	Freestyle 4
Basic 5	Beta (except 1-foot spin)	Free Skate 5	Freestyle 4-5
Basic 6	Delta (except for spiral)	Free Skate 6	Freestyle 5-6
Basic 7	Gamma (except Scratch spin and Ballet jump)		

Elements		
Level Passed	Competition Level	Official Tests Allowed
Snowplow Sam 1	Snowplow Sam only	None
Snowplow Sam 2	Snowplow Sam only	None
Snowplow Sam 3	Snowplow Sam only	None
Basic 1	Basic 1 ONLY	None
Basic 2	Basic 2 ONLY	None
Basic 3	Basic 3 ONLY	None
Basic 4	Basic 4 ONLY	None
Basic 5	Basic 5 ONLY	None
Basic 6	Basic 6 ONLY	None
Basic 7	Basic 7 ONLY	None
Basic 8	Basic 8 ONLY	None
Freestyle 1	Freestyle 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 2	Freestyle 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 3	Freestyle 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 4	Freestyle 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 5	Freestyle 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 6	Freestyle 6 or Beginner** NOT BOTH	Pre-Preliminary MIF ONLY
Programs with Music		
Level Passed	Competition Level	Official Tests Allowed
Snowplow Sam 1	Snowplow Sam only	None
Snowplow Sam 2	Snowplow Sam only	None
Snowplow Sam 3	Snowplow Sam only	None
Basic 1	Basic Program A	None
Basic 2	Basic Program A	None
Basic 3	Basic Program B	None
Basic 4	Basic Program B	None
Basic 5	Basic Program C	None
Basic 6	Basic Program C	None
Basic 7	Basic Program D	None
Basic 8	Basic Program D	None
Freestyle 1	Freestyle 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 2	Freestyle 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 3	Freestyle 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 4	Freestyle 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 5	Freestyle 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 6	Freestyle 6 or Beginner** NOT BOTH	Pre-Preliminary MIF ONLY
**If a skater competes up into beginner category (if offered) they may not go back to compete in the free skate categories.		
For events that are "Beyond the Basics" (Beginner, Pre-Preliminary and Preliminary) the U.S. Figure Skating rule number # 1032 applies.		

Basic Skills 1- 8 Requirements

Basic Skills Compulsories Moves 1-8	Basic Skills Free Skate 1-8 with Music
<p><u>Basic Skills 1</u> Half Ice, Max. 1 minute, No Music.</p> <ol style="list-style-type: none"> 1. Dip. 2. 2 Forward swizzles – 6-8 in a row. 3. Backward wiggles – 6-8 in a row 4. Snowplow stoop (one foot or both). 5. Rocking Horse – 2-3. 	<p><u>Basic Skills 1</u> Full Ice, Max. 1 minute +/-10 sec.</p> <ol style="list-style-type: none"> 1. Dip. 2. 2 Forward swizzles – 6-8 in a row. 3. Backward wiggles – 6-8 in a row 4. Snowplow stoop (one foot or both). 5. Rocking Horse – 2-3.
<p><u>Basic Skills 2</u> Half Ice, Max. 1 minute, No music.</p> <ol style="list-style-type: none"> 1. Forward one foot glides – R & L. 2. Back ward swizzles – 6-8 in a row. 3. Two foot turn from forward to backward in place. 4. Moving snowplow stop (one foot or both). 5. Forward alternating ½ swizzle pumps, in a straight line – (slalom like pattern). 	<p><u>Basic Skills 2</u> Full Ice, Max. 1 minute +/-10 sec.</p> <ol style="list-style-type: none"> 1. Forward one foot glides – R & L. 2. Back ward swizzles – 6-8 in a row. 3. Two foot turn from forward to backward in place. 4. Moving snowplow stop (one foot or both). 5. Forward alternating ½ swizzle pumps, in a straight line – (slalom like pattern).
<p><u>Basic Skills 3</u> Half Ice, Max. 1 minute, No music.</p> <ol style="list-style-type: none"> 1. Forward Stoking showing correct use of blade. 2. Forward ½ swizzles pumps on a circle, 6-8 consecutive, clockwise & counter clockwise. 3. Moving forward to backward two foot turn, clockwise and counter clockwise. 4. Backward one foot glides – R & L. 5. Two foot spin – up to 2 revolutions. 	<p><u>Basic Skills 3</u> Full Ice, Max. 1 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Forward Stoking showing correct use of blade. 2. Forward ½ swizzles pumps on a circle, 6-8 consecutive, clockwise & counter clockwise. 3. Moving forward to backward two foot turn, clockwise and counter clockwise. 4. Backward one foot glides – R & L. 5. Two foot spin – up to 2 revolutions.
<p><u>Basic Skills 4</u> Half Ice, Max. 1 minute, No music.</p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle – R & L. 2. Forward crossovers, clockwise and counter clockwise. 3. Forward outside three-turn – R & L – from a stand still position. 4. Backward ½ swizzle pumps on a circle, clockwise and counter clockwise. 5. Two foot spin - minimum of 3 revolutions. 	<p><u>Basic Skills 4</u> Full Ice, Max. 1 minute +/- 10 sec.,</p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle – R & L. 2. Forward crossovers, clockwise and counter clockwise. 3. Forward outside three-turn – R & L – from a stand still position. 4. Backward ½ swizzle pumps on a circle, clockwise and counter clockwise. 5. Two foot spin - minimum of 3 revolutions..
<p><u>Basic Skills 5</u> Half Ice, Max. 1 minute, No music.</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle – R & L. 2. Backward inside edge on a circle – R & L. 3. Beginning one foot spin – up to 3 revs, optional entry & free foot position. 4. Hockey Stop. 5. Side toe hop – both directions. 	<p><u>Basic Skills 5</u> Full Ice, Max. 1 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle – R & L. 2. Backward inside edge on a circle – R & L. 3. Beginning one foot spin – up to 3 revs, optional entry & free foot position. 4. Hockey Stop. 5. Side toe hop – both directions.

