



# **HOUSTON FALL INVITATIONAL 2010 BASIC SKILLS & SPECIAL OLYMPICS**

***September 6, 2010***

**All entries must be entered into [entryeze.com](http://entryeze.com) NO LATER THAN August 3, 2010**

*To be held at:  
Sugar Land Ice and Sports Complex, Dual Surface  
16225 Lexington, Sugar Land, Texas 77479*

**Chief Referees: Devon Beck  
Chief Accountant – Bill Whalen  
Assist. Accountant – John Murasco  
Assist. Accountant – Maureen Dalton**

**For more information please contact:**

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Web Site: [www.HoustonFSC.org](http://www.HoustonFSC.org)**



# HOUSTON FALL INVITATIONAL 2010

## BASIC SKILLS & SPECIAL OLYMPICS

### September 6, 2010

Sanctioned by the US Figure Skating  
Hosted by: *Houston Figure Skating Club, [www.houstonfsc.org](http://www.houstonfsc.org)*

**RULES AND ELIGIBILITY:** Skaters **MUST** be members of the US Figure Skating or enrolled in a US FIGURE SKATING Basic Skills Program. Anyone who has passed any US FIGURE SKATING tests is **NOT** eligible to compete in solo events. Skaters entered in any of the Fall Invitational 2008 Free Skate events are not eligible to enter the Basic Skills Competition. All basic skills skaters in Compulsory Elements Levels 1 through 8 must skate at current level. Basic Skill skaters in other events may skate at current level or one level higher. Skaters may not skate down a level. Skaters in the Basic Skills Free Skate events may compete in Pre-Preliminary dance events.

SPECIAL OLYMPICS events will held Monday, September 6, 2010. The Special Olympics Competition is open to skaters 8 years or older who are receiving group or private instruction. Skaters must be registered as Special Olympians through the Special Olympics office.

**ENTRIES:** Entries must be **submitted to [entryeeze.com](http://www.entryeeze.com) no later than August 3, 2010** (<http://www.entryeeze.com>). Only online entries submitted through [entryeeze.com](http://www.entryeeze.com) will be accepted. Late entries will be included at the discretion of the competition committee and the chief referee and a late fee of \$30 will be charged. Any entry changes made after the entry deadline will be assessed a \$25 fee and must be approved by the referee.. The competition committee reserves the right to limit entries to any event or to cancel an event. A tentative schedule of practice and event times will be posted on our web site by 18<sup>th</sup> August 2010.

**Late entries** will be included at the discretion of the competition committee and the chief referee and a late fee of \$25 will be assessed. **Any entry form changes made after the closing date will be assessed a \$25 fee and must be approved by the referee.** The competition committee reserves the right to limit entries to any event or to cancel an event. In case of injury or illness (physician note required) or a death in the immediate family only, entry fees will be refunded minus a \$30 cancellation fee.

**SPECIAL ANNOUNCEMENTS/OFFICIAL NOTICES:** Prior to the competition notices will be posted on the Houston FSC website at [www.houstonfsc.org](http://www.houstonfsc.org). Please visit this site on a regular basis. An official bulletin board will be maintained throughout the competition. It is the responsibility of each competitor, parent, and coach to check the bulletin board frequently for any schedule changes or additional information. Posting of such notices, changes, or announcements shall be considered sufficient notice to all participants.

**ENTRY FEES:**

Basic Skills & Special Olympics (per event).....\$30.00

Pairs or Partner Dance (as an additional event).....\$15.00 per partner

Make Check payable to **Houston Figure Skating Club** and mail completed application form and payment to:  
**HOUSTON FALL INVITATIONAL – BASIC SKILLS/SPECIAL OLYMPICS**  
**P. O. BOX 460364 HOUSTON, TX 77056-8364**

**QUESTIONS:** e-mail: [houstonfsc@yahoo.com](mailto:houstonfsc@yahoo.com). Calls may be placed to 281-701-2922. Long distance calls will be returned collect.

**FACILITIES:** Sugar Land Ice and Sports Complex , a free standing facility, located at 16225 Lexington Blvd., Sugar Land, TX (281-265-7465). Two 200' x 85 ' ice surface with rounded corners.

**REGISTRATION:** The registration table will be located in the lobby. It will open for Basic Skills Registration on Sunday, September 5, 9am - 8pm and 1 hour prior to the start of competition on Monday. **competition CD's must be turned in at the time of registration.** No skater will be registered without submitting their music tapes.

