

Bunny Hop Open 2010



**BASIC SKILLS
PRE-PRELIMINARY AND PRELIMINARY
ADULT EVENTS
SPECIAL OLYMPIANS**

TEST TRACK AND WELL-BALANCED PROGRAM EVENTS

November 7, 2010

*Hosted by
The Dallas Figure Skating Club*

*The Ice at Stonebriar Centre
2601 Preston Road, Suite 1235,
Frisco, TX 75034*

This is a 2011 Dallas Tri-Swizzle Series Event

*Basic Skill skaters accumulate points from their placement and group size
Qualifying Events: 2010 Bunny Hop Open, 2011 Skate Dallas and 2011 June Bug Open
Available BASIC PROGRAM EVENTS in SNOWPLOW SAM – BASIC 8 and
FREE SKATE EVENTS in FREESKATE 1-6.
Champions Announced July 1, 2011*



Approved By US Figure Skating

2010 BUNNY HOP OPEN

November 7, 2010

Hosted by the Dallas Figure Skating Club www.dallasfsc.org

The Ice at Stonebriar Centre
2601 Preston Rd Suite 1235
Frisco, TX 75034

EVENTS INCLUDE: BASIC ELEMENTS, COMPULSORY ELEMENTS, TEAM COMPULSORIES, BASIC PROGRAM, FREESKATE EVENTS, SHOWCASE EVENTS, SPINS, JUMPS

ELIGIBILITY RULES FOR PARTICIPATION: The competition is open to ALL skaters who are currently eligible (ER 1.00) members of either the Basic Skills Program and /or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program / Club or any other Basic Skills Program / Club.

Eligibility will be based on skill level as of October 1, 2010. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and **NO** official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Freeskate 1-6, No-Test, Pre-Preliminary, Preliminary and Adult events, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the competition.

Please note: If a skater competes at a non-qualifying competition in a "Beginner or No Test" category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.

The Special Olympics portion of this competition will be conducted in accordance with the 2009 Official U.S. Figure Skating Rule Book, the 1994 – 1998 Special Olympics Winter Sports Rules, and the rules given in this announcement. The Special Olympian 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.

All events will be judged using the 6.0 system

FACILITY: The Ice at Stonebriar Centre is located in Frisco, Texas at 2601 Preston Road, Suite 1235, Frisco, TX 75034. The Ice at Stonebriar Centre has a single ice sheet which is 85' x 100' with rounded corners.

HOTEL ACCOMMODATIONS: The official hotel for the 2010 Bunny Hop Open is the Hampton Inn & Suites – Frisco/Legacy Park, 3199 Parkwood Blvd., Frisco, TX 75034. For reservations call 866-751-8400 or 972-712-8400. In order to receive the discounted group rate of \$79 per night (plus applicable taxes), please reference "Dallas Figure Skating Club" when making reservations. Reservations must be made on or before October 23th, 2010. The Hampton Inn & Suites has a 7-day policy for cancellations.

Directions to the Hotel: From Hwy. 121 - Exit onto Parkwood Blvd. and go through the first traffic light. The hotel will be one block away on the left.

From Preston - Travel west on Hwy. 121 for one half mile until you get to the traffic light at Parkwood. Turn right onto Parkwood and the hotel will be one block away on the left.

From North Dallas Tollway - Travel east on Hwy. 121 for one half mile until you get to the traffic light at Parkwood. Turn left onto Parkwood and the hotel will be one block away on the left.

ENTRIES MUST BE POSTMARKED BY OCTOBER 1, 2010

ENTRY FEES / DEADLINE: The entry fee for the first event is \$55. Each additional event is \$10. Checks should be made payable to the *Dallas Figure Skating Club* and mailed with the entry form. Entries must be postmarked no later than October 1, 2010. A \$20.00 late fee, *if accepted by the competition committee*, must accompany late entries. **No refunds will be granted for any reason (including medical) except for events eliminated by the LOC.** There will be a \$25.00 fee for checks returned for non-sufficient funds. **There will be a \$15.00 fee for change of each event or level after October 1, 2010.** Mail completed form, with fee to:

Ginny Warren, Bunny Hop Open 2010 2806 Springbranch Court, Grapevine, TX. 76051.

