

# Capitol Classic 2010



9<sup>th</sup> Annual Basic Skills Competition

**Saturday, July 24, 2010 - 9:00-5:00 PM**

**REGISTRATION DEADLINE WEDNESDAY JUNE 30, 2010**

Snowplow – Basic 8 Adult 1 – 4 Elements and Program  
Limited Beginner – Preliminary – Adult - Bronze  
Compulsory – Freestyle – Jumps – Spins – Showcase/Artistic  
Well Balanced and Test Track

**FREE TIE-DYE TEE-SHIRT TO EACH COMPETITOR**



Capitol Ice  
2616 Pleasant View Rd.  
Middleton, WI 53562



US Figure Skating Basic Skills Committee Approval # 3457  
**A Registered Wisconsin Basic Skills Series Competition**

Sponsored by Capitol Figure Skating Club, Capitol Skating School, LLC, Capitol Ice, LLC  
Competition information: [awentworth2@yahoo.com](mailto:awentworth2@yahoo.com) and on website:  
[capitol skating school.com](http://capitol skating school.com)

Registration Opens Saturday July 24, 2010 7:15 AM



Hotel info: Baymont Inn and Suites, 8102 Excelsior Drive, Madison WI 53717  
608-831-7711 Ask for Capitol Classic 2010 Basic Skills Competition  
\$69.00/night if reserved BEFORE June 24, 2010  
Continental breakfast large indoor pool  
Approximately 1 mile to Capitol Ice

## 2010 USFS Wisconsin Basic Skills Series Competitions

Mission Statement: To give Wisconsin skaters a chance to develop their USFS Basic Skills in a fun, competitive environment.

Skaters will have the chance to compete at ten different clubs & arenas and earn points for a final standing. Awards will be presented to skaters with the highest point totals when they compete in at least two out of the ten scheduled events. These awards will take place at the *SCIS* competition on October 4, 2010.

### Series Point System

The Freeskating and Compulsory/Elements events in each of the Series Competitions will be eligible for accumulating points. The system for scoring points for the final award will be as follows:

Place	Points
1	6
2	5
3	4
4	3
5	2
6	1

If an event has 2-6 skaters, the points will be awarded as if 6 skaters were in the group. If only one skater is in the group, that skater will be awarded 3 points. Points are accumulated for Compulsory and Freeskate events separately.

A skater may participate in either the element/compulsory events and/or freeskating events in any Wisconsin Basic Skills Series competitions to be eligible for accumulating points.

All skaters who participate in at least 2 of the 10 competitions in the following events:

- Basic Elements
- Basic Program with Music
- Test Track Compulsory
- Test Track Freeskate
- Well Balanced Compulsory
- Well Balanced Freeskate

will be eligible to win an award with an overall total of points. Medals will be awarded (1-3 place) at each level. Jumps, Spins, Dance, Pairs, Artistic, Adult and Synchronized Team events will NOT earn points in the Series. Skaters moving to the next level during the Series will take their points with them.

