



Invitational Competition
Including Basic Skills
Saturday November 6, 2010
8:00 a.m. to 8:00 p.m.

(Entries must be postmarked by October 4, 2010)

Clifton Park Ice Arena
16 Clifton Common Boulevard
Clifton Park, NY 12065

(518) 383-5440

<http://www.cliftonparkarena.com/index.html>

Contacts: AFSC website: <http://www.albanyfsc.org/>
Laurie Briceland Lombardi Vin Smentkowski
Competition Co-Chair Competition Co-Chair
518-439-8026 before 9 p.m. 518-383-9255 before 9 p.m.
Laurie.Briceland@acphs.edu vinsmentkowski@hotmail.com

Sanctioned by:



Approval #34257

ELIGIBILITY: The Albany Figure Skating Club's 4th Annual Open competition welcomes all amateur skaters who are current members in good standing with US Figure Skating; current membership w/ USFS is required and will be verified. Eligibility is based on age and USFS tests passed as of October 4, 2010 (close of entries). This USFS-sanctioned competition will be conducted according to the rules of US Figure Skating governing non-qualifying competitions as set forth in the 2011 US Figure Skating Rulebook. The 6.0 system of judging will be used.

All professional coaches wishing to enter skaters into this USFS-sanctioned non-qualifying event must be registered following the Coaches Registration Process, as per USFS requirement. This credential will be verified with USFS.

ENTRIES: Skaters may not compete in more than one category of a given event, except for solo dance. For all events where permitted by USFS, male and female skaters may compete against each other if there are insufficient entries to hold a separate event. The competition committee reserves the right to limit the size of each event, to cancel any event with less than two entrants (with refund of entry fee), and to combine or divide groups as necessary.

APPLICATION DEADLINE: must be filled out completely and legibly, with check for entry fees enclosed, and mailed before October 4, 2010, to:

Laurie Lombardi
AFSC Competition Chair
9 Gullane Drive
Slingerlands, NY 12159

ENTRY FEES: Checks should be made payable to: ALBANY FIGURE SKATING CLUB or AFSC.

• EVENT	• 1 st Event	• 2 nd Event	• 3 rd Event or more
• Freeskate	• \$60	• \$30	• \$25 each
• Artistic	• \$60	• \$30	• \$25 each
• Interpretive	• \$60	• \$30	• \$25 each
• Moves	• \$60	• \$30	• \$25 each
• Spins	• \$60	• \$30	• \$25 each
• Solo Dance	• \$35	•	•
• Basic Skills	• \$35	• \$15	•

- **LATE FEE \$30:** Must include this fee for any late entry to be considered, on space available basis
- **A \$30 service charge is assessed for any returned checks.**
- **There are NO REFUNDS** except for medical reasons with accompanying doctor's note, or cancellation of events.

SCHEDULE: Initial schedule of events will be posted approximately two weeks prior to the competition on the AFSC website: <http://www.albanyfsc.org/> AFSC cannot make changes to the posted schedule (except in the case of an error on the Club's part). The program with final schedule and skaters' names and flights will be available at the registration desk.

REGISTRATION & ADMISSION: The registration desk will be open throughout the competition, located in the main lobby of the Clifton Park Arena. Competitors should arrive approximately one hour prior to their scheduled skate time, turn in music and register promptly. A competition program will be provided to each registrant. Admission to the competition for family and friends is free.

MUSIC: Each competitor must supply their own music on an audio-CD for freestyle, short, and artistic programs, at least one hour prior to the event. **NO CASSETTE TAPES WILL BE**

ACCEPTED. CDs should be clearly marked with the skater's name and event. CDs must have only one program per CD in a format that is readable by a music CD player. Due to compatibility and reliability reasons music may NOT be submitted on re-recordable "CD-RW" discs. Competitors should have a backup CD for each event entered. Music may be picked up at the registration desk after the event.

PRACTICE ICE: Practice Ice will be offered and will cost \$20 per ½ hour session. Skaters may purchase practice ice at the registration desk on a first-come first-serve basis.

AWARDS: Awards will be presented to 1st, 2nd, 3rd, and 4th places for all events. Awards will be given out at designated times throughout the competition. A trophy will be awarded to the competitor winning the highest level freestyle long program competed, the highest level artistic/showcase program competed, and the highest level solo dance competed.