<u>Basic Skills Compulsories Moves 1-8 (cont.)</u>	<u>Basic Skills Free Skate 1-8 with Music (cont.)</u>
<p><u>Basic Skills 6</u> Half Ice, Max. 1 minute, No music.</p> <ol style="list-style-type: none"> 1. Forward inside three-turn – R or L. 2. T-stoop – R & L. 3. Bunny Hop. 4. Forward arabesque/spiral on a straight line, R or L. 5. Forward lunge, R or L. 	<p><u>Basic Skills 6</u> Full Ice, Max. 1 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Forward inside three-turn – R or L. 2. T-stoop – R & L. 3. Bunny Hop. 4. Forward arabesque/spiral on a straight line, R or L. 5. Forward lunge, R or L.
<p><u>Basic Skills 7</u> Half Ice, Max. 1 minute, No music</p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk from a stand still-position – R or L and L to R. 2. Backward outside edge to forward outside edge, transition on a circle – R & L. 3. Ballet jump – R or L. 4. Backward crossovers to a backward outside edge glides (landing position), clockwise and counter clockwise. 5. Forward inside pivots – R & L. 	<p><u>Basic Skills 7</u> Full Ice, Max. 1 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk from a stand still-position – R or L and L to R. 2. Backward outside edge to forward outside edge, transition on a circle – R & L. 3. Ballet jump – R or L. 4. Backward crossovers to a backward outside edge glides (landing position), clockwise and counter clockwise. 5. Forward inside pivots – R & L.
<p><u>Basic Skills 8</u> Half Ice, Max. 1 minute, No music</p> <ol style="list-style-type: none"> 1. Moving forward inside three-turn on a circle – R & L. 2. Combination move: Forward crossovers (2) into forward inside Mohawk, step down and cross behind, step into backward crossover (1) and step to forward inside edge – repeat three times, clockwise and counter clockwise. 3. One foot upright spin from backward crossover. 4. Waltz jump. 5. Mazurka – R & L. 	<p><u>Basic Skills 8</u> Full Ice, Max. 1 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Moving forward inside three-turn on a circle – R & L. 2. Combination move: Forward crossovers (2) into forward inside Mohawk, step down and cross behind, step into backward crossover (1) and step to forward inside edge – repeat three times, clockwise and counter clockwise. 3. One foot upright spin from backward crossover. 4. Waltz jump. 5. Mazurka – R & L.

Basic Skills 1- 6 Requirements

<u>Basic Skills Compulsories Moves 1-6</u>	<u>Basic Skills Free Skate 1-6 with Music</u>
<p><u>Basic Skills 1</u> Half Ice, Max. 1 1/2 minute, No Music.</p> <ol style="list-style-type: none"> 1. Advanced forward stroking (MIF*) 2. Basic forward outside and forward inside consecutive edges – four to six edges (MIF*). 3. Scratch spin from backward crossovers – minimum of three revolutions. 4. Waltz jump – from two to three backward crossovers. 5. Half flip. 	<p><u>Basic Skills 1</u> Full Ice, Max. 1 1/2 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Advanced forward stroking (MIF*) 2. Basic forward outside and forward inside consecutive edges – four to six edges (MIF*). 3. Scratch spin from backward crossovers – minimum of three revolutions. 4. Waltz jump – from two to three backward crossovers. 5. Half flip.