## Participating 2010 Wisconsin Basic Skills Series Competitions

<p>◆The Shamrock Invitational Sheboygan Lakers Figure Skating Club</p> <p><b>January 30, 2010</b></p> <p>Sheboygan Lakers Blue Line Ice Center 1202 S. Wildwood Ave. Sheboygan, WI 53081 Contact Allye Ritt 920-918-6036 <a href="mailto:allyebrown@yahoo.com">allyebrown@yahoo.com</a></p>	<p>◆14<sup>th</sup> Annual McFarland Basic Skills Competition</p> <p><b>March 6, 2010</b></p> <p>McFarland Ice Arena 4812 Marsh Rd. McFarland, WI 53548 Contact: Amy Battista 608-239-3883 <a href="mailto:amy4502@aol.com">amy4502@aol.com</a></p>	<p>◆2010 Skate Green Bay Basic Skills Competition</p> <p><b>March 20, 2010</b></p> <p>De Pere Ice Arena 1450 Fort Howard Avenue De Pere, WI 54115 Contact: Amy Bierderwieden 920-819-6047 <a href="mailto:triplegolddesigns@att.net">triplegolddesigns@att.net</a></p>
<p>◆Hodag Skate Classic Rhinelander Figure Skating Club</p> <p><b>April 10, 2010</b></p> <p>Rhinelander Ice Association 2021 E. Timber Dr. Rhinelander, WI 54501 Contact: Alison French 715-362-8889 <a href="mailto:mafrench@frontiernet.net">mafrench@frontiernet.net</a></p>	<p>◆Midwest Basic Skills Competition</p> <p><b>April 10, 2010</b></p> <p>Eagles Nest Ice Arena 103 Lincoln Street Verona, WI 53593 Contact: Dena Hineline 608-206-4512 <a href="mailto:marieh2001@hotmail.com">marieh2001@hotmail.com</a></p>	<p>◆7<sup>th</sup> Annual Snow Crystal Basic Skills Competition</p> <p><b>April 17, 2009</b></p> <p>Pettit National Ice Center 500 S. 84<sup>th</sup> Street Milwaukee, WI 53214 Contact: Carrie Sinclair 414-266-0100 <a href="mailto:skatingschool@thepettit.com">skatingschool@thepettit.com</a></p>
<p>◆2010 Blue Line Basic Skills Competition</p> <p><b>May 22, 2010</b></p> <p>Fond du Lac Blue Line FSC Blue Line Family Ice Center 550 Fond du Lac Avenue Fond du Lac, WI 54935 Contact: Julie Kuczkowski 920-948-3082 <a href="mailto:j_kuczkowski@hotmail.com">j_kuczkowski@hotmail.com</a></p>	<p>◆Capitol Classic 2010 Basic Skills Competition</p> <p><b>July 24, 2010</b></p> <p>Capitol Ice 2616 Pleasant View Rd. Middleton, WI 53562 Contact: Alice Wentworth 608-833-5451 <a href="mailto:awentworth2@yahoo.com">awentworth2@yahoo.com</a></p>	<p>◆2010 SCIS Basic Skills Competition Swan City Ice Skaters</p> <p><b>October 10, 2010</b></p> <p>Beaver Dam Family Center Gould Street Beaver Dam, WI 53916 Contact: Amy Grunst 920-885-9753 <a href="mailto:agrunst@hughes.net">agrunst@hughes.net</a></p>

	<p>Skater point accumulation can be found on this website: <a href="http://fscouncilwisconsin.org">http://fscouncilwisconsin.org</a></p>	<p>SERIES AWARDS CEREMONY at the SCIS competition in Beaver Dam.</p>
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**Eligibility Rules: This co-ed competition is approved by US Figure Skating and will follow the USFS guidelines.**

The competition is open to individuals of all ages who are enrolled in a US Figure Skating (USFS) Learn to Skate program or who are members of US Figure Skating and have passed no higher than USFS Preliminary or Adult Bronze Freestyle tests. Members of other organizations are eligible. Competitors will be divided according to age and skill level with a maximum of 6 skaters per group. Teenagers will be grouped accordingly, as numbers permit. Skaters 21 years or older are considered Adults. Basic Skills skaters (Snowplow Sam through Basic 8) must skate at their highest level passed as of the closing date for entries. All others may skate at the highest level passed or one level higher. The **“competitive test track” freeskate includes**, limited beginner, beginner, pre-preliminary and preliminary. The **“well-balanced freeskate program” includes**; no-test, pre-preliminary, and preliminary with rules **#3701, #3711, #3721** applied from the current **U.S. Figure Skating Rulebook**. Skaters who have passed the Pre-preliminary FS may compete at the Pre-Preliminary or Preliminary Levels. Skaters who have passed the Preliminary FS must compete at the Preliminary levels. Adults who have not passed any USFS tests or who have passed the Pre-Bronze MIF tests may skate at the Pre-Bronze or Bronze Levels. Adults who have passed the Bronze free skate test must skate at the Bronze level. **Refer to Rulebook #3800; 3801; 3805 and 3806.**

Skaters competing in compulsory and freestyle events must skate at the same/equivalent level in both events. If a skater competes in a non-qualifying competition in a “Beginner or No Test” level, then that skater must compete at the equivalent or higher level in this Basic Skills approved competition.

