

**Central Carolina Skating Classic**  
**Basic Skills Competition**  
Thirteenth Annual Competition  
April 8-April 11, 2010



Sponsored by  
Central Carolina Skating Club, Inc.  
Sanctioned by  
United States Figure Skating



# Central Carolina Skating Classic 2010

## US Figure Skating Basic Skills Competition Information

### Facility

All events will be held at the Triangle SportsPlex, One Dan Kidd Drive, Hillsborough, NC 27278, (919) 644-0339. The facility is off I-85 at Exit 165. After exiting, follow the signs to the Sports Center. The ice rink is 85' x 200' with rounded corners and hockey barrier. The facility has a snack bar and pro-shop. The facility does not allow any food or drink to be brought inside. Dressing rooms are also available.

### 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 and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances. Skaters in other events 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.

### Entries

The Central Carolina Skating Classic is open to all skaters in good standing with US Figure Skating and will be governed by the rules as specified in the 2010 US Figure Skating Rule Book, except as otherwise specified. The entry fee is \$50 for the first event and \$25 for each additional event. Apply online and pay with PayPal at: **centralcarolinasc.com. (\$5 discount, if using online registration)** If mailing an application, fees must accompany the completed application. Make checks payable to the Central Carolina Skating Club, Inc. Mail the applications to: **Central Carolina Skating Classic Basic Skills Competition, c/o Suzie Zeunges, 306 South Fourth Street, Mebane, NC 27302.** Entries must be postmarked by **February 22, 2010.** Late entries may be accepted at the discretion of the Competition Committee and may require a late fee of \$25.00. Please review your choice of events closely. **Any change of event as a result of your mistake will result in a \$25 fee for each event changed.** The Central Carolina Skating Club, Inc. reserves the right to divide any event if necessary and to cancel any events (with full refund of entry fee.) Otherwise, there will be **NO refunds.** All tentative schedules and practice ice applications will be sent by e-mail. As soon as they are available, they will also be on our website at [www.centralcarolinasc.com](http://www.centralcarolinasc.com). If you do not have email, please find someone that can access the information for you. The final schedule will be posted at the Triangle SportsPlex. If you would like a copy of this announcement e-mailed to you as a "Word" file, request it at [suziezeunges@gmail.com](mailto:suziezeunges@gmail.com). There will also be a US Figure Skating Competition running at the same time. That application and announcement is separate and can be obtained on the website or through e-mail as soon as it is available.

### Awards

Medals will be awarded to the **1st, 2nd, 3rd, and 4th** place winners in each event. If the number of entrants requires multiple groups, medals will be awarded to each group. There will be no qualifying rounds.

### Music

Cassette tapes or CDs must be clearly marked with the skater's name and event. All tapes (must be rewound) and CDs (only one piece of music per CD) must be turned in to the registration desk at least one (1) hour prior to the event. It is **advisable and recommended** to have a backup copy.

### Registration

The registration desk will be open throughout the competition. Skaters must check in at least one hour prior to the event.

### Admission

Spectator admission is free to all events. There is limited seating area due to construction.

### Video and Photography

Professional video taping and photography of each event will be available. Except for the official Videographers, only battery-operated cameras will be allowed. Individual video taping will be permitted in designated areas only. There will be **NO** flash photography permitted in the ice arena.

### Hotel Information

Holiday Inn Express-Hillsborough, NC  
919-644-7997

### Inquiries

Please contact Suzie Zeunges at: [suziezeunges@gmail.com](mailto:suziezeunges@gmail.com) if you have any questions. The preferred communication is e-mail so that we can respond in writing. Practice ice applications will be e-mailed upon completion of the schedule (after the deadline). The schedule will be based on the number of entries.

# 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>Free skate level 1 Compulsory</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 consecutive edges – 2-4 outside and 2-4 inside</li> <li>3. Scratch spin from backward crossovers</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b>Free skate level 4 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter-clockwise</li> <li>2. Forward power 3's, 2-3 consecutive sets – R or L</li> <li>3. Sit spin</li> <li>4. Loop jump</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b>Free skate level 2 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral – R or L. and a forward inside spiral – R or L</li> <li>2. Waltz threes – R or L</li> <li>3. Beginning back spin - entry optional</li> <li>4. Waltz jump, side toe hop, waltz jump series</li> <li>5. Toe loop jump</li> </ol>	<p><b>Free skate level 5 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FO spiral, forward outside three- turn, one backward crossover, backward inside spiral</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop jump</li> <li>5. Flip jump</li> </ol>
<p><b>Free skate level 3 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Advanced forward outside swing rolls 4-6 consecutive</li> <li>3. Back spin</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p><b>Free skate level 6 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence – one set alternating pattern (refer to Basic Skills Curriculum Free Skate 6)</li> <li>2. Camel, sit spin combination – minimum of 4 revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> </ol>