AWARDS AND GROUPS: All divisions will be divided by age into groups no larger than six skaters. Medals will be presented for first, second, third and fourth place finishes. Ribbon award will be presented to 5th and 6th place finishes. Trophies will be awarded to Pre-Preliminary and Preliminary final round winners if number of entries warrant and time permits for final rounds to be held. All awards will be presented at the photographer's stand immediately following each event. All skaters in each group will be included in the award photo. All events will be final rounds.

REGISTRATION: Competition events will be held Sunday November 7th, 2010. Practice ice is scheduled to start at least one hour prior to the start of the events. The registration desk is located in the Party/Ballet room in the Ice @ Stonebriar Centre. It will open 45 minutes prior to the first practice ice session.

MUSIC: Music will be played from CDs ONLY. DO NOT USE CD-RW MATERIALS! There should be a separate CD for **EACH** competitive program. CDs with multiple tracks **will NOT** be accepted. CDs should be clearly marked with the skater's name and event. Duplicate copies must be readily available during the competitive event. CDs should be in an envelope (not a case). While all possible care will be taken, the LOC assumes no responsibility or liability due to lost, damaged or unclaimed music sources. Music media **will NOT** be forwarded to final rounds, the skater must reregister for final rounds. CD's may be picked up at the registration table immediately following each event. Any music not picked up by the end of the competition will be disposed of.

****No skater may register without submitting their music****

A tentative schedule of events and practice times will be posted on the Dallas Figure Skating Club website (www.dallasfsc.org) and at the rink. Please be sure to watch for it.

ALL FORMS NOT COMPLETED FULLY OR LEGIBLY WILL BE RETURNED WITHOUT PROCESSING!!

PHOTOGRAPHY: Awards photos will be made available by *Rembrandt Photography*. The competition committee reserves the right to restrict personal videotaping to your skater only. Personal cameras will be permitted in the bleachers only and may not be plugged into arena outlets. Videotaping for personal profit is not allowed.

PRACTICE ICE: Each skater may purchase one practice ice session. Practice ice will be scheduled according to the event schedule. Skaters will be divided into groups as necessary. Sessions are \$14.00 each for 30 minutes (no music).

OFFICIAL NOTICES: An official bulletin area will be maintained at The Ice at Stonebriar Centre. Competitors and coaches are responsible for periodically checking the area for schedule changes and special announcements. Competitors should arrive at the arena 45 minutes prior to their scheduled event time.

PROGRAM ADVERTISEMENTS: Please see enclosed form for placing advertisements in the Bunny Hop Open 2010 program. Treat your favorite skater or coach to a special recognition.

GARMENTS AND SOUVENIRS: Bunny Hop Open logo merchandise will be available at the competition.

FLOWERS: Will be available for purchase at the competition. Be sure to purchase for podium photos.

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COMPETITION EVENTS:

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: 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
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 minute or less

Snow Plow	BASIC 5
1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop	1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 4-6 consecutive - both directions 3. Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions 4. Side toe hop - either direction 5. Hockey stop
BASIC 1	BASIC 6
1. Forward two foot glide and dip 2. Forward two foot swizzles 6 - 8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop	1. Standstill forward inside three-turn - R & L 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
BASIC 2	BASIC 7
1. Forward one foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot 3. Two foot turn in place - forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop	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
BASIC 3	BASIC 8
1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive 3. Backward one foot glide - either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions	1. Moving forward outside or forward inside three turns - R & L 2. Waltz jump 3. Mazurka - either direction 4. 1 Combination move - clockwise <u>or</u> 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 – free foot held to side of spinning leg or crossed position -minimum three revolutions
BASIC 4	
1. Standstill forward outside three-turn - R & L 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 4-6 consecutive both directions 4. Backward stroking - 4-6 strokes 5. Backward snowplow stop - R or L	

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BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed.