**Music** The music must be provided on CD's or cassette tapes by the skater. **Vocal music will be permitted for Snowplow Sam through Basic 8 only.** All Freestyle events will use the 10 sec + or – rule on program times. CD's/tapes should be clearly marked with the name of the skater, skating level, length of music, and turned in to the registration table. A duplicate tape/CD should be readily available with your coach when you are competing. **Please pick up your tape/CD from the registration table following your event.**

**Awards, Photographs, Video CD's.** All events will be final round. Awards (**Medals 1<sup>st</sup> through 6<sup>th</sup>**) will be presented in the upstairs Mezzanine. A trophy will be awarded to the Club, program, arena etc. (excluding Capitol Skating School, LLC) with the highest total points. **A photographer will be available to take all event pictures, action shots and full-length individual pictures in upstairs mezzanine. Bring your camera but please no flash photography during an event.**

**Entry Fee and Deadline (competition limited to 120 competitors)** Snowplow Sam \$35.00 for the first entry; \$10.00 for each additional event **All others:** \$50.00 for the first entry; \$15.00/additional event (except Spins and Jumps events which are \$5.00 each). Registration **Deadline: Wednesday June 30,2010. Late entries =\$10.00 late fee and will be accepted at the discretion of the LOC. No refunds.**

**A free tie-dye tee shirt will be given to each competitor. Please indicate your size on the registration form. Announcement, schedules, practice ice and updates on: [www.capitol skating school.com](http://www.capitol skating school.com). Enclose a self addressed stamped envelope, so that we can mail you a hard copy of your event and practice times.**

**Skating order** is determined by random draw and will be posted in the upstairs Mezzanine hallway. **Skaters will have a short group warm up just prior to their event.**

**Practice ice:** Friday evening; 6:20-6:40PM; 6:40-7:00PM; 7:00 - 7:20 PM. Saturday morning: 8:05-8:25AM; 8:25-8:45AM; 12:00 noon–12:20 PM and 12:20 PM-12:40 PM @ \$8.00/20 minutes.

**Pre-register for practice ice @ \$8.00/20 min.** Practice ice will also be available at registration (space permitting) @ **\$10.00/20 min session.**

**Questions:** Alice Wentworth 608-833-5451 e-mail:awentworth2@yahoo.com

## Snowplow Sam - Basic 8 Compulsory No Music – ½ ice; 1 min or less

Skater must enter at highest level passed. Each skater in Snowplow, Basic 1 and Basic 2 will perform one element at a time in the order listed below when directed by a judge or referee. Skaters in Basic 3 and above will perform each element in program format in the order listed below using connecting steps.

• 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

Schedules will be posted on the website; capitolskatingschool.com. Skating order is determined by random draw. Skaters should be prepared to skate 30 minutes prior to their event.

Practice ice: Friday evening, Saturday morning and noon. Pre-register for practice ice (see registration form) \$8.00/20 min.. or at the registration table (\$10.00/20 min).


<p><b>Snowplow Sam - TOTS</b>            March followed by a two foot glide and dip            Forward two foot swizzles 2-3 -in a row            Forward snowplow stop            Backward wiggles 2-6 in a row</p>	<p><b>Basic 5</b>            Backward outside edge glide on a circle – clockwise or counterclockwise            Backward crossovers (6-8 consecutive - both directions)            One foot spin - minimum of three revolutions            Hockey stop            Side toe hop -either direction</p>
<p><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</p>	<p><b>Basic 6</b>            Forward inside 3-turn R &amp; L <u>from a standstill</u>            Bunny Hop R or L            Forward spiral on a straight line R or L            Lunge - R or L            T-stop - R or L</p>
<p><b>Basic 2</b>            Forward one foot glide - either foot            Forward alternating ½ swizzle pumps, in a straight line across width of ice            Two-foot turn in place. forward to backward            Backward 2- foot swizzles 6-8 in a row            Moving snowplow stop</p>	<p><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 counterclockwise            Forward inside pivot either foot</p>
<p><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</p>	<p><b>Basic 8</b>  <b>Moving forward</b> outside or forward inside 3 turns R and L            Waltz jump            Mazurka - either direction            Combination move - clockwise or counter clockwise – Basic 8 Curriculum (2 forward crossovers into FI Mohawk, step behind onto inside edge, step into 1 back crossover and step to a forward inside edge)            Beginning one foot upright spin - optional free foot position.</p>
<p><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 <u>from standstill</u>            Backward stroking            Backward snowplow stop - R or L</p>	<div data-bbox="938 1625 1269 1759" data-label="Image"> <p>The logo for the US Figure Skating Basic Skills Program. It features a stylized figure skater in motion, with the text 'US FIGURE SKATING' in a bold, sans-serif font above the skater, and 'Basic Skills Program' in a smaller, italicized font below the skater.</p> </div> <p>The US Figure Skating Logo is a trademark of US Figure Skating.</p>