Basic Skills Compulsories Moves 1-6 (Cont)	Basic Skills Free Skate 1-6 with Music (Cont)
<p><u>Basic Skills 2</u> Half Ice, Max. 1 minute, No Music.</p> <ol style="list-style-type: none"> 1. Waltz threes – R & L. 2. Beginning Back Spin – minimum of one to two revolutions. 3. Waltz Jump – Side Toe Hop, Waltz Jump sequence. 4. Toe Loop. 5. Forward outside spirals - R & L. 	<p><u>Basic Skills 2</u> Full Ice, Max. 1 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Waltz threes – R & L. 2. Beginning Back Spin – minimum of one to two revolutions. 3. Waltz Jump – Side Toe Hop, Waltz Jump sequence. 4. Toe Loop. 5. Forward outside spirals - R & L.
<p><u>Basic Skills 3</u> Half Ice, Max. 1 minute, No Music.</p> <ol style="list-style-type: none"> 1. Backward crossovers in a figure eight. 2. Back spin minimum of 3 revolutions. 3. Salchow. 4. Half Lutz Jump. 5. Waltz Jump/Toe Loop Jump combination, or Salchow Jump/Toe Loop Jump combination. 	<p><u>Basic Skills 3</u> Full ice, Max. 1 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Backward crossovers in a figure eight. 2. Back spin minimum of 3 revolutions. 3. Salchow. 4. Half Lutz Jump. 5. Waltz Jump/Toe Loop Jump combination, or Salchow Jump/Toe Loop Jump combination.
<p><u>Basic Skills 4</u> Half Ice, Max. 1 minute, No Music.</p> <ol style="list-style-type: none"> 1. Spiral sequence: forward inside spiral, forward inside Mohawk, backward outside spiral, clockwise & counter clockwise. 2. Forward power three-turns, minimum of two to three consecutive sets – R & L (MIF*) 3. Sit Spin – minimum of 3 revolutions. 4. Loop Jump. 5. Waltz Jump/Loop Jump combination. 	<p><u>Basic Skills 4</u> Full ice, Max. 1 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Spiral sequence: forward inside spiral, forward inside Mohawk, backward outside spiral, clockwise & counter clockwise. 2. Forward power three-turns, minimum of two to three consecutive sets – R & L (MIF*) 3. Sit Spin – minimum of 3 revolutions. 4. Loop Jump. 5. Waltz Jump/Loop Jump combination.
<p><u>Basic Skills 5</u> Half Ice, Max. 1 minute, No Music.</p> <ol style="list-style-type: none"> 1. Spiral sequence – forward outside spiral, forward outside three-turn, one backward crossover, back inside spiral – clockwise and counter clockwise. 2. Forward Upright Spin to Back Upright Spin – minimum of 3 revolutions, each foot. 3. Loop/Loop combination. 4. Flip Jump. 5. Waltz Jump/Falling Leaf/Toe Loop Jump sequence. 	<p><u>Basic Skills 5</u> Full ice, Max. 1 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Spiral sequence – forward outside spiral, forward outside three-turn, one backward crossover, back inside spiral – clockwise and counter clockwise. 2. Forward Upright Spin to Back Upright Spin – minimum of 3 revolutions, each foot. 3. Loop/Loop combination. 4. Flip Jump. 5. Waltz Jump/Falling Leaf/Toe Loop Jump sequence.
<p><u>Basic Skills 6</u> Half Ice, Max. 1 minute, No Music.</p> <ol style="list-style-type: none"> 1. Alternating backward crossovers to backward outside edges, four to six lobes (MIF*). 2. Five step Mohawk, sequence (MIF*). 3. Camel/Sit spin combination – minimum of 5 revolutions total. 4. Split Jump or Stag Jump. 5. Lutz Jump. 	<p><u>Basic Skills 6</u> Full ice, Max. 1 minute +/- 10 sec.</p> <ol style="list-style-type: none"> 1. Alternating backward crossovers to backward outside edges, four to six lobes (MIF*). 2. Five step Mohawk, sequence (MIF*). 3. Camel/Sit spin combination – minimum of 5 revolutions total. 4. Split Jump or Stag Jump. 5. Lutz Jump.

Northwest Fall Open Competition

September 21- 22, 2007

PRACTICE ICE REQUEST FORM

Practice ice will be available. All sessions are \$15.00 per person per 30-minute session on the competition ice. Sessions will be filled on a first-come, first-served basis. Drop-ins will be charged \$18.00 for a 30-minute session. There will be no refunds for unused or "no show" sessions. ***Please make your check out to Inland Northwest FSC***

For confirmation of your practice ice, please enclose a self-addressed stamped business envelope. Complete the Practice Ice Request Form and mail with practice ice fee and return envelope to:

Mr. Jerry Watson
3089 W. Fairway Drive
Coeur d'Alene, ID 83815
infsc2001@adelphia.net

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____

Professional: _____ Partner: _____

Events Entered: _____ Level: _____

_____ Level: _____

_____ Level: _____

_____ Level: _____

Number of sessions requested: _____ X \$15.00 for a total amount enclosed of \$_____.