FACILITY & DIRECTIONS TO RINK: The ice surface at the Clifton Park Ice Arena measures 200 x 85 (NHL size). Directions to rink: Take I-87 (Northway) - Exit 9. Rt 146 West 2.5 miles to Vischers Ferry Rd. (Traffic Light - Cumberland Farms on corner). Left onto Vischers Ferry Rd, Rink is 1/4 mile on Left. A snack bar, dressing rooms, free wireless internet (WiFi) as well as numerous and varied vendors will be available, including videography and photography.

ACCIDENTS: The Albany Figure Skating Club and its officers and the Clifton Park Ice Arena and its representatives accept no liability for damage or injuries suffered by skaters, officials, or spectators during the competition.

HOTEL LISTING: The official hotel for the Albany FSC Annual Open is 15 minutes from the rink. Deadline for competition rate is OCTOBER 1, 2010. Please mention the AFSC competition for special rate.

Holiday Inn Express Inn & Suites
18 Clifton Park Village Road
Clifton Park, NY 12065
(518) 579-3000
www.hiecliftonpark.com

SOLO DANCE

- ◆ Skaters may enter at test level and/or up one level.
- ◆ Adult events age 21+.
- ◆ Three patterns will be skated.
- ◆ Male and Female competitors will be combined.
- ◆ Male skaters will skate the man's steps.

Category	Qualifications	Dance
No test	No dances passed	Dutch Waltz
Preliminary	Cannot have passed all Pre-bronze	Rhythm Blues
Pre-Bronze	Cannot have passed all Bronze	Cha Cha
Bronze	Cannot have passed all Pre-Silver	Willow Waltz
Pre-Silver	Cannot have passed all Silver	Fourteenstep
Silver	Cannot have passed all Pre-Gold	Silver Tango
Pre-Gold	Cannot have passed all Gold	Paso Doble
Gold	Open	Quickstep

FREE SKATING/SHORT PROGRAM

Skaters may skate at level or up one level; For Required elements, see 2011 USFS Rulebook; <https://www.usfsa.org>, click on technical info, rulebook

Category	Free Skate (FS) Qualifications	Program Time	
No Test	No FS Tests Passed	1:00-1:30 min	
Pre-Preliminary	Passed no higher than Pre-Preliminary FS test	1:00-1:30 min	
Preliminary	Passed no higher than Preliminary FS test	1:30 min	
Pre-juvenile	Passed no higher than Pre-juv FS Test	2 min	
Juvenile/Open Juvenile	Passed no higher than Juvenile FS test Open Juvenile – age 13 or greater as of 10/1/10	2:15 min	
		Long	Short
Intermediate	Passed no higher than Intermediate FS Test	2:30 min	2 min
Novice	Passed no higher than Novice Free Skating Test	Ladies: 3 min; Men: 3:30 min	2:30 min
Junior	Passed no higher than Junior Free Skating Test	Ladies: 3:30 min; Men: 4 min	2:50 min
Senior	Passed Senior Free Skating Test	Ladies: 4 min; Men: 4:30 min	2:50 min
Adult Pre-Bronze (Age 21 or older)	Passed Adult Pre-bronze Free Skating Test; no higher than standard Pre-Preliminary Free Skating Test or ISI FS3	1:40 min max	
Adult Bronze (Age 21 or older)	Passed Adult Bronze Free Skating Test and no higher than standard Preliminary Free Skating Test or ISI FS4	1:50 min max	
Adult Silver (Age 21 or older)	Passed Adult Silver FS Test and no higher than standard Pre-Juvenile Free Skating Test on or after 10/1/94 or ISI FS5	2:10 min max	
Adult Gold (Age 21 or older)	Passed Adult Gold FS Test; no higher than standard Juvenile Free Skating Test or ISI FS6	2:40 min max	
Adult Masters	Passed standard Intermediate Free Skating Test or	3:10 min max	

(Age 21 or older)	higher (no jump restrictions)	
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INDIVIDUAL COMPULSORY MOVES

- ◆ This event will be skated in the form of a free skating program, but WITHOUT music; qualifications are the same as for the free skating events.
- ◆ The required elements may be skated in any order.
- ◆ UNSPECIFIED OR ADDITIONAL MOVES ARE NOT PERMITTED. Marks will be deducted if any are included.
- ◆ Connecting steps are allowed, but such steps should be limited to the minimum necessary to link the required moves.
- ◆ FAILED MANEUVERS ARE NOT TO BE RESKATED and will be deducted.
- ◆ All events except juvenile & intermediate will be skated on ½ ice surface.
- ◆ Skaters may skate at test level or up one level.