## Snowplow Sam through Basic 8 Program Events With Music

### 1:00 +/-10 sec

**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
- Skaters will be judged on: Technical Merit and Presentation
- Schedules will be posted on our website; capitolskatingschool.com Skating order is determined by random draw. Skaters should be prepared to skate 30 minutes prior to their event.
  - Practice ice: Friday evening, Saturday morning and noon. You may pre-register for practice ice (see registration form) \$8.00/20 min., or at the registration table (\$10.00/20 min).

<p><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</p>	<p><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</p>
<p><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</p>	<p><b>Basic 6</b>            Forward inside 3-turn - R &amp; L <u>from standstill</u>            Bunny Hop            Forward arabesque spiral on a straight line R or L            Lunge - R or L            T-stop - R or L</p>
<p><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</p>	<p><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</p>
<p><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</p>	<p><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 – Basic 8 (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</p>
<p><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 <u>from standstill</u>            Backward stroking            Backward snowplow stop R or L.</p>	<div style="text-align: center;">  <p><b>US FIGURE SKATING</b>  <i>Basic Skills Program</i></p> </div> <p>The US Figure Skating Logo is a trademark of US Figure Skating.</p>

**Beyond the Basics Compulsory Events: Test Track-Well Balanced and Adult Programs No Music– ½ ice-1 min; Preliminary Level -1'15" max.**

- Skater may enter at highest level passed. or one level higher, and may skate one level higher in compulsories than their free skate program.
- Each skater will perform all of the required elements in program form in any order using a limited number of connecting steps or elements from a previous level where applicable. **Deductions (0.2) will be made if elements from a higher level are performed.**
- Schedules will be posted on our website; capitolskatingschool.com Skating order is determined by random draw. Skaters should be prepared to skate 30 minutes prior to their event.
- Practice ice: Friday evening, Saturday morning and noon. You may pre-register for practice ice (see registration form) \$8.00/20 min. or at the registration table \$10.00/20 min.

Level	Elements	Qualifications	Length
<b>Limited Beginner Compulsory</b>	Waltz jump ½ jump of choice Forward two foot or one foot spin (free leg position optional) 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 max.
<b>Beginner Compulsory</b>	Toe loop jump Salchow jump Forward scratch spin 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 max
<b>No Test Compulsory</b>	Loop jump Jump combination to include a toe-loop (may not use a loop or Axel) Solo spin: sit <b>or</b> camel spin Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests. No official US Figure Skating free skate tests passed.	Time: 1:00 max
<b>Pre-Preliminary</b>	Flip jump Jump combination: waltz jump/toe loop jump <b>or</b> Salchow/toe loop jump Solo spin- sit <b>or</b> camel spin Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:00 max
<b>Preliminary</b>	Lutz jump Jump combination (may not use Lutz jump or Axel) Camel spin Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time :1:15 max
<b>Adult 1-4 Compulsory 1 min or less</b>  <b>Adult Pre-bronze - Bronze</b>	Use elements from the Basic Skills Adult 1-4 Basic Curriculum Must have passed no higher than Adult 4	<b>Pre-bronze:</b> salchow or toe-loop. 1 ft upright spin, crossovers f or b; lunge or spiral. <b>Bronze:</b> three single jumps; one combination of waltz jump and toe loop, back spin, sit-spin, connecting moves throughout.	Time :1:00 max

**Beyond the Basics - Test Track and Adult Freestyle Programs With Music  
– No Vocals 1:30 +/- 10 sec. 6.0 Judging System**