**MUSIC:** CD's (NO MINI CD's) must be marked clearly with the skater's name, event, and running time of the tape. Tapes must be recorded at adequate volume. **A SPARE TAPE OR CD MUST BE AVAILABLE.** Tapes/CD/s may be picked up at the registration table following each event. Houston Figure Skating Club cannot be responsible for cassette tapes/CD's. **DO NOT USE CD-RW MATERIALS!**

**AWARDS:** Awards will be given for 1<sup>st</sup> through 6<sup>th</sup> place. Pictures will be taken immediately following the final result posting of each event off-ice in the photography area.

**PRACTICE ICE:** **Basic Skills** will have a limited amount of practice ice available early Monday morning before the competition. Only one session may be requested. No music will be played and coaches will not be allowed on the ice.

**SOUVENIRS / PROGRAM ADVERTISEMENTS/ FLOWERS:** Ad space, trophy sponsorships and souvenirs may be pre-arranged by completing the order forms. ***Program advertisers will receive a free program.*** Programs may be purchased for \$2 throughout the competition. Flowers will also be available for purchase.

**OFFICIAL HOTEL:** Hilton Garden Inn - Sugarland located at 722 Bonaventure Way, Sugar Land, Texas 77479, Hotel phone # (281) 491-7777 or 1(800) - 446-6677 please mention "HFI 2010 " when booking to receive the competitors rate of \$79.00 per night. A limited number of rooms are blocked until 8/20/2010 for more information visit our website at [www.houstonfsc.org](http://www.houstonfsc.org).

**SCHEDULE:** A tentative schedule of practice and event times will be posted on our web site by August 18th at [www.houstonfsc.org](http://www.houstonfsc.org)

**ADMISSION:** The competition is open to the general public for viewing at no charge. Absolutely NO flash photography!

**VIDEO/PHOTOGRAPHY:** **The official competition photographer, Local Motion Productions,** will be available for video-taping events and making award photos. The competition committee reserves the right to restrict video taping to your skaters' events only. Personal video equipment is permitted in the bleacher area only. No equipment may be plugged into the arena outlets.

**ADDITIONAL INFORMATION:**

1. Vocal music is allowed for Basic Skills and any event judged under 6.0.
2. We will be enforcing the new 2010-11 Test Track rules. The major changes are times for Beginner and Pre-Preliminary, jumps allowed in pre-preliminary, and number of jumps elements allowed for Juvenile.

**BASIC SKILLS**  
**COMPETITION EVENTS AND QUALIFICATIONS**  
**Monday, September 6, 2010**

**BASIC SKILLS:** Anyone who has passed any US FIGURE SKATING tests is NOT eligible to compete in solo events. All basic skills skaters in Compulsory Elements Levels 1 through 8 must skate at current level. Basic Skill skaters in other events may skate at current level or one level higher. Skaters may not skate down a level. If possible all events will be split by age with no greater than 6 entrants per event. Please be at the rink 45 minutes before the start of your event. Programs times are +/- 10 seconds.

**SPECIAL OLYMPICS:** The Special Olympics portion of this competition will be conducted in accordance with the 2004 Official USFSA Rule Book, the 1994 – 1998 Special Olympics Winter Sports Rules, and the rules given in this announcement. Skaters age 8 years and older are eligible to compete. Skaters will be divided into groups by skating ability (Level 1 through Level 5). Artistic events will also be offered. Skaters must be registered as Special Olympians through the Special Olympics Office.

**ELEMENTS**

Required elements to be skated in order listed and to be skated on 1/2 ice. NO MUSIC / Time 1.00 min or less. Deductions will be made for additional elements.

<b>LEVEL</b>	<b>ELEMENTS</b>
<b>Snow Plow</b>	March followed by a two-foot glide & dip; Forward two-foot swizzles 2-3 in a row; Forward snowplow stop; Backward wiggles 2-6 in a row.
<b>BASIC 1</b>	Forward two-foot glide; Forward two-foot swizzles -6-8 in a row; Forward snowplow stop; Backward wiggles 6-8 in a row.
<b>BASIC 2</b>	Forward one foot glide - either foot. Forward alternating 1/2 swizzle pumps, in a straight line -across width of ice. Two foot turn in place forward to backward. Backward two foot swizzles 6 - 8 in a row. Moving snowplow stop
<b>BASIC 3</b>	Forward stroking; Forward ½ swizzle pumps on a circle, either clock-wise or counter clockwise 6-8 consecutive; Moving forward to backward two-foot turn – either direction; Backward one-foot glide – either foot; Two-foot spin, minimum 2 revolutions.
<b>BASIC 4</b>	Forward outside three turn - R & L from a standstill. Forward outside edge on a circle clockwise or counter clockwise. Forward crossovers 6-8 consecutive both directions. Backward stroking. Backward snowplow stop - R or L
<b>BASIC 5</b>	Backward outside edge on a circle – clockwise or counter clockwise; Backward crossovers 6-8 consecutive – both directions; One foot spin – min 3 revolutions; Hockey stop; Side toe hop – either direction.
<b>BASIC 6</b>	Forward inside three turn - R & L from a standstill. Bunny Hop. Forward spiral on a straight line - R or L. Lunge-R or L. T-stop-R or L
<b>BASIC 7</b>	Forward inside open Mohawk R to L and L to R; Ballet jump either direction; Backward crossover to backward outside edge landing position – clockwise and counter clockwise; Forward inside pivot.