Category	Required Moves	Max Time
No Test	Waltz jump; backward crossovers both directions; two-foot spin; forward straight line spiral. Not enrolled in Basic Skills	1 min
Pre-Preliminary	Waltz jump; salchow; half-flip; one-foot spin; forward pivot	1 min
Preliminary	Salchow; jump combination -2 single jumps with no step or turn in between jumps (one may be an axel); upright spin; back spiral; sit spin	1 min
Pre-juvenile	Lutz; camel spin; forward inside spiral; one single jump combination to include a loop (no steps or turns between jumps); forward scratch to back scratch spin	1:30 min
Juvenile	Axel; layback spin (girls) and upright spin (boys); jump combination -2 single jumps with no step or turn in between (one may be an axel); combination spin with 1 change of foot and 1 change of position; spiral sequence	1:30 min Full ice
Intermediate	Axel; double salchow or double toe loop; one jump combination consisting of a single jump and a double jump or two double jumps; spin combination with at least one change of foot and at least one change of position; spiral step sequence	1:30 min Full ice
Adult Pre-Bronze (Age 21 or older)	One foot spin; waltz jump; forward crossovers in a figure 8; lunge; alternating forward outside 3-turns (2-3 on each foot)	1 min
Adult Bronze (Age 21 or older)	Waltz jump/toe loop combination; salchow; back spin; forward spiral; 5-step Mohawk sequence (counter-clockwise, 2 patterns)	1 min
Adult Silver (Age 21 or older)	Jump combination with 2 single jumps; flip; camel spin; spin combination with one change of position –change of foot optional; spiral sequence with two spirals	1:30 min

INDIVIDUAL COMPULSORY SPINS

- ◆ Skaters may skate at test level or up one level.
- ◆ Skaters will present a program without music with the specified spins in any order
- ◆ There will be deductions for any jumps done.
- ◆ All levels will be skated on half ice.
- ◆ Footwork sequences are permitted to connect moves; however they will not be marked.
- ◆ One attempt per element

Event	Required Spins	Max Time
No Test	1) one foot spin –(min 3 revs) 2) two foot spin (min 3 revolutions)	0:45 min
Pre-Preliminary	1) One foot spin (min 3 revs) 2) Two foot spin (min 3 revs) 3) Sit Spin (min 3 revolutions)	1:00 min
Preliminary	1) One foot scratch spin (min 3 revs) 2) One foot back spin –optional entry position/exit on spinning foot (min 3 revs) 3) Sit spin in recognizable sit position (min 3 revs)	1:00 min
Pre-Juvenile/Juvenile	1) Camel Spin – min 4 revolutions 2) Layback (ladies)/Sit Spin (men) – minimum 4 revolutions 3) Combination Spin: one change of position/one change of foot – min 4 revolutions per foot	1:00 min
Intermediate/Novice	1) Flying Camel Spin-min 5 revolutions 2) Forward to Back Sit Spin-min 5 revolutions 3) Combination Spin: at least 1 change of position and 1 change of foot-minimum 5 revs per foot	1:30 min
Junior/Senior	1) Camel Change Camel Spin-minimum 6 revolutions per foot 2) Flying Sit Spin-min 8 revs in the sit position 3) Combination Spin: at least 2 changes of position and 1 change of foot-minimum 6 revs per foot	2:00 min
Adult Pre-Bronze (21 years and older)	1) One Foot Spin (min 3 rev) 2) Two Foot Spin (min 3 rev)	1:00 min
Adult Bronze (21 years and older)	1) One Foot Spin – min 4 revolutions 2) Back Spin, entry optional - min 3 revs 3) Sit Spin - minimum 3 revolutions	1:00 min
Adult Silver (21 years and older)	1) Camel Spin – min 3 revolutions 2) Layback, Attitude or Sit Spin – min 4 revs 3) Combination spin: one change of foot, change of position optional - min 3 revs/ foot	1:00 min
Adult Gold (21 years and older)	1) Two Solo Spins - min 4 revs each 2) One Combination Spin: one change of foot and at least one change of position - min 4 revs each foot	1:30 min