- Skaters may enter either the competitive test track or the well-balanced free skate track but not both during the same non-qualifying competition.
- Skater may enter at highest level passed or one level higher. Each skater will perform all of the required elements in any order. All listed moves must be performed. Elements from a previous level may be used. **Deductions: (0.1) will be made for each mark for each element skated not permitted in the event description- 0.2 from the technical mark for each extra or lacking element. And 0.1 for any spin with less than required revolutions.** Skaters will be judged on: Technical Merit and Presentation
- Schedules will be posted on our website; capitolskatingschool.com. Skating order is determined by random draw. Skaters should be prepared to skate 30 minutes prior to their event.
- Practice ice: Friday evening, Saturday morning and noon. You may pre-register for practice ice (see registration form) \$8.00/20 min. or at the registration table \$10.00/20 min.

<b>Level</b>	<b>Elements</b>	<b>Qualifications</b>	<b>Length</b>
<b>Limited Beginner Freeskate</b>	Two upright spins, no change of foot (min 3 revolutions) Jumps with no more than ½ revolution (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: up to 1:30 +/- 10
<b>Beginner Freeskate</b>	Two upright spins, no change of foot (min 3 revolutions) Jumps with no more than ½ revolution (front to back or back to front); single rotation jumps: Salchow and toe-loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: up to 1:30 +/- 10
<b>Pre-Preliminary Freeskate Test Track</b>	Two solo spins of a different nature, no change of foot (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. Maximum 5 jump elements. 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	Time: up to 1:30 +/- 10
<b>Preliminary Freeskate Test Track</b>	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 jump 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	Time: up to 1:30 +/- 10
<b>Adult 1-4 Freeskate</b>	Use elements from the Basic Skills Adult 1-4 Basic Curriculum Must have passed no higher than Adult 4	<b>Adult Bronze</b> - Refer to U.S. Figure Skating rulebook #3801 for more information. Adult Bronze – must have passed no higher than adult bronze free skate test or the preliminary free skate test.	Time: up to 1:40 +/- 10
<b>Adult Pre Bronze</b>	Refer to US Figure Skating rulebook #3805 for more information. Pre-Bronze must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test		

**Well Balanced Program Free skating Events With Music No Vocals 1:30 +/- 10 sec. U.S. Figure Skating rulebook requirements 6.0 Judging System**

- Skaters may enter either the competitive test track or the well-balanced free skate track but not both.
- Skater may enter at highest level passed or one level higher. Each skater will perform all of the required elements in any order. All listed moves must be performed. Elements from a previous level may be used. **Deductions: (0.1) will be made for each mark for each element skated not permitted in the event description- 0.2 from the technical mark for each extra or lacking element. And 0.1 for any spin with less than required revolutions.** Skaters will be judged on: Technical Merit and Presentation
- Schedules will be posted on our website; capitolskatingschool.com Skating order is determined by random draw. Skaters should be prepared to skate 30 minutes prior to their event.
- Practice ice: Friday evening, Saturday morning and noon. You may pre-register for practice ice (see registration form) \$8.00/20 min., or at the registration table (\$10.00/20 min).

No Test Free Skate	A well balanced program consisting of:  <b>Jumps:</b> maximum of 5 jump elements. No axels or double jumps permitted.  <b>Spins:</b> maximum of 2 spins of a different nature <b>Steps:</b> one step sequence utilizing ½ ice surface  <i>Refer to U.S. Figure Skating rulebook # 3721 for more information</i>	May not have passed any official U.S. Figure Skating <b>free skate</b> tests.	Time: 1:30+/-10
Pre-Preliminary Free Skate	A well balanced program consisting of:  <b>Jumps:</b> maximum of 5 jump elements. Axels permitted, max of two; no double jumps permitted.  <b>Spins:</b> maximum of 2 spins of a different nature <b>Steps:</b> one step sequence utilizing ½ ice surface  <i>Refer to U.S. Figure Skating rulebook # 3711 for specific 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: <b>Jumps:</b> 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. <b>Spins:</b> maximum of 2 spins of a different nature <b>Steps:</b> one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook # 3701 for specific information</i>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10