- To be skated on full ice
- Time: 1:00 minute +/- 10 seconds
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

<p><u>Snowplow Sam:</u></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. 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 crossovers 4-6 consecutive in both directions 2. Basic one foot spin – free leg held to side of spinning leg - minimum of three revolutions 3. Side toe hop - either direction 4. Hockey stop
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two 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. Standstill forward inside 3-turn - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place - forward to backward 3. Backward two foot swizzles 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line – 2 -3 each foot 5. Moving snowplow stop 	<p><u>Basic 7:</u></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><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 4 -6 consecutive 3. Backward one foot glide - either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 4. 1 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 – free foot held to side of spinning leg or crossed position – minimum three revolutions
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward crossovers 4-6 consecutive both directions 2. Standstill Forward outside 3 turn - R & L 3. Backward stroking – 4 – 6 strokes 4. Backward snowplow stop - R or L 	

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FREESKATE 1 – 6 COMPULSORY EVENT

Format: In simple program form, using a limited number of connecting steps, and the skating order of the required elements is optional.

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

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

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FREESKATE 1-6 MUSIC EVENT

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30 minutes +/-10seconds
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Free Skate 1 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers – minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump	Free Skate 4 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin – minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump
Free Skate 2 1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop	Free Skate 5 1. Camel spin – minimum three revolutions 2. Forward upright spin to back upright spin – minimum three revolutions each foot 3. Loop/loop combination jump 4. Flip jump
Free Skate 3 1. Forward crossovers in a figure 8 2. Back spin – minimum three revolutions 3. Salchow 4. Waltz jump/Toe loop or Salchow/Toe loop	Free Skate 6 1. Camel/sit spin combination, minimum of four revolutions total 2. Split or stag jump 3. Waltz jump/½ loop /Salchow combination 4. Lutz jump

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COMPULSORY EVENTS
TEST TRACK AND WELL BALANCED LEVELS

Format: In program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from
- previous levels
- A .2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS PROGRAM	LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:15
Beginner Compulsory	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin – minimum three revolutions 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:15
No Test Compulsory	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit or camel spin – minimum three revolutions 4. 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 U.S. Figure Skating free skate tests passed.	Time: 1:15
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> 1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit or camel spin – minimum three revolutions 4. 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 :1:15
Preliminary Compulsory	<ol style="list-style-type: none"> 1. Lutz jump 2. Single jump combination (may not use Lutz jump or Axel) 3. Camel spin – minimum three revolutions 4. 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
Adult Pre-Bronze Compulsory Program	<ol style="list-style-type: none"> 1. Waltz jump, 2. Toe loop jump, 2. Lunge, 3. Back crossovers (either direction), 4. One foot spin (3 revs). 	Must have passed no higher than U.S. Figure Skating Adult Pre-Bronze Free Skating Test.	Time 1:15 max.
Adult Bronze Compulsory Program	<ol style="list-style-type: none"> 1. Salchow jump 2. Waltz-Toe loop combination 3. Sit spin (3 revs) 4. Forward scratch spin 5. Forward spiral 	Must have passed no higher than U.S. Figure Skating Adult Bronze Free Skating Test.	Time 1:15 max

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WELL-BALANCED PROGRAM: FREESKATE EVENTS:

(US Figure Skating rulebook requirements)

NOTE: Skaters may enter EITHER *test track* or the *well-balanced free skate* but NOT both. Program is skated on full ice with music. Deductions will be made for skaters including technical elements not permitted in the event description.