INTERPRETIVE

- ◆ Skaters may enter at test level or up one level.
- ◆ Music will be chosen by competition committee and skaters will hear the music during warm-up.
- ◆ Skaters will be judged on interpretation of the rhythm and character of the music, edges, footwork and timing of the jumps and spins.
- ◆ Male and Female competitors may be combined, depending on entries.
- ◆ Coaching is not permitted.
- ◆ No double or triple jumps, regardless of level

Category	Time
No test	1 min
Pre-Preliminary	1 -1.5 min
Preliminary	1 -1.5 min
Pre-Juv/Juvenile	1.5 min

Intermed/Novice	1.5 min
Junior/Senior	1.5 min

ARTISTIC/SHOWCASE

- ◆ Judging: Performances will be judged solely on creative and artistic qualities.
- ◆ The number of jumps is limited to three; combination jumps are not permitted.
- ◆ Skaters supply their own music. Vocal music is permitted.
- ◆ Skaters will be judged on:
 - Choreography (arrangement of steps, jumps, spins, etc.)
 - Music interpretation (expression of mood/theme of music)
 - Audience appeal (response)
 - Technical merit (style, flow, confidence of presentation)
 - Overall performance.
- ◆ Costumes receive no mark.
- ◆ Optional hand-held props are allowed.
- ◆ Skaters may skate at test level or up one level.

Category	Qualifications	Max Time
No test	Has not passed pre-preliminary free skating test	1:30 min
Pre-preliminary	Has not passed the preliminary free skating test	1:30 min
Preliminary	Has not passed pre-juvenile free skating test	1:30-2:00 min
Pre-Juvenile/Juvenile	Has not passed intermediate free skating test	1:30-2:00 min
Intermediate/Novice	Has not passed junior free skating test	2:00 min
Junior/Senior	Unrestricted	2:00 min
Adult bronze/silver (age 21+)	Has not passed adult gold free skating test	1:30 min
Adult gold/masters (age 21+)	Passed adult gold free skating test and no higher than standard juvenile free skating test	1:30 -2:00 min

Competitive Test Track Program Requirements

<http://www.usfigureskating.org/content/Levels.pdf>

Skaters may enter EITHER the 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	QUALIFICATIONS
Limited Beginner Time: 1:30 +/- 10	Jumps with not more than one-half 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
Beginner Time: 1:30 +/- 10	Jumps with not more than one-half rotation (front to back or back to front including half-loop) 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
Pre-Preliminary Test Time: 1:30 +/- 10	Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. Jump combinations and sequences with the above jumps are allowed. Maximum 5 jump elements.	Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)	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
Preliminary Test Time: 1:30 +/- 10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	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
Pre-Juvenile Test Time: 2:00 +/- 10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements.	Three spins in any position (Min 3 revolutions), One must be a combination spin with change of foot optional (Min 3 revolutions on each foot or 6 total revolutions and no flying spins).	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test

Competitive Test Track

LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
Juvenile Test Time: 2:15 +/- 10	Any single jumps and jump combinations with not more than 1 1/2 rotations. (Axel permitted). Maximum 6 jumping elements.	Three spins in any position (Min 4 revolutions) One must be a combination spin with one change of foot (Min 4 revolutions on each foot). May include flying spins.	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate Test Time: 2:30 +/-10	Any single jumps. Double jumps may only be the double Salchow and double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements.	Three spins in any position (Min 4 revolutions) One must be a combination spin with at least one change of foot (Min 4 revolutions on each foot). May include flying spins.	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Novice Test Time: Ladies 3:00 +/-10 Men 3:30+/-10	Any single jumps. Double jumps may only be the double Salchow, double toe loop and double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.	Three spins in any position (Min 6 revolutions) One must be a combination spin with at least one change of foot (Min 5 revolutions on each foot). May include flying spins.	One step or spiral sequence (see rule 3660 for description).	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test
Junior Test Time: Ladies 3:30 +/-10 Men 4:00+/-10	Any single jumps. Double jumps may only be the double Salchow, double toe loop, double loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.	Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one combination spin consisting of all three positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot).	One step sequence of advanced difficulty, covering the full ice surface. (See rule 3650 for description)	Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test
Senior Test Time: Ladies 4:00 +/-10 Men 4:30+/-10	At least four different double jumps One must be a double Lutz. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies.	Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one spin combination consisting of all three positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot).	Men: Two different step sequences. Ladies: One step sequence and one spiral sequence (see rule 3640 for description).	Skaters must have passed at least the U.S. Figure Skating junior free skate test