<b>BASIC 8</b>	Moving forward outside or forward inside three turns R & L. Waltz jump. Mazurka - either direction. 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. Beginning one-foot upright spin - optional free foot position
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### COMPULSORIES

Required elements may be skated in any order, skated in a program form using limited connecting steps. Deductions will be made if elements from a higher level are skated. NO MUSIC. Time 1 minute skated on ½ ice

<b>LEVEL</b>	<b>FREE SKATE COMPULSORIES</b>
<b>FREE SKATE 1</b>	Advanced forward stroking skated 4-6 consecutive; Basic forward outside and forward inside consecutive edges – 2-4 outside edges, 2-4 inside edges; Scratch spin from backward crossovers; Waltz jump from backward crossovers; Half flip jump.
<b>FREE SKATE 2</b>	Forward outside spiral – R or L and forward inside spiral – R or L; Waltz-3's – R or L; Beginning back spin – entry optional; Waltz jump, side toe hop, waltz jump series combination; Toe loop jump.
<b>FREE SKATE 3</b>	Forward crossovers in a figure 8; Advanced forward outside swing rolls 4-6 consecutive; Back spin; Salchow jump; Waltz jump/toe loop or Salchow./toe loop combination.
<b>FREE SKATE 4</b>	Spiral sequence, forward inside spiral, forward inside Mohawk, backward outside spiral c-wise or cc-wise; Forward power 3's – 2-3 consecutive sets – R or L; Sit spin; Loop jump; Waltz jump/loop jump combination.
<b>FREE SKATE 5</b>	Spiral sequence, forward outside spiral, forward outside 3-turn, one backward crossover, backward inside spiral; Camel spin; Forward upright spin to back upright spin, Loop/loop jump combination; Flip jump.
<b>FREE SKATE 6</b>	Five step Mohawk sequence – 1 set alternating pattern (refer to Basic Skills Curriculum Freeski 6); Camel/sit spin combination min 4 revs total; Split jump or stag jump; Waltz jump, ½ loop, Salchow combination; Lutz jump.

### ARTISTIC

See Free Skate for test requirements. Vocal music may be used. Costumes may be of any type as long as they fit the music and are not a safety hazard. Hand props (cane, doll, baton, etc.) are permitted. No live props (pets, animals, etc.). **PROPS MAY NOT BE PLACED IN THE CENTER OF THE ICE AT ANY TIME.** They may be placed on or against the railing or handed to another person. Judging will be based on skater's creativeness and artistic interpretation and entertainment value. Credit will be given for difficult jumps and spins based solely on their choreographic effectiveness, not on difficulty. The duration of the program will be 1:30. Skaters will be grouped by age and level as closely as possible and male and females may be mixed.

## BASIC PROGRAM

Skating order of the required elements is optional. Elements are not restricted as to number of times elements are executed, or length of glides, numbers of revolutions etc. unless otherwise stated. May use elements from a previous level. Deductions will be made if elements from a higher level are skated. **Vocal music is permitted.** Time/duration of program: 1 minute +/- 10 secs. To be skated on full Ice. Skaters will be judged on: Technical Merit and Presentation.

<b>EVENT</b>	<b>REQUIREMENTS</b>
<b>SNOWPLOW SAM (Tots)</b>	March followed by a two foot glide and dip Forward two foot swizzles 2-3-in a row Backward wiggles 2-6 in a row Forward snowplow stop
<b>Basic 1</b>	Forward two foot glide Forward two foot swizzles - 6 -8 in a row Backward wiggles 6-8 in a row Forward snowplow stop
<b>Basic 2</b>	Forward one foot glide - either foot Two foot turn in place - forward to backward Backward two foot swizzles - 6 - 8 in a row Forward alternating ½ swizzle pumps, in a straight line -across width of ice Moving snowplow stop
<b>Basic 3</b>	Forward stroking Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive Moving forward to backward two foot turn - either direction Backward one foot glide - either foot Two foot spin
<b>Basic 4</b>	Forward outside edge on a circle clockwise or counter clockwise Forward crossovers 6-8 consecutive both directions Forward outside 3-turn - R and L Backward stroking Backward snowplow stop - R or L
<b>Basic 5</b>	Backward outside edge on a circle - clockwise or counterclockwise Backward crossovers 6-8 consecutive - both directions One foot spin - min of three revolutions Side Toe hop -either direction Hockey stop
<b>Basic 6</b>	Forward inside 3-turn - R & L Bunny Hop Forward arabesque spiral on a straight line R or L Lunge - R or L T-stop - R or L
<b>Basic 7</b>	Forward inside open Mohawk - R to L and L to R Ballet Jump either direction Back crossovers to a back outside edge landing position - clockwise and

	counter clockwise Forward inside pivot
<b>Basic 8</b>	Moving forward outside or forward inside 3 turns R and L Waltz jump Mazurka - either direction Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge) Beginning one-foot upright spin, optional free foot position