Level	Jumps	Spins	Steps	Qualifications
No Test Time: 1:00-1:30 +/- 10	Max 5 Single jumps (no Axel). Max 3 combos or sequences. Combos limited to 2 jumps, but one 3 jump is permitted. Number of jumps in sequence is not limited.	Max 2 Spins must be a different nature. Minimum three revolutions each. Spins may change feet and start with a fly.	Max 1 Straight line, circular or serpentine. Must use one half the ice surface.	May not have passed any official U.S. Figure Skating free skate tests.
Pre-Preliminary Time: 1:30 +/- 10	Max 5 Single jumps (Axel permitted, no doubles). Max 3 combos or sequences. Combos limited to 2 jumps, but one 3 jump is permitted. Number of jumps in sequence is not limited. Axel may be repeated as individual jump, combo, or sequences. Max 2 Axels.	Max 2 Spins must be a different nature. Minimum three revolutions each. Spins may change feet and start with a fly.	Max 1 Straight line, circular or serpentine. Must use one half the ice surface.	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.
Preliminary Time: 1:30 +/- 10	Max 5 1 Axel or Waltz type jump. Max 3 combos or sequences. Combos limited to 2 jumps, but one 3 jump is permitted. Number of jumps in sequence is not limited. Only 2 different double jumps may be attempted (double Salchow, toe, or loop only). Axel and no more than 2 different double jumps may be repeated as individual jumps, combos, or in sequences. Max of 2 Axels or any double jump.	Max 2 Spins must be a different nature. Minimum three revolutions each. Spins may change feet and start with a fly.	Max 1 Straight line, circular or serpentine. Must use one half the ice surface.	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.

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WELL-BALANCED PROGRAM: ADULT FREESKATE EVENTS:

(US Figure Skating rulebook requirements)

NOTE: Program is skated on full ice with music. Deductions will be made for skaters including technical elements not permitted in the event description.

Level	Jumps	Spins	Steps	Qualifications
Adult Pre-Bronze Time: 1:40 max	No Max All half jumps permitted. Single revolution jumps permitted with the exception of Lutz, and not limited. No Axel-type jumps, or double or triple jumps permitted. Max 3 combos or sequences, no minimum (combos/sequences optional). 3 combos/sequences are permitted: two are limited to 2 jumps, and on 3 jump combo/sequence is permitted. Each jump may be repeated as individual jumps and in jump combos or sequences.	Max 3 Minimum 2 spins that must be of different nature. Minimum 3 revolutions; 3 revolutions each foot if change of foot. No flying spins are permitted.	Max 1 Connecting steps throughout the program are required.	Must have passed no higher than U.S. Figure Skating Adult Bronze free skate test.
Adult Bronze Time: 1:50 max	Max 4 All single jumps permitted. Minimum 1, maximum 3 combos or sequences. 3 combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted. Each jump may be repeated once, but only as part of combo or sequence. (max of 2 of any jump.) No Axel-type jumps or double or triple jumps permitted.	Max 3 Spins must be of different nature. Minimum 3 revolutions; 3 revolutions each foot if change of foot. Minimum 2 revolutions in position. No flying spins are permitted.	Max 1 Straight line, circular, serpentine, or spiral. Must use at least ½ ice surface. Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such.	May have passed no higher than U.S. Figure Skating Adult Bronze free skate test

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TEST TRACK MUSIC EVENTS

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same non-qualifying 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

JUMPS

Age and test requirements are the same as listed under Free Skate. Will be skated on one-half of the ice surface. No music. Jumps must be skated exactly as stated. Solo jump required may not be repeated in combination. Skater should only execute a second attempt of the chosen jump if dissatisfied with the first attempt. If a second jump is executed, it will be the one judged.

LEVEL	REQUIRED JUMPS
No Test	Salchow jump; Loop jump; Single/single combination (no Axel)
Pre-Preliminary	Flip jump; Lutz jump; Single/single combination (no Axel)
Preliminary	Lutz jump; Axel; Single/single combination
Adult Pre-Bronze	Waltz; waltz-toe loop combination, half-flip
Adult Bronze	Salchow; loop; single-single combination.

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SPINS

Age and test requirements are the same as listed under Free Skate. All levels are skated on one half of the ice surface. No music. Spins must be skated exactly as stated but may be skated in any order. Connecting steps may be used, but excessive moves will be penalized.