	5. Lutz jump
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## Compulsory Event/Test Track and Well-Balanced Levels

- 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 any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner 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 may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
Beginner Compulsory	1. Toe loop jump  2. Salchow jump  3. Forward scratch spin  4. Forward or backward spiral	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00

## 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

<p><b>Snowplow Sam - Tots</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>Basic 5</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counter-clockwise</li> <li>2. Backward crossovers 6-8 consecutive in both directions</li> <li>3. One-foot spin – minimum of 3 revolutions</li> <li>4. Side toe hop – either direction</li> <li>5. Hockey stop</li> </ol>
<p><b>Basic 1</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>Basic 6</b></p> <ol style="list-style-type: none"> <li>1. Forward inside three-turn from a standstill – R and 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>Basic 2</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>Basic 7</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>Basic 3</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>Basic 8</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns – R and 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</li> </ol>

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**Basic 4**

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 and L from a standstill
4. Backward stroking
5. Backward snowplow stop – R or L

## FREE SKATE EVENT: FREE SKATE 1-6

### FREE SKATE 1-6 MUSIC EVENT

Format: 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. Connecting moves and steps should be demonstrated throughout the program.

- Vocal 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 1:30+/-10sec

<b>Freeskate 1</b>	<b>Freeskate 4</b>
<ol style="list-style-type: none"> <li>1. Advanced forward stroking, 4-6 strokes</li> <li>2. Scratch spin from back crossovers</li> <li>3. Waltz jump from back crossovers</li> <li>4. Half flip jump</li> </ol>	<ol style="list-style-type: none"> <li>1. Forward power 3s, 2-3 consecutive R or L</li> <li>2. Sit spin</li> <li>3. Loop jump</li> <li>4. Waltz jump/loop jump</li> </ol>
<b>Freeskate 2</b>	<b>Freeskate 5</b>
<ol style="list-style-type: none"> <li>1. Forward outside spiral R or L</li> <li>2. Beginning back spin</li> <li>3. Waltz jump, side toe hop, waltz jump</li> <li>4. Toe loop</li> </ol>	<ol style="list-style-type: none"> <li>1. Camel spin</li> <li>2. Forward upright spin to back upright spin</li> <li>3. Loop/loop combination jump</li> <li>4. Flip jump</li> </ol>
<b>Freeskate 3</b>	<b>Freeskate 6</b>
<ol style="list-style-type: none"> <li>1. Forward crossovers in a figure eight</li> <li>2. Back spin</li> <li>3. Salchow</li> <li>4. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<ol style="list-style-type: none"> <li>1. Camel/sit spin combination, min of 4 revolutions total</li> <li>2. Split or stag jump</li> <li>3. Waltz jump/1/2 loop /Salchow combination</li> <li>4. Lutz jump</li> </ol>

## Competitive Test Track

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted. Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

- 0.1 from EACH mark for each technical element included that is not permitted in the event description
- 0.2 from the technical mark for each extra or lacking element
- 0.1 for any spin with less than required revolutions

LEVEL	Jumps	Spins	Steps	QUALIFICATION S
<b>Limited Beginner</b> Time: 1:40 max	Jumps with not more than 1/2 rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.	Two upright spins, no change of foot (Min 3 revolutions)	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
<b>Beginner</b> Time: 1:40 max	Jumps with not more than 1/2 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.	Two upright spins, change of foot optional (Min 3 revolutions)	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

### ADULT EVENTS

#### Compulsory Event-Half Ice

Adult Basic Skills	<ol style="list-style-type: none"> <li>1. Forward stroking, 4-6 strokes</li> <li>2. Forward crossovers, min. 5</li> <li>3. Backward skating</li> <li>4. Forward snowplow stop</li> </ol>	1 min. max
Freeskate Adult	<ol style="list-style-type: none"> <li>1. Two-foot Spin</li> <li>2. Bunny Hop</li> </ol>	1 min. max