**Spin and Jump Events Open to Skaters in No Test/ Limited Beginner Through Preliminary as well as Adult Pre-Bronze and Bronze - 1/2 ice 30sec**

- Skaters must compete at the same level as their Free Skating events: Spins and jumps must be skated at the same level. “No-test” skaters select the most appropriate no-test spin/jump either I or II. If a no test skater is competing in both spin and jump events they must compete at the same level. i.e. both events at either No-test I or No test II.
- Spins to be skated in a simple program without music with no extra or repeated elements. Connecting moves will not be judged.
- Jumps must be performed in the order listed. Each skater will be allowed two attempts at each jump the judges will each select the better of the two jumps. Jumps will be skated in sequence, making consecutive attempts at each jump. Skaters will perform jump #1, then immediately make a second attempt at the same jump. In situations where the skater has an option, the first attempt will determine the jump that will be judged.
- Practice ice: Friday evening, Saturday morning and noon. You may pre-register for practice ice (see registration form) \$8.00/20 min., or at the registration table (\$10.00/20 min).

**No Test I&Limited Beginner: May not have passes any official U.S. Figure Skating Free skating tests.**

**Spins:**

- Upright forward two foot spins (min 3 revolutions)
- Upright forward one foot spin (min 3 revolutions)

**Jumps**

- Waltz Jump
- Waltz jump-side-toe-hop-waltz jump

**No Test II & Beginner: May not have passes any official U.S. Figure Skating Free skating tests.**

**Spins**

- Upright forward one foot spins (min 3 revolution
- Upright back one foot spin (min 3 revolutions)

**Jumps**

- Salchow
- either** waltz jump-toe loop **or** toe-loop-toe loop

**Pre Preliminary: May not have passed any official U.S. Figure Skating Free skating tests higher than Pre-Preliminary Freeskate test.**

**Spins**

- Upright forward one-foot spin (minimum 4 revolutions)
- Upright back one-foot spin (minimum 4 revolutions)
- Forward sit-spin (minimum 4 revolutions)

**Jumps**

- Loop Jump
- Combination of any two single jumps excluding loop and axel

**Preliminary: May not have passed any official U.S. Figure Skating Free skating tests higher than Preliminary Freeskate test.**

**Spins**

- Backward Sit Spin (minimum 3 revolutions)
- Forward Camel spin (minimum 3 revolutions)
- Layback spin (minimum 3 revolutions in layback position)

**Jumps**

- Lutz Jump
- Combination of any jump (excluding Lutz) with a loop jump

**Adult Pre-Bronze: Must have passed no higher than adult Pre-bronze free skating test.**

**Spins**

- Forward upright one-foot spin (minimum of 4 revolutions)
- Forward camel spin (minimum of three revolutions)

**Jumps**

- Salchow
- Waltz jump/toe-loop combination

**Adult Bronze Spins: Must have passed no higher than adult Bronze free skating test.**

**Spins**

- Layback Spin – minimum of 4 revol .in the layback position)
- Forward sit spin (minimum of 5 revol. in the sit position)

**Jumps**

- Lutz
- Combination of any jump (excluding Lutz) with a toe-loop jump

**Showcase (Artistic) Free Skate Events**  
**Open to Skaters in No-Test – Limited Beginner –Preliminary**

Artistic events are open to skaters in Limited Beginner through Preliminary. Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. Skaters will be judged on musical interpretation, feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. May use hand held props or any items that skater can get on and off ice without assistance. 6.0 Judging will be used. **Deductions WILL be made** for skaters including technical elements not permitted in the event description.