Date Rec'd :	
Check No.:	
Amount:	

Northwest Fall Open Competition—2007, September 21-22
Entry Form – Deadline: August 18, 2007

Name:		Club:	
Address:		USFS No.	
City:		Phone No: ()	
State/Zip:		E-Mail:	
Highest F/S Test Passed:	Date:	Male / Female:	DOB:
Highest Pairs Test Passed:	Date:	Skaters Age as of 8/18/07:	
Coach's Name:		Partner's Name:	

Entry Fees: 1st Event \$70.00 Compulsory Moves \$20.00
 2nd Event \$30.00 Pairs \$70.00
 (made changes to chart by deleting items)

Level	Free Skate	Short Program	Compulsory Moves	Pairs
Non-Test	\$		\$	
Pre-Prelim	\$		\$	
Prelim	\$		\$	
Pre-Juvenile/ Open Pre. Juv	\$		\$	
Juvenile/ Open Juvenile	\$		\$	\$
Intermediate	\$	\$		\$
Novice	\$	\$		\$
Junior	\$	\$		\$
Senior	\$	\$		\$
Adult (enter level)				
Level:	\$			\$

Total Due: _____

Competitor/Parent/Guardian Statement: The undersigned approves of the entry and agrees to hold harmless the USFS, Inland Northwest FSC, and Planet Ice from any and all loss, damage, and injury of whatever kind or nature, that may be sustained by the entrant in any manner while participating in any activity of said competition. First aid may be administered by qualified medical personnel.

Skater's Signature if over 18

Parent / Guardian Signature

Medical Release: Please complete this ONLY if the skater is a minor who will not be accompanied by a parent or guardian.

I give my permission for _____ to receive emergency medical care by qualified medical personnel, should it become necessary. List drug allergies and / or current medical conditions: _____

Insurance Co. _____

Name of Insured: _____

Policy No.: _____ Physician: _____ Phone No.: _____

Parent/Guardian Signature: _____ Date: _____

Club Certification: I hereby approve the above entrant and certify that he/she is a full member in good standing of my club; to the best of my knowledge is eligible to enter the events specified; is an amateur as defined in the USFS official rules; and is following a standard and complete educational program in full compliance with his/her state requirements.

Signature of Home Club Official Title of Office Date

Please send a self addressed, stamped legal envelope to receive a copy of the competition schedule.

Make checks payable to: Inland Northwest FSC.

Mail to: **Mr. Jerry Watson**
 3089 W. Fairway Drive
 Coeur d'Alene, ID 83815

Date Received: _____
 Check No.: _____
 Amount: _____

Northwest Fall Open Competition—2007, September 21-22
Entry Form – Deadline: August 18, 2007

Northwest Fall Open Competition—2007, September 21-22

BASIC SKILLS COMPETITION ENTRY FORM

Name _____ Age _____ Sex _____

(LAST) (FIRST)

Address _____ City _____

State _____ Zip _____ E-mail Address _____

Area Code/Phone Number _____ Birth date _____

U.S. Figure Skating Number _____

Highest Level Passed _____ Last Level Passed _____

Program Affiliation _____ Instructor's Name _____

Please check the event(s) you are entering:

Compulsories Moves Basic Skills 1-8

_____ Snowplow Sam
_____ Basic 1 _____ Basic 5
_____ Basic 2 _____ Basic 6
_____ Basic 3 _____ Basic 7
_____ Basic 4 _____ Basic 8

Basic Program 1-8 (with Music) .

_____ Snowplow Sam
_____ Basic 1 _____ Basic 5
_____ Basic 2 _____ Basic 6
_____ Basic 3 _____ Basic 7
_____ Basic 4 _____ Basic 8

Basic Skills Freeskate Compulsories Moves 1-6

_____ Freeskate 1 _____ Freeskate 4
_____ Freeskate 2 _____ Freeskate 5
_____ Freeskate 3 _____ Freeskate 6

Basic Skills Freeskate 1-6 (with Music) .

_____ Freeskate 1 _____ Freeskate 4
_____ Freeskate 2 _____ Freeskate 5
_____ Freeskate 3 _____ Freeskate 6

ENTRY FEE IS \$45 FOR FIRST EVENT, \$20 PER EACH ADDITIONAL EVENT

First Event \$ _____

Additional Event \$ _____

Additional Event \$ _____

Total amount due: \$ _____

The completed entry form, with fees, must be postmarked no later than August 18, 2007

Please make check or money order payable to "Inland Northwest FSC" and

mail to: Jerry Watson
3089 W. Fairway Drive
Coeur d'Alene, ID 83815

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 Inland Northwest Figure Skating Club and Eagles Ice Arena 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 Signature _____ Date _____

Program Director/Club Officer _____ Date _____