3. Forward outside spiral R or L
4. Waltz jump
5. Advanced stroking 4-6 strokes

### Freestyle Event

Adult	1. Forward stroking, 4-6 strokes	1 min. max
Basic Skills	2. Forward crossovers, min. 5	
	3. Backward skating	
	4. Forward snowplow stop	

### Freestyle Adult

1. Two-foot Spin	1 min. 40 sec. max
2. Bunny Hop	
3. Forward outside spiral R or L	
4. Waltz jump	
5. Advanced stroking 4-6 strokes	

## JUMPS EVENT

Skater must have not passed a higher freeskating test than competing level. Skaters perform a series of jumps with minimal connecting footwork, without music, on half ice. Connecting steps will not affect the scoring. There will be deductions for any spins done. Jumps should be performed exactly as stated, but may be skated in any order. Skaters will be given ONE opportunity to perform each jump. Repetitions of unsuccessfully executed jumps are not allowed. Men and women will compete together. **Time limit for jump program is 1 minute max.**

### REQUIRED ELEMENTS

Freestyle 1-3	2 solo jumps (waltz, toe loop or Salchow), 1 combination jump or sequence (w/ waltz jump, toe loop or Salchow)
Freestyle 4-6	2 solo jumps (loop, flip or Lutz), 1 combination jump or sequence (w/ loop, flip or Lutz)
Adult Freestyle	2 solo jumps(waltz, toe loop or Salchow); 1 combination jump or sequence(w/ waltz jump, toe loop or Salchow)

## SHOWCASE

(Eligibility requirements are the same as for free skating. All showcase programs shall be skated on full ice with music, which may utilize vocals. There are no required elements. Emphasis is placed on the theatrical and entertainment value of the skater's performance rather than on technical accuracy of specific moves. Costumes and props are encouraged to help illustrate the act. Props are limited to those that skaters can hand carry or push out onto the ice themselves in one trip. Their set-up should not be more than 30 seconds. Skaters may not be assisted during the set-up time nor assisted from off ice during the number. Props may not be flame, smoke oriented or live. Deductions will be given for anything left on the ice such as paper, feathers, glitter, or anything else that could cause harm to another skater.)

EVENT	REQUIREMENTS	PROGRAM TIME
Showcase Basic	Basic Skills 1-8	Up to 1 min.
Showcase FS 1-3	Basic Freestyle 1-3	Up to 1 min.
Showcase FS 4-6	Basic Freestyle 4-6	Up to 1:30 min.
Couples Showcase Basic	No restrictions.	Up to 1:30 min.
Basic/Freestyle Adult	Adult-age 19 and above in Basic Skills	Up to 1:30 min.

## INTERPRETIVE

(Music will be provided at the time of the event. Each group of skaters will listen to a music selection twice during a short warm-up. Each skater will then hear the music for the third time off the ice before individually performing their interpretation to the selected music. Judging will be based on interpretation of music and not necessarily technical ability. Skaters are not allowed to receive any coaching from instructors, parents, or anyone else during this event.)

EVENT	REQUIREMENTS
Interp Basic	Basic Skills 1-8
Interp FS 1-3	Basic Freestyle 1-3
Interp FS 4-6	Basic Freestyle 4-6
Interp Adult BS/FS	Age 19 in Basic Skills/FS

# 2010 Central Carolina Skating Classic

## US Figure Skating Basic Skills Competition Registration Form

Name (of skater): \_\_\_\_\_ Basic Skills or US Figure Skating #: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_

Male  Female  Birth date (required): \_\_\_\_\_ E-mail (required): \_\_\_\_\_

Highest test passed as of 2/22/10: Basic Skills: \_\_\_\_\_ Basic Freeskate: \_\_\_\_\_

Name of Home Club or Rink: \_\_\_\_\_

Coach's Name(s): \_\_\_\_\_ E-mail: \_\_\_\_\_

(Needed for notifying, if changes)

Phone: (\_\_\_\_) \_\_\_\_\_ Signature of Coach: \_\_\_\_\_

Partner's Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Accidents (3222):** US Figure Skating, the Triangle SportsPlex, and the Central Carolina Skating Club, Inc. (Club) undertake no responsibility for damage or injuries suffered by skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians, and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, US Figure Skating, the Club, and against its Officers, and their entries shall be accepted only on such condition.

