

**ANNOUNCEMENT  
OF THE  
2008 NUTMEG STATE GAMES**

**FREE SKATING AND SHORT PROGRAM, SHOWCASE/SPOTLIGHT, ARTISTIC,  
FOOTWORK, SOLO DANCE & BASIC SKILLS COMPETITION**

**SANCTIONED BY THE  
UNITED STATES FIGURE SKATING ASSOCIATION**

**SATURDAY, JULY 12, 2008  
SUNDAY, JULY 13, 2008**

- RINK:** Danbury Ice Arena, 1 Independence Way Danbury, CT
- EVENTS:** Events are open to all amateur skaters who are members of the United States Figure Skating Association and ISI and meet their requirements. The Nutmeg State Games reserves the right to limit, combine, divide, or eliminate categories based on applications received.
- ENTRIES:** **All skaters must have a primary residence in the state of Connecticut.** A **\$40.00 entry fee** for the Free Skating, Short Program, Showcase or Basic Skills Competition must accompany the two (2) attached entry forms. If the skater wishes to skate more than one (1) event, any additional entries will be **\$15.00 each**. Entries must be postmarked no later than **May 23, 2008**. Competitors may skate only in events for which they qualify. No refunds will be granted unless an event is cancelled. Make check or money order payable to **NUTMEG STATE GAMES**. **Both applications** and entry fees should be mailed to: **Jill Faulkner, P.O. Box 1133, Danbury, CT 06813**  
**INDIVIDUAL CHECKS FOR EACH FAMILY MEMBER.**
- TEST:** Test status is effective as of **Friday, May 23, 2008**.
- ADMISSION:** **\$5.00** per adult, **\$3.00** per student and senior citizen
- MUSIC:** Competitors' cassette tapes and/or CDs should be delivered to and remain with the music committee until after the event is skated. **A DUPLICATE TAPE SHOULD ALSO BE BROUGHT.** Tapes and CDs should be clearly marked with the name of the competitor and event. Music side should be indicated. **All programs must start at the beginning of the tape or CD and be the only music on tape or disk.**
- AWARDS:** Awards will be presented for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers in each group. Placement will be determined by the 6.0 system! 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers will qualify for the 2009 State Games of America in CO.
- INFORMATION:** If further information is needed, please call email [laurelridgesc@sbcglobal.net](mailto:laurelridgesc@sbcglobal.net)
- SCHEDULE:** Time schedules and directions to the rink will be mailed after the deadline date.

## **FREE SKATING QUALIFICATIONS**

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. **Only one figure skating Category is allowed**

(You may elect to skate your test level **OR** you may skate up one level)

**If you are ISI and USFSA, you must skate at the highest level passed**

(**Example: Novice USFSA & ISI9: must skate ISI 9 level**)

<b>Beginner</b> (No Axel, No Doubles)	No test Length of Program: 1 – 1 ½ minutes
<b>Pre-Preliminary</b> (No Axel, No Doubles)	Pre-Preliminary Free Skating Test; ISI FS 3 Length of Program: 1 - 1 ½ minutes
<b>Pre-Preliminary</b> (Axel allowed, No Doubles)	Pre-Preliminary Free Skating Test; ISI FS 3 Length of Program 1 – 1 ½ minutes
<b>Preliminary</b> (No Axel, No Doubles)	Preliminary Free Skating Test; ISI FS 4 Length of Program: 1 ½ +/- 10 sec. Rule 3700
<b>Preliminary</b> (Axel & Doubles Allowed)	Preliminary Free Skating Test; ISI FS 4 Length of Program 1 ½ +/- 10 sec. Rule 3700
<b>Pre-Juvenile</b>	Pre-Juvenile Free Skating Test; ISI FS 5 Length of Program: 2 minutes +/- 10 sec. Rule 3690
<b>Juvenile</b>	Juvenile Free Skating Test; ISI FS 6 Length of Program: 2 min 15 sec. +/- 10 sec. Rule 3680
<b>Intermediate</b>	Intermediate Free Skating Test; ISI FS 7 Length of Program: 2 ½ minutes +/- 10 sec. Rule 3670
<b>Novice</b>	Novice Free Skating Test; ISI FS 8 Length of Program: Ladies 3 minutes +/- 10 sec. / Men 3 ½ minutes +/- 10 sec. Rule 3660
<b>Junior</b>	Junior Free Skating Test; ISI FS 9 Length of Program: Ladies 3 ½ minutes +/- 10 sec. /Men 4 minutes +/- 10 sec. Rule 3650
<b>Senior</b>	Senior Free Skating Test; ISI FS 10 Length of Program: Ladies 4 minutes +/- 10 sec./Men 4 ½ minutes +/- 10 sec. Rule 3640
<b>Adult Bronze</b> (not at Nat'l Games)	Must have passed; 21 years or older Length of Program: Ladies & Men 1 minute 40 seconds – max Rule 3800
<b>Adult Silver</b> (not at Nat'l Games)	Must have passed; 21 years or older Length of Program: Ladies & Men 2 minutes 10 seconds – max Rule 3790
<b>Adult Gold</b> (not at Nat'l Games)	Must have passed; 21 years or older Length of Program: Ladies & Men 2 minutes 40 seconds – max Rule 3780

## RESTRICTED FREESKATE 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. Deductions WILL be made for skaters including technical elements not permitted in the event descriptions.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front) No combination jumps or jump sequences. 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	Up to 1:30+/- 10
Beginner	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	1:30 +/- 10
Pre-Preliminary Test	At least two solo spins of a different nature (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. 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	1:30 +/- 10
Preliminary Test	At least two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate	1:30 +/- 10
Pre-Juvenile Test	Three spins in any position (min 4 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). Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 6 jumping elements. 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.	2:00 +/- 10
Juvenile Test	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. Any single jumps and jump combinations with not more than 1 ½ rotations. (Axel permitted). Maximum 6 jumping elements. 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.	2:15 +/- 10
Intermediate Test	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. Any single jumps. Double jumps may only be the double Salchow and the double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements. 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.	2:30 +/- 10

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Novice Test	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. Any single jumps. Double jumps may only be the double Salchow, double toe loop and the double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements One step or spiral sequence (see Rule 3640 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	Ladies 3:00 +/- 10 Men 3:30 +/- 10
Junior Test	Three spins – one must be a flying spin, a solo spin (6 revolutions each) and a combination spin consisting of all three positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot). Any single jumps and double jumps may only be the double Salchow, double toe loop, double loop and the double flip. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies. 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 novice free skate test but may not have passed tests higher than junior free skate test	Ladies 3:30 +/- 10 Men 4:00 +/- 10
Senior Test	Four spins (min 6 revolutions on all solo spins)- one must be a flying spin, one solo spin, 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). 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. 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	Ladies 4:00 +/- 10 Men 4:30 +/- 10

## SHORT PROGRAM QUALIFICATIONS

### 2008