



*Massena's*  
*“Winter Wonderland”*  
*LEARN TO SKATE*  
*COMPETITION*

Massena Figure Skating Club  
Sunday January 8<sup>th</sup>, 2023 at the Massena Arena.  
180 Harte Haven Plz, Massena, NY 13662  
Deadline for entries – Thursday December 29, 2022  
\$5.00 late fee will be charged after December 30, 2022  
12:00-5:00  
Sign up on Entryeze

Link to entryeze here

Contact Person: **Erin McKeever**, MFSC LTS Competition Chair  
[massenaltscmp@gmail.com](mailto:massenaltscmp@gmail.com) Call or text: 315-323-3581

The annual *Compete USA Learn to Skate Competition*, sponsored by the Massena Figure Skating Club will be held at The Massena Arena on **Sunday January 8th, 2023**. This is a United States Figure Skating approved Learn to Skate Competition.

## **MISSION STATEMENT**

The purpose of the competition is to promote a FUN, introductory, competitive experience for the beginning skater.

## **ELIGIBILITY RULES FOR PARTICIPANTS**

The competition is open to ALL skaters who are currently eligible (ER 1.00) members of either the Learn to Skate USA 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 Learn to Skate USA program/club or any other Learn to Skate USA program/club.

Eligibility will be based on skill level as of the closing date of entries.

All SNOWPLOW SAM AND LEARN TO SKATE USA SKATERS THROUGH BASIC 6 must skate at the highest level passed or one higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or individual dances. Skaters in other events may skate at the highest level passed OR one level higher BUT not both levels in the same event during the same competition.

## **REGISTRATION**

The registration table will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. Please register at least one hour before your competition time.

## **SCHEDULE OF EVENTS**

Schedule will be posted on our Facebook page (Massena Figure Skating Club) no later than January 6th.

## **ENTRIES AND FEES**

All entries must be completed online at entryeeze by Dec 22, 2022 no paper entries will be accepted. Late entries will be accepted at the discretion of the organizer and are subject to a \$5.00 late fee after December 22, 2022. Entry fees are per person, U.S. \$. The event fee are:

- \$10 for Basic elements
- \$15 Music events
- \$15 Solo Showcase
- \$10 per Skater- Duet/ Group Showcase
- \$10 Just for Fun event

NO refunds after the closing date unless the event is canceled by the Massena Figure Skating Club. All payments must be made online with application.

## **AWARDS**

Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be made at appropriate times throughout the competition.

## **MUSIC**

Competitors are required to upload their music on Entryeze when submitting their application. Only one piece of competition music (e.g., Free Skate, Showcase) per file is allowed. The uploaded file must be in MP3 file format; simply changing the file extension to “mp3” from another file format is NOT acceptable. All competitors and/or coaches must also bring copies of all competition music on CD to the event. No CD-RW discs will be accepted. Every reasonable care will be taken, but The Massena Figure Skating Club cannot be responsible for CDs left at the end of the competition. The music for Solo Dance events will be supplied by the competition committee. **The Deadline for online MUSIC submission is Thursday December 24th, 2022 at 11:59pm. A \$10 late fee will be applied if after the dead line.**

## **CERTIFICATION OF COMPETITOR**

It is agreed that the competitor and family holds the MFSC, officers, Massena Arena, and the Village of Massena 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.

## **LOCKER ROOM POLICY**

Only Skaters, Coaches, members that have completed the Safe Sport Training offered on the USFSA website, and parents of skaters under 13 will be permitted in the locker-room.

## **EVENTS OFFERED:**

**This competition includes events for skaters who have passed no higher than the preliminary free skate**

- Basic Elements-Single skater only – Snowplow Sam through Pre-Free skate
- Basic Skills Program to music – Snowplow Sam to Basic 6
- Showcase solo/Duet/Small group(limit 4)
- Free Skate Program to music – Pre-Free Skate to Free Skate 6
- Introductory levels Free Skate Program with music – Beginner to High Beginner
- Just for Fun Events: Relay race

## **Just for Fun Events**

Format choice of the host: Relay race

Skaters will be divided into groups based upon age and skill level.