<b>Level</b>	<b>Elements</b>	<b>Qualifications</b>	<b>Program Length</b>
Limited Beginner/Beginner	½ rotation jumps only; Salchow and toe loop permitted.	May not have passed any official U.S. Figure Skating free skate tests	Time: 1:30 +/- 10 sec
No Test	3 jumps maximum. No axels or double jumps permitted	May not have passed any official U.S. Figure Skating free skate tests	Time: 1:30 +/- 10 sec
Pre-Preliminary	3 jumps maximum. No axels or double jumps permitted	Must have passed no higher than U.S. Figure Skating Pre- Preliminary free skate test	Time: 1:30 +/- 10 sec
Preliminary	3 jumps maximum. Axels permitted: no double jumps allowed	Must have passed no higher than U.S. Figure Skating Preliminary free skate test	Time: up to 2 minutes +/- 10 sec

Event form: Name \_\_\_\_\_

**Compulsory**

**Snowplow through Basic 8 and Adults**

- \_\_\_\_\_ Snowplow
- \_\_\_\_\_ Basic 1
- \_\_\_\_\_ Basic 2
- \_\_\_\_\_ Basic 3
- \_\_\_\_\_ Basic 4
- \_\_\_\_\_ Basic 5
- \_\_\_\_\_ Basic 6
- \_\_\_\_\_ Basic 7
- \_\_\_\_\_ Basic 8
- \_\_\_\_\_ Adult 1-4

**Free Skate**

**Snowplow through Basic 8 and Adults**

- \_\_\_\_\_ Snowplow
- \_\_\_\_\_ Basic 1
- \_\_\_\_\_ Basic 2
- \_\_\_\_\_ Basic 3
- \_\_\_\_\_ Basic 4
- \_\_\_\_\_ Basic 5
- \_\_\_\_\_ Basic 6
- \_\_\_\_\_ Basic 8
- \_\_\_\_\_ Basic 7
- \_\_\_\_\_ Adult 1-4

**Compulsory Programs**

- \_\_\_\_\_ Limited Beginner
- \_\_\_\_\_ Beginner
- \_\_\_\_\_ No Test
- \_\_\_\_\_ Pre- Preliminary
- \_\_\_\_\_ Preliminary
- \_\_\_\_\_ Adult Pre-Bronze
- \_\_\_\_\_ Adult Bronze

**Test Track and Adult Free Skate Programs**

- \_\_\_\_\_ Limited Beginner
- \_\_\_\_\_ Beginner
- \_\_\_\_\_ Pre-Preliminary
- \_\_\_\_\_ Preliminary
- \_\_\_\_\_ Adult Pre-Bronze
- \_\_\_\_\_ Adult Bronze

**Well Balanced Free Skate Programs**

- \_\_\_\_\_ No Test
- \_\_\_\_\_ Pre-Pre
- \_\_\_\_\_ Preliminary

**NOTES.** One may compete in either the test track free skate program (with music) or the well balanced free skate program (with music), one may not compete in both the test tract and the well balanced free skate program.

**\*\*\*\*** For the spin and jump events. No Test I is equivalent to Limited Beginner and No Test II is equivalent to the Beginner level. If you are competing in the No-test Compulsory select the most appropriate (I or II) for your spin and jump events.

**Spin Events**

- \_\_\_\_\_ No Test I/ Limited Beginner.
- \_\_\_\_\_ No Test II/ Beginner
- \_\_\_\_\_ Pre-Preliminary
- \_\_\_\_\_ Preliminary
- \_\_\_\_\_ Adult Pre-Bronze
- \_\_\_\_\_ Adult Bronze

**Jump Events**

- \_\_\_\_\_ No Test I/Limited Beginner
- \_\_\_\_\_ No Test II/ Beginner
- \_\_\_\_\_ Pre-Preliminary
- \_\_\_\_\_ Preliminary
- \_\_\_\_\_ Adult Pre-Bronze
- \_\_\_\_\_ Adult Bronze

<b>Artistic Events</b>
_____ Limited Beginner/ Beginner
_____ No Test
_____ Pre Preliminary
_____ Preliminary

**CAPITOL CLASSIC 2010 COMPETITION ENTRY FORM:**

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Last First MMDDYY

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_  
(area code/phone #)

Basic Skills # \_\_\_\_\_ or USFS # \_\_\_\_\_ Highest Basic Skills or USFS Level passed \_\_\_\_\_

Program/Arena or Club Affiliation \_\_\_\_\_ Instructor \_\_\_\_\_  
print name phone (area code)

Circle Tee-shirt size: Youth: Small Medium Large Extra Large ; Adult Small Medium Large Extra Large

Instructor signature \_\_\_\_\_ I WILL \_\_\_\_\_ WILL NOT \_\_\_\_\_ be able to judge.