LEVEL	REQUIRED SPINS (minimum revolutions)
No Test	One foot upright spin (3); One foot upright back spin (3); Forward sit spin (3)
Pre-Preliminary	One foot forward scratch (3); Forward sit (3); Spin combination with 1 change of position and no change of foot (min 4 revs total.)
Preliminary	Forward sit (3); Forward Camel (3); Spin combination with 2 changes of position and no change of foot (min 5 revs total)
Adult Pre-Bronze	One foot upright (3); two-foot spin (3); pivot
Adult Bronze	One foot upright (3); one foot back spin (3); forward sit spin (3)

SHOWCASE EVENTS

See test requirements. This event is like a show. This means the program should be entertaining, imaginative and creative. Above all, choreography must reflect and interpret the music.

ITEM	REQUIREMENTS
Time	Duration: 1:30 max for Freeskate 1 – 6 Duration: 1:40 max for No Test, Pre-preliminary, Preliminary, Adult
Music	Theme of skater's choice. Vocal music <u>is</u> permitted.
Costumes	Costumes should compliment music.
Props	Hand props <u>are</u> permitted, but must not touch the ice. They may be placed on or against the railing or handed to another person. <u>No</u> live props (pets, animals, etc.).
Judging	Judging to emphasize interpretation and entertainment value rather than technical skills.
Other	Skaters will be grouped by age and level as closely as possible. Boys and girls may be in combined events.

MOVES IN THE FIELD

Age and Test requirements are the same as listed under Free Skate. This event will be judged on edge quality, quickness, extension and power. No additional elements may be added. Skaters must do elements in the order listed. Deductions will be made for too many introductory steps, toe-pushing and touch-downs.

LEVEL	MOVES/PATTERNS
Pre-Preliminary	PPM 1 Forward perimeter stroking; PPM 3 Forward right and left foot spirals
Preliminary	PM 4 Alternating forward 3-turns, inside and outside, PM 5 Forward Circle Eight
Adult Pre-Bronze	APBM 4 Waltz Eight, APBM 5 Forward 3-turn pattern
Adult Bronze	ABM 4 Forward Circle Eight, ABM 5 Five-Step Mohawk Sequence

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SPECIAL OLYMPIAN COMPETITION EVENTS

SPECIAL OLYMPIAN FREESKATE

LEVEL	REQUIREMENTS	TIME
Level 1	Program as per Special Olympic level one requirements.	1 min
Level 2	Program as per Special Olympic level two requirements.	1½ min
Level 3	Program as per Special Olympic level three requirements.	2 min
Level 4	Program as per Special Olympic level four requirements.	2 min
Level 5	Program as per Special Olympic level five requirements.	2½ min
Level 6	Program as per Special Olympic level six requirements.	2 ½ min

SPECIAL OLYMPIAN COMPULSORY MOVES

Compulsory events will be conducted in accordance to the rules specified in the Special Olympics Winter Sports Rules 2003-2006.

LEVEL	REQUIRED ELEMENTS
Level 1	1) Forward swizzles for a distance of 10 meters; 2) Backward swizzles for a distance of 10 meters. 3) One-foot snowplow stop.
Level 2	1) Forward stroking; 2) Forward to backward turn; 3) Backward stroking; 4) Backward to forward turn; 5) Forward stroking; 6) T-Stop; 7) Forward crossovers around the hockey circles in figure eight pattern clockwise and counter clockwise.
Level 3	1) Forward outside edges and forward inside edges; 2) Forward outside three-turn on the right foot and forward outside three-turn on the left foot; 3) right forward inside edge to left backward inside edge open Mohawk and left forward inside edge to right backward inside open Mohawk.
Level 4	1) Back outside edges and Backward inside edges; 2) Forward crossovers, inside Mohawk, backward crossover, step forward on inside edge to the inside of the circle, repeated two times, performed left and right; 3) Waltz three step sequence.
Level 5	1) LBO 3-LF1 Mohawk (repeat); 2) RBO 3-RF1 Mohawk (repeat); 3) RFOI change edge - LFI 3; 4) RFIO change edge - LFO 3; 5) LFOI change edge - RFI 3; 6) LFIO change edge - RFO 3
Level 6	1) Forward cross-strokes (entire length of rink) and backward cross-strokes entire length of rink; 2) Brackets RFO-LBI bracket, stop, LFO-RBI brackets RFI-LBO bracket, stop, LRI-RBO bracket.