SNOWPLOW SAM & BASIC 1-8 COMPULSORY ELEMENTS EVENTS:

- Open to skaters with a current USFS Basic Skills Membership or USFS membership
- No official USFS tests may have been passed (including MIF and dance)
- Skaters who compete in the Open USFS portion of competition are not eligible to compete in Basic Skills competition
- Skaters must compete at highest test level passed, no higher
- To be skated on 1/3 to 1/2 ice surface; no excessive connecting steps permitted
- NO music, no program format
- Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** to perform each element when directed by a judge or the referee.
- Time 1:00 or less

<p>Snowplow Sam - Tots:</p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<p>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or 2. counterclockwise 3. Backward crossovers 6-8 consecutive - both directions 4. One foot spin - minimum of three revolutions 5. Hockey stop 6. Side Toe hop -either direction
<p>Basic 1:</p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
<p>Basic 2:</p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating 1/2 swizzle pumps, in a straight line -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump - either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p>Basic 3:</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward 1/2 swizzle pumps on a circle, either clockwise or counter clockwise 6 – 8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka - either direction 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 5. Beginning one-foot upright spin - optional free foot position
<p>Basic 4:</p> <ol style="list-style-type: none"> 1. Forward outside three turn - R & L from a standstill 2. Forward outside edge on a circle clockwise 	

or counter clockwise	
3. Forward crossovers 6-8 consecutive both directions	
4. Backward stroking	
5. Backward snowplow stop - R or L	

SNOWPLOW SAM & BASIC 1-8 PROGRAMS WITH MUSIC:

- Open to skaters with a current USFS Basic Skills Membership or full USFS membership
- No official USFS tests may have been passed including MIF and dance
- Skaters who compete in the open USFS portion of competition are not eligible to compete in Basic Skills competition
- Skaters must compete at highest basic skills test level passed, no higher
- Skating order of the required elements is optional
- Elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated
- VOCAL music is allowed; skated on full ice surface
- May use elements from a previous level. Deductions of 0.2 will be made for each element from a higher level that are skated
- Time: 1:00 +/- 10 seconds

<p><u>Snowplow Sam – Tots:</u></p> <ol style="list-style-type: none"> 1. March followed by a 2 foot glide & dip 2. Forward 2 foot swizzles 2-3 in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle – clockwise or counterclockwise 2. Backward crossovers, 6-8 consecutive, both directions 3. 1 foot spin, minimum of 3 revolutions 4. Side toe hop, either direction 5. Hockey stop
<p><u>Basic 1:</u></p> <ol style="list-style-type: none"> 1. Forward 2 foot glide 2. Forward 2 foot swizzles, 6-8 in a row 3. Backward wiggles, 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn, right & left 2. Bunny hop 3. Forward arabesque spiral on a straight line, right or left 4. Lunge, right or left 5. T-stop, right or left
<p><u>Basic 2:</u></p> <ol style="list-style-type: none"> 1. Forward 1 foot glide – either foot 2. 2 foot turn in place – forward to backward 3. Backward 2 foot swizzles, 6-8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line, across the width of ice 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk, right to left & left to right 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position, clockwise & counterclockwise 4. Forward inside pivot
<p><u>Basic 3:</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 6-8 consecutive 3. Moving forward to backward 2 foot turn – either direction 4. Backward 1 foot glide, either foot 5. 2 foot spin 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside 3-turns, right & left 2. Waltz jump 3. Mazurka, either direction 4. Combination move – clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover & step to a forward inside edge) 5. Beginning 1-foot upright spin, optional free foot position
<p><u>Basic 4:</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counterclockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside 3-turn, right & left 4. Backward stroking 5. Backward snowplow stop, right or left 	