Instructor address (print) (street) city state e-mail

Emergency Contact: \_\_\_\_\_ Phone # \_\_\_\_\_

**The competitor and family hold Capitol FSC, Capitol Skating School, LLC, Capitol Ice, LLC and their affiliates 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 \_\_\_\_\_

Competitors Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor or Program Director \_\_\_\_\_ Date \_\_\_\_\_

**Test Chairperson/Club Officer for USFS Club Member Competitors**

\_\_\_\_\_ Date \_\_\_\_\_

Signature Club Affiliation (Circle Appropriate) Test Chair, Pres., Vice Pres., Sec., Treas.

**ENTRY FEE: Snowplow Sam Events \$35.00 First Event Additional Event \$10.00  
All Others: First Event \$50.00 Each Additional Event = \$15.00 Spins - \$5.00 Jumps \$5.00**

First Event \$ \_\_\_\_\_ Additional Event \$ \_\_\_\_\_

Practice Ice: \$8.00/session

Fri. \_\_\_\_\_ 6:20 -6:40 PM \_\_\_\_\_ 6:40-7:00 PM \_\_\_\_\_ 7:00-7:20 PM  
Sat. \_\_\_\_\_ 8:05- 8:25 AM \_\_\_\_\_ 8:25-8:45 AM \_\_\_\_\_ 12 noon-12:20 PM \_\_\_\_\_ 12:20-12:40 PM

**Total Enclosed** (Include total of event(s) and practice ice) \$ \_\_\_\_\_

**Entry Deadline: Wednesday June 30, 2010** No refunds without medical certification.  
Info: Alice Wentworth 608-833-5451 e-mail: awentworth2@yahoo.com

**\*\*\*Make Check out to Capitol Classic and mail this form to: Alice Wentworth 301 N. Gammon Rd., Madison, WI 53717 on or before Wednesday, June 30, 2010\*\*\***

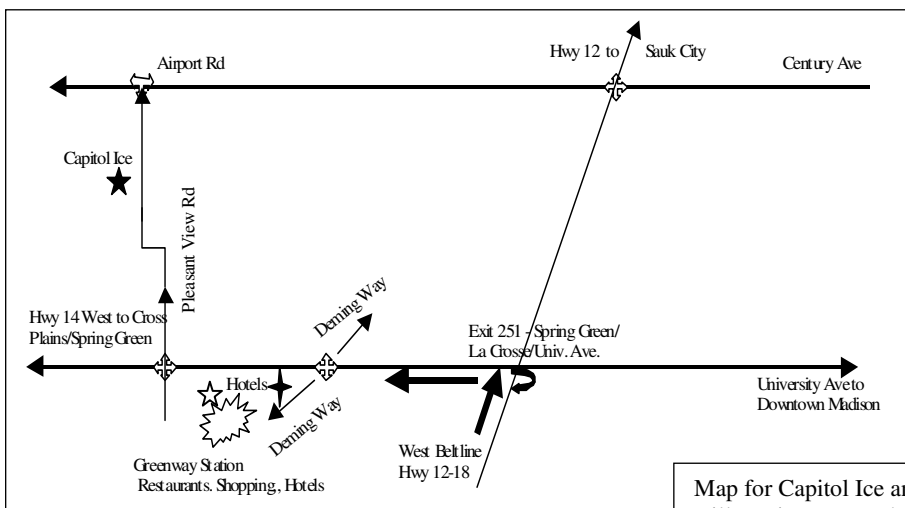
**\*\*\*Make a copy for your records\*\*\***

**Enclose a self-addressed stamped envelope so that we may mail out your competition event and practice times. It will be sent out approximately 5 days prior to the competition.**

**See website: capitoliskatingschool.com for updates and schedules.**



Capitol Classic 2010, c/o Alice Wentworth  
301 N. Gammon Rd.  
Madison, WI 53717  
[www.capitol skating school.com](http://www.capitol skating school.com)



Map for Capitol Ice and Greenway Station. You will receive coupon booklets in "skaters' bag" for Greenway Station Shopping and Dining as well as nearby Culvers, Subway etc.