SPECIAL OLYMPIAN ARTISTIC

All Artistic events are performed with music (vocal music allowed) on full ice surface. Costumes may be of any type as long as they fit the music and are not a safety hazard. Props, if used, must be hand held at all times. Judging will be based on entertainment value as well as on originality, creativity, musical interpretation and artistic expression. No props allowed during warm-up.

LEVEL	REQUIREMENTS	TIME
Level 1	Program as per Special Olympic level one requirements.	1 min
Level 2	Program as per Special Olympic level two requirements.	1 min
Level 3	Program as per Special Olympic level three requirements.	1 min
Level 4	Program as per Special Olympic level four requirements.	1½ min
Level 5	Program as per Special Olympic level five requirements.	1½ min
Level 6	Program as per Special Olympic level six requirements.	1½ min

ENTRIES MUST BE POSTMARKED BY OCTOBER 1, 2010

SPECIAL OLYMPIAN PAIR FREE SKATING

All pair skate events are performed on full ice surface. Vocal music is not allowed. Teams shall consist of two Special Olympic Athletes, 1 male and 1 female, 2 males or 2 females.

LEVEL	REQUIREMENTS	TIME
Level 1	Program as per Special Olympic level one requirements.	1 min
Level 2	Program as per Special Olympic level two requirements.	2 min

SPECIAL OLYMPIAN ICE DANCING – SOLO COMPULSORY DANCE

All solo ice dances events are performed on full ice surface. Ice dances will be skated solo.

LEVEL	REQUIREMENTS
Level 1	Canasta Tango - 2 patterns or one time around the ice surface.
Level 2	Cha Cha - 2 patterns or one time around the ice surface.
Level 3	Hickory Hoedown - 2 patterns or one time around the ice surface.
Level 4	Fourteen Step - 2 patterns or one time around the ice surface.

ENTRIES MUST BE POSTMARKED BY OCTOBER 1, 2010

SPECIAL OLYMPICS BADGE PROGRAM

The Special Olympics Sports Skills program is designed for Special Olympics athletes starting to learn figure skating. 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. Skaters will have two opportunities to perform each skill, and may perform it once or twice. The *better* of the two attempts will be judged.

<p>Badge 1</p> <ul style="list-style-type: none"> A. Stand unassisted for 5 seconds, B. Fall and stand up unassisted, C. Knee dip standing still unassisted, D. March forward 10 steps assisted. 	<p>Badge 7</p> <ul style="list-style-type: none"> A. Backward stroking across the rink, B. Gliding backward to forward 2-foot turn, C. T-stop left or right, D. Forward 2-foot turn on a circle: L & R.
<p>Badge 2</p> <ul style="list-style-type: none"> A. March forward 10 steps unassisted, B. Swizzles, standing still: 3 repetitions, C. Backward wiggle or march assisted, D. 2-foot glide forward for distance of at least length of body. 	<p>Badge 8</p> <ul style="list-style-type: none"> A. 5 consecutive forward crossovers: L & R, B. Forward outside edge: L & R, C. 5 consecutive backward ½ swizzles on a circle: L & R.
<p>Badge 3</p> <ul style="list-style-type: none"> A. Backward wiggle or march, B. 5 forward swizzles covering at least 10 feet, C. Forward skating across the rink, D. Forward gliding dip covering at least length of body: L & R. 	<p>Badge 9</p> <ul style="list-style-type: none"> A. Forward outside 3-turn: L & R, B. Forward inside edge: L & R, C. Forward lunge or shoot the duck at any depth, D. Bunny hop.
<p>Badge 4</p> <ul style="list-style-type: none"> A. Backward two-foot glide covering at least length of body, B. 2-foot jump in place, C. 1-foot snowplow stop: L & R, D. Forward 1-foot glide covering at least length of body: L & R. 	<p>Badge 10</p> <ul style="list-style-type: none"> A. Forward inside 3-turn: L & R, B. 5 consecutive backward crossovers: L & R, C. Hockey stop, D. Forward spiral 3 times length of body.
<p>Badge 5</p> <ul style="list-style-type: none"> A. Forward stroking across rink, B. 5 backward swizzles covering at least 10 feet, C. Forward 2-foot curves left and right across rink, D. 2-foot curves left and right across rink. 	<p>Badge 11</p> <ul style="list-style-type: none"> A. Consecutive forward outside edges: minimum 2 on each foot, B. Consecutive forward inside edges: minimum 2 on each foot, C. Forward inside Mohawk: L & R, D. Consecutive backward outside edges: minimum 2 on each foot, E. Consecutive backward inside edges: minimum 2 on each foot.
<p>Badge 6</p> <ul style="list-style-type: none"> A. Gliding forward to backward 2-foot turn, B. 5 consecutive forward 1-foot swizzles on circle: L & R, C. Backward 1-foot glide length of body: L & R, D. Forward pivot. 	<p>Badge 12</p> <ul style="list-style-type: none"> A. Waltz jump, B. 1-foot spin: Minimum of 3 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.