REGISTRATION FORM: Albany Figure Skating Club 4th Annual Open & Basic Skills, November 6, 2010

Skater's Name _____ Gender: M F Age _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone #1: _____ Phone #2: _____ Email: _____

USFS #: _____ Exp Date: _____ Home Club: _____

Coach: _____ Coach Phone # _____

Has Coach Registered Through USFS Coach Registration Process? Yes _____ No _____

Highest USFS Test Passed by Skater:

Basic Skills: _____ Free Skate: _____ Dance: _____ Moves: _____

Free Skate	Competitive Test Track	Compulsory Moves	Compulsory Spins	Solo Dance	Basic Skills
No test []	Limited Beginner []	No Test []	No Test []	No Test []	Snowplow Sam/tots: Compulsory [] Music []
Pre-Preliminary []	Beginner []	Pre-Preliminary []	Pre-Preliminary [] Preliminary []	Preliminary [] Pre-Bronze []	BS 1: compulsory [] Music []
Preliminary []	Pre-preliminary []	Preliminary []	Pre-Juv/Juvenile [] Intermed/novice []	Bronze [] Pre-Silver [] Silver []	BS 2: compulsory [] Music []
Pre-juvenile []	Preliminary []	Pre-juvenile []	Junior/Senior [] Adult pre-bronze []	Pre-Gold [] Gold []	BS 3: compulsory [] Music []
Juvenile [] Open []	Pre-juvenile []	Juvenile []	Adult Bronze [] Adult Silver [] Gold []		BS 4: compulsory [] Music []
Intermediate: Long [] Short []	Juvenile []	Intermediate []	Interpretive	Artistic/Showcase	BS 5: compulsory [] Music []
Novice: Long [] Short []	Intermediate []	Adult Pre-Bronze []	No-test []	No-Test [] Pre-preliminary []	BS 6: compulsory [] Music []
Junior: Long [] Short []	Novice []	Adult Bronze []	Pre-preliminary []	Preliminary []	BS 7: compulsory [] Music []
Senior Long [] Short []	Junior []	Adult Silver []	Preliminary []	Pre-juv/juvenile [] Intermediate/novice []	BS 8: compulsory [] Music []
Adult: Pre-Bronze [] Bronze [] Silver [] Gold [] Masters []	Senior []		Pre-juv/Juv [] Intermed/Novice [] Junior/Senior []	Junior/Senior [] Adult bronze/silver [] Adult gold/masters []	

This skater is eligible to enter the events indicated above and is a member of good standing with _____ Club

Skating Club Official Signature _____

Title _____ Date _____ (Club signature waived for AFSC members)

Signature of Skating Professional _____ email: _____
 (Registration with USFS will be verified)

Waiver of responsibility:

Each competitor, family, and coach holds the Albany FSC, any representative of such, and US Figure Skating officials harmless of any and all liability for injuries and from any and all liability for damages and/or loss of property.

Signature of Skater _____
 (If skater over the age of 18)

Signature of Parent/Guardian _____
 (for skaters under 18)

Date _____

Fees: payable in full by check to AFSC

Circle Applicable Fees				
• EVENT	• 1 st Event	• 2 nd Event	• 3 rd Event or more	
• Freeskate	• \$60	• \$30	• \$25 each	
• Artistic	• \$60	• \$30	• \$25 each	
• Interpretive	• \$60	• \$30	• \$25 each	
• Moves	• \$60	• \$30	• \$25 each	
• Spins	• \$60	• \$30	• \$25 each	
• Solo Dance	• \$35	•	•	
• Solo Dance	•	• \$30	• \$25 each	
• Basic Skills	• \$35	• \$15	•	
• LATE FEE	• \$30	•	•	
• Sub-Total FEES	• \$	• \$	• \$	
• Grand Total			Sum of all events \$	

Deadline: Entries must be postmarked by October 4, 2010. Late entries will only be considered if late fee of \$30 is enclosed, and on a space available basis.

Mail with completed application & check to:
 Laurie Lombardi, AFSC Competition Co-Chair
 9 Gullane Dr.
 Slingerlands, NY 12159