The just for Fun Events will be offered at the end of the competition. They may have to be canceled if competition is in jeopardy of going over schedule, in that case the skater will be issued a refund.

## SNOWPLOW SAM –PRE-FREE SKATE ELEMENTS

### Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
  2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)  
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
- To be skated on 1/3 to 1/2 ice (determined by the LOC)
  - No music
  - **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>● March followed by a two-foot glide and dip</li> <li>● Forward two-foot swizzles, 2-3 in a row</li> <li>● Forward snowplow stop</li> <li>● Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>● Forward two-foot glide and dip</li> <li>● Forward two-foot swizzles, 6-8 in a row</li> <li>● Beginning snowplow stop on two-feet or one-foot</li> <li>● Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>● Forward one-foot glide (no variations), either foot</li> <li>● Scooter pushes, 2-3 each foot</li> <li>● Moving snowplow stop</li> <li>● Two-foot turn in place, forward to backward</li> <li>● Backward swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>● Beginning forward stroking showing correct use of blade</li> <li>● Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>● Forward slalom</li> <li>● Moving forward to backward two-foot turn on a circle</li> <li>● Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>● Forward outside edge on a circle, clockwise or counterclockwise</li> <li>● Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>● Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>● Backward one-foot glides (no variations), right and left</li> <li>● Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>● Backward outside edge on a circle, clockwise or counterclockwise</li> <li>● Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>● Forward outside three-turn, right and left</li> <li>● Advanced two-foot spin, minimum 4 revolutions</li> <li>● Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>● Forward inside three-turn, right and left</li> <li>● Mohawk, right to left and left to right</li> <li>● Bunny Hop</li> <li>● Basic forward spiral on a straight line (no variations), right or left</li> <li>● Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>● T-stop, right or left</li> </ul>
Prefree skate	1:15 Max	<ul style="list-style-type: none"> <li>● Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise               <ul style="list-style-type: none"> <li>● One-foot upright spin, optional entry and free foot position, minimum 3 revolutions                   <ul style="list-style-type: none"> <li>● Mazurka – right or left</li> <li>● Waltz jump</li> </ul> </li> </ul> </li> </ul>



### SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

Format: 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 with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>● March followed by a two-foot glide and dip</li> <li>● Forward two-foot swizzles, 2-3 in a row</li> <li>● Forward snowplow stop</li> <li>● Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>● Forward two-foot glide and dip</li> <li>● Forward swizzles, 6-8 in a row</li> <li>● Beginning snowplow stop on two-feet or one-foot</li> <li>● Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>● Forward one-foot glide (no variations), either foot</li> <li>● Scooter pushes, right and left foot, 2-3 each foot</li> <li>● Moving snowplow stop</li> <li>● Two-foot turn in place, forward to backward</li> <li>● Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>● Beginning forward stroking showing correct use of blade</li> <li>● Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>● Forward slalom</li> <li>● Moving forward to backward two-foot turn on a circle</li> <li>● Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>● Forward outside edge on a circle, clockwise or counterclockwise</li> <li>● Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>● Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>● Backward one-foot glides (no variations), right and left</li> <li>● Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>● Backward outside edge on a circle, clockwise or counterclockwise</li> <li>● Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>● Forward outside three-turn, right and left</li> <li>● Advanced two-foot spin, minimum 4 revolutions</li> <li>● Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>● Forward inside three-turn, right and left</li> <li>● Mohawk, right to left and left to right</li> <li>● Bunny Hop</li> <li>● Basic forward spiral on a straight line (no variations), right or left</li> <li>● Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>● T-stop, right or left</li> </ul>

## PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> <li>● Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>● One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>● Mazurka - right or left</li> <li>● Waltz jump</li> <li>● <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> <li>● Forward stroking, 4-6 consecutive powerful strokes</li> <li>● One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>● Toe loop jump</li> <li>● Half flip jump</li> <li>● <i>NOT ALLOWED – Waltz jump/toe loop combination</i></li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>● Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>● Beginning back spin, optional entry and free-foot position, maximum 2 revolutions</li> <li>● Half Lutz</li> <li>● Salchow jump</li> <li>● <i>NOT ALLOWED – Waltz jump/toe loop and Salchow/toe loop combination</i></li> </ul>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> <li>● Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>● Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>● Loop jump</li> <li>● Waltz jump/toe loop or Salchow/toe loop jump combination</li> <li>● <i>NOT ALLOWED – Waltz/loop combination</i></li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>● Forward power 3's, 2-3 consecutive sets, right or left</li> <li>● Sit spin – minimum 3 revolutions</li> <li>● Half loop jump</li> <li>● Flip jump</li> <li>● <i>NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination</i></li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>● Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions</li> <li>● Camel spin – minimum 3 revolutions</li> <li>● Waltz/loop jump combination</li> <li>● Lutz jump</li> </ul>
Free Skate 6	1:40 Max	<ul style="list-style-type: none"> <li>● Creative step sequence using a variety of three turns, mohawks, and toe steps, half ice</li> <li>● Camel-sit spin combination spin, minimum 4 revolutions total</li> <li>● Waltz jump- Euler (half loop)--Salchow jump combination</li> <li>● Axel Jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

## INTRODUCTORY LEVELS FREE SKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.
- Max time of 1:40

Excel Beginner

Jumps	Spins	Step Sequences	Qualifications
<p>Max. 4 jump elements:</p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Single Rotation jumps: Salchow, toe loop only</li> <li>• Eulers (half loops) are NOT allowed</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Permitted Combo:waltz jump/toe loop and/or salchow /toe loops</li> <li>• Permitted Jump Sequence:waltz jump/ waltz jump with no turns or hops in between</li> <li>• Max. 2 of any same jump</li> </ul>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>■ Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul> <p>Max Level :Base</p>	<p>Max 1 Sequence: Choreographic Step Sequence Must use half the ice surface Moves in the field and Spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests</p>
Excel High Beginner			
<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: toe loop, Salchow, Euler (half loop) and toe loop</li> <li>• Flip, Lutz, and Axel NOT permitted</li> <li>• Max. 2 jump combinations or sequences. One 3-jump combination is allowed.</li> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> <li>• Max. 2 of any same type jump.</li> </ul>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>■ Both Spins must be in a single position</li> <li>■ no change of foot</li> <li>■ no flying entry</li> <li>■ Permitted Forward Spins: upright, sit, camel</li> <li>Permitted back spins:upright</li> </ul> <p>(Min. 3 revolutions) Max Level: Base</p> <ul style="list-style-type: none"> <li>■ Both spins may be of the same character</li> </ul>	<p>Max 1 Sequence: Choreographic Step Sequence Must use half the ice surface Moves in the field and Spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests</p>



**SHOWCASE EVENTS DRAMATIC and LIGHT ENTERTAINMENT**



Format: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. **Props and scenery ARE permitted**

We will attempt to keep levels similar in flights. Solos, duets, and groups may be in the same flight. We ask that skaters only participate in one Showcase as costume change and second warm up may not be possible. Dramatic and Light may have to be in the same flight depending on competition.

Each skater in duet and group needs to fill out their own registration form, and include the \$10 fee in their payment. Limit of 4 skaters in group showcase.

General event parameters: Level will be determined by the highest learn to skate level, free skate or dance (solo or partnered) test passed. Learn to Skate Skaters may compete at the highest level they have passed, or one level above. The determination of level will be based upon skaters home coach recommendation. Current guidelines and procedures for non-qualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

Dramatic: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.

Light: Showcase program that should portray a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures, and physical actions.

Level	Qualifications	Age	Time
<b>SPS- Pre Free skate</b>	Present level or One Below	No Age restriction	1:10 Max
<b>Beginner, High Beginner, No Test*</b> Note: these levels do not qualify for National Showcase	Pre-Preliminary Free Skate	No Age restriction	1:30 max



**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.**

**Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Massena MFSC, Massena Arena, officers, Village of Massena 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.**