ENTRIES MUST BE POSTMARKED BY OCTOBER 1, 2010

2010 BUNNY HOP OPEN – ENTRY FORM – page 2 of 2

Skater Name: _____ USFSA #: _____

***ENTRY FEE IS \$55.00 PER EVENT, \$10.00 PER EACH ADDITIONAL EVENT,
\$22 FEE IF NOT A CURRENT USFSA MEMBER.***

First Event \$ 55.00
Additional Events: ____ x \$10.00 = \$ _____
If not a USFSA member: \$ 22.00
TOTAL: \$ _____

Make checks or money order payable to the “**Dallas Figure Skating Club**”, and mail with completed entry form to: **Ginny Warren, Bunny Hop Open 2010, 2806 Springbranch Court, Grapevine, TX. 76051.**

Entry must be postmarked no later than October 1, 2010. Metered mail is not acceptable as proof of postmark. There will be a \$25.00 fee for checks returned for non-sufficient funds. There will be a \$ 15.00 change fee for each change of each event or level.

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

For additional information: Dawn Herzog DHerzogtx@aol.com or Janet Wagner jstukwag@yahoo.com

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds U.S. Figure Skating, the Dallas Figure Skating Club, and The Polar Ice House harmless from 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 _____

Competitor Signature _____ Date _____

Instructor/Coach Signature _____ Date _____

Program Director/Club Officer _____ Date _____

2010 BUNNY HOP OPEN
PRACTICE ICE REQUEST FORM

Name _____ U.S. FIGURE SKATING # _____

Address _____

City _____ State _____ Zip _____ Area Code/Telephone # _____

Parent E-Mail _____ Parent Cell Phone # _____

Coach's Name(s) _____ Coach's E-Mail _____

Reminder: Skaters must provide a second tape for use during official practice ice.

NOTE: ONLY ONE SESSION MAY BE PURCHASED PRIOR TO REGISTRATION. PLEASE DO NOT SEND MONEY FOR EXTRA SESSIONS.

Please list all events and levels you have entered:

EVENT

LEVEL

Dance/Team Partner's Name(s) _____

SESSIONS-\$14 EACH (30 minutes no music)

Total Amount Due \$ _____

Official practice sessions are non-refundable.

Complete form and make check or money order made payable to: **Dallas FSC/Bunny Hop Open**
Mail to: Ginny Warren, Bunny Hop Open 2010, 2806 Springbranch Court, Grapevine, TX. 76051

For additional information: Dawn Herzog DHerzogtx@aol.com or Janet Wagner jstukwag@yahoo.com

Metered mail is not accepted as proof of postmark. Postmark deadline October 1, 2010. Please include e-mail address if you wish to receive notification of practice ice times prior to arrival in Dallas.

PRACTICE ICE SCHEDULE - OFFICIAL USE ONLY

Date Received: _____

Check #: _____ Name on Check: _____

Amount Paid: _____ Balance Owed: _____ Refund Due: _____

**2010 BUNNY HOP OPEN
PROGRAM ADVERTISING CONTRACT**

Advertising rates are based on camera-ready copy, which is black on white, the exact size and shape of the ad. Advertiser agrees to pay the cost of any additional type set, or other reproductions charges if camera-ready copy is not provided. All photographs must be black and white glossy prints (no negatives). Advertising agency commission must be paid by the advertiser. The deadline for all ads is October 1, 2010. Please complete this contract and return with check or money order payable to **Dallas Figure Skating Club to: Enxi Huang, 3825 Lowrey Way, Plano, TX 75025**. Electronic versions of photos or artwork may be sent to **enxic00@yahoo.com**

Name _____ Email _____

Address _____

City _____ State _____ Zip _____ Telephone _____

Size of Ad _____ Amt Enclosed \$ _____

RATES AND SPECIFICATIONS

Pre-Designed Personal Ad (choose from designs shown on the page)	\$15
Quarter Page	\$20
Half Page	\$30
Full Page	\$40
Inside Back Cover	\$50
Inside Front Cover	\$50
Outside Back Cover	\$75

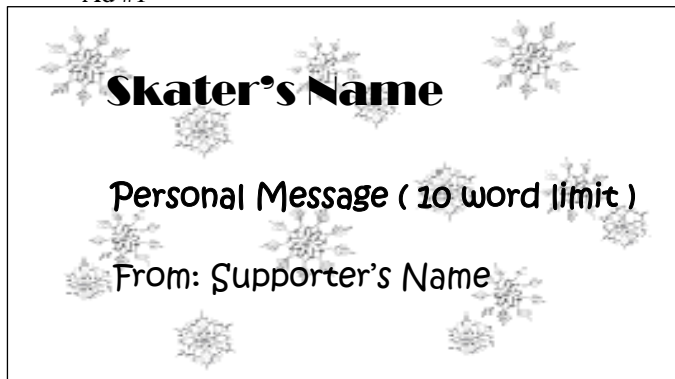
Please submit one form per ad ordered (additional copies may be printed of this form). Indicate the number of the ads you wish to use if you choose pre-designed personal Ad, print "To" and "From" names.

Advertisement # _____ "Skater's Name" _____

"From" Name(s) _____

Ad #1 (Personal Message. Sample:" Thank you to my coach – coach's name") Please print, 10 word limit

Ad #1



Skater's Name

Personal Message (10 word limit)

From: Supporter's Name

Ad #3



Skater's Name

We are so PROUD of you!

From: Supporter's Name

Ad #2

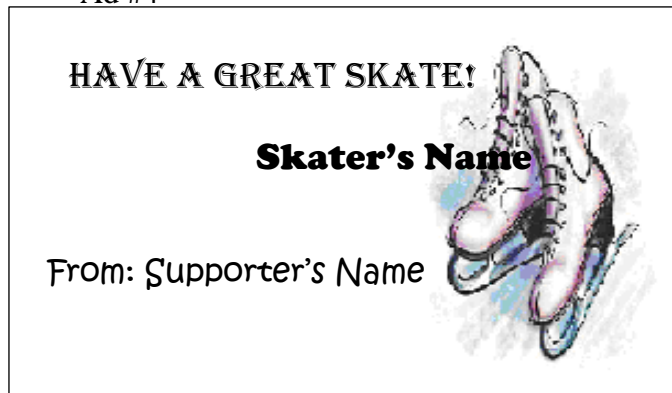


Have Fun

Skater's Name!

From: Supporter's Name

Ad #4



HAVE A GREAT SKATE!

Skater's Name

From: Supporter's Name