### **FREE SKATE PROGRAM 1-6**

Program to be skated on full ice with music. Vocal music is not allowed. Program duration is 1:30 +/- 10 seconds. Deductions will be made if elements from a higher level are skated. Groups will be divided by age within each category depending on number of competitors. Program must contain all of the required elements listed and will be judged on technical merit and presentation.

<b>EVENT</b>	<b>REQUIREMENTS</b>
<b>Free Skate 1</b>	Advanced forward stroking 4-6 strokes. Scratch spin from back crossovers. Waltz jump from back crossovers. Half flip jump.
<b>Free Skate 2</b>	Forward outside spiral (arabesque) – R or L; Waltz 3's – R or L; Beginning back spin; Waltz-jump, side toe hop, waltz jump in combo; toe loop.
<b>Free Skate 3</b>	Forward crossovers in a figure 8. Back spin. Salchow. Waltz jump/Toe loop or Salchow /toe loop.
<b>Free Skate 4</b>	Forward power 3's, 2-3 consecutive R or L. Sit spin. Loop jump. Waltz jump/loop jump
<b>Free Skate 5</b>	Camel spin. Forward upright spin to back upright spin. Loop/loop combination jump. Flip jump
<b>Free Skate 6</b>	Camel/sit spin combination, min of 4 revolutions total. Split or stag jump. Waltz jump/1/2 loop /Salchow combination. Lutz jump

**U. S. Figure Skating Basic Skills Program**  
**SPECIAL OLYMPICS BADGE PROGRAM**

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

**Badge 1**

- A. Stand unassisted for five seconds
- B. Fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

**Badge 2**

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

**Badge 3**

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: L & R

**Badge 4**

- A. Backward two foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: L & R
- D. Forward one foot glide covering at least length of body: L & R

**Badge 5**

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two foot curves left and right across rink
- D. Two foot curves left and right across rink

**Badge 6**

- A. Gliding forward to backward two foot turn
- B. Five consecutive forward one foot swizzles on circle: L & R
- C. Backward one foot glide length of body: L & R
- D. Forward pivot

**Badge 7**

- A. Backward stroking across the rink
- B. Gliding backward to forward two foot turn
- C. T-stop left of right
- D. Forward two foot turn on a circle: L & R

**Badge 8**

- A. Five consecutive forward crossovers: L & R
- B. Forward outside edge: L & R
- C. Five consecutive backward 1/2 swizzles on a circle: L & R

**Badge 9**

- A. Forward outside three turn: L & R
- B. Forward inside edge: L & R
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

**Badge 10**

- A. Forward inside three turn: L & R
- B. Five consecutive backward crossovers: L & R
- C. Hockey stop
- D. Forward spiral three times length of body

**Badge 11**

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: L & R
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

**Badge 12**

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12.



## U.S. Figure Skating Basic Skills Registration Form

**Learn the Basics of Figure Skating!** Basic Skills competitions are open to all skaters who have not passed the Pre-Preliminary Moves in the Field U.S. Figure Skating test. Membership is \$15 for the membership year of July 1, 2010 – June 30, 2011.

Your membership includes the following benefits:

- Information about figure skating, guest sessions, equipment, and competition opportunities
- Official US Figure Skating Membership Card
- A Membership Year Patch
- Sports accident insurance coverage
- A brightly colored record book with stickers to track your progress through the lessons
- Start on the road to the Olympics

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

Previous Membership # \_\_\_\_\_

Date of Birth \_\_\_\_\_

Gender (M or F) \_\_\_\_\_

Coach \_\_\_\_\_

Primary Rink(s) \_\_\_\_\_

Mail Application and Fee To: HOUSTON FIGURE SKATING CLUB  
P.O. BOX 460364  
HOUSTON, TX 77056  
[www.houstonfsc.org](http://www.houstonfsc.org)

Becoming a member of the Houston FSC is a great way to get involved and learn what skating is all about. If you have questions please contact any Board Member or contact Catherine Mifsud, Membership Chair at [houstonfsc@yahooc.com](mailto:houstonfsc@yahooc.com).