Signature: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

(Skaters signature or Parent/Guardian's signature if skater is a minor)

(Please print)

**Certificate of Eligibility:** I hereby certify that the above named skater is a member in good standing with our Club and US Figure Skating, and is eligible to enter the specified events in accordance with US Figure Skating rules and regulations. **I have checked this application and believe it to be correct.**

Signature: \_\_\_\_\_

(Must be Basic Skills Skating Director or Club Officer)

**PLEASE CIRCLE THE EVENT(S) YOU ARE COMPETING IN.**

Basic Skills (1-8)	Basic Freeskate	Compulsory Moves	Jumps	Showcase	Interpretive
Snowplow Sam	Freeskate 1	Compulsory FS 1	Jumps FS 1-3	Showcase Basic	Interp Basic
Basic 1	Freeskate 2	Compulsory FS 2	Jumps FS 4-6	Showcase FS 1-3	Interp FS 1-3
Basic 2	Freeskate 3	Compulsory FS 3	Jumps Adults FS	Showcase FS 4-6	Interp FS 4-6
Basic 3	Freeskate 4	Compulsory FS 4		Showcase Adult BS/FS	Interp Adult BS/FS
Basic 4	Freeskate 5	Compulsory FS 5		Couples Showcase BS/FS	
Basic 5	Freeskate 6	Compulsory FS 6			
Basic 6	Freeskate Adult	Compulsory Adult Basic			
Basic 7		CompulsoryAdult FS			
Basic 8					
Basic Adult					

- Applications must contain the chaperone name, waivers, parental/skater signature and correct fees. Any application without these will be considered incomplete.
- Skaters may skate at one level above their current test level as indicated on the requirements.
- The competition committee reserves the right to combine, subdivide, or cancel any event it deems necessary.
- A schedule of events will be e-mailed out as soon as possible after the deadline as well as posted at [www.centralcarolinasc.com](http://www.centralcarolinasc.com).

**Entry fee is \$50.00 for the first event and \$25.00 for each additional event. Apply online and pay with PayPal at: [centralcarolinasc.com](http://centralcarolinasc.com). (\$5 discount, if using online registration) The check should be made to the Central Carolina Skating Club, Inc. The entry must be postmarked by February 22, 2010. Late entries may be accepted at the discretion of the Competition Committee and will require a late fee of \$25.00. Please review your choice of events closely. Any change of event as a result of your mistake will result in a \$25 fee for each event changed.**

**Fees:** First Event: \$ 50  
 Each Additional Event: No.( ) x \$25 \$ \_\_\_\_\_  
 Total Enclosed: \$ \_\_\_\_\_

**Mail all applications to:**  
**Central Carolina Skating Classic Basic Skills Competition**  
**c/o Suzie Zeunges, 306 South Fourth Street, Mebane, NC 27302.**

# 2010 Central Carolina Skating Classic

## Support and Encouragement Ad

\$5 per ad

Must be **\*RECEIVED\*** by Monday, March 8<sup>th</sup>!

Skaters, parents, coaches, friends, family ... here is a great opportunity to send your encouragement and support during the 2010 Central Carolina Skating Classic. Fill out an ad to:

- ❖ Thank a coach or coaches
- ❖ Wish friends the best of luck
- ❖ Thank your parents for their support
- ❖ Wish your special skater or skaters the best of luck

These are just some of the ways to send your support and encouragement.

Please include camera-ready, 2 & 1/4" x 2 & 1/4" message in black-and-white artwork for your ad. Electronic artwork can be submitted in Word or Publisher format. Please adhere to the exact sizes specified above.

Send electronic artwork to [Blenchek@aol.com](mailto:Blenchek@aol.com) If you do not receive a confirmation of receipt, please call 919-929-7777.

**Make checks payable to CCSC.**

**All ads and artwork must be received by March 8, 2010.**

Please mail to:  
Central Carolina Skating Club Programs  
c/o Becky Lenchek  
213 Hill Street  
Chapel Hill, NC 27514

Questions: [Blenchek@aol.com](mailto:Blenchek@aol.com)

**\*\* CCSC members will receive one volunteer hour for every \$20 of advertising submitted.**

You will receive a volunteer hour card from Becky Lenchek

Name: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone No. \_\_\_\_\_

No. of Ads: \_\_\_\_\_ x \$5 = \_\_\_\_\_

**Make check payable to Central Carolina Skating Club**

**If there are any questions, please contact Becky Lenchek-blenchek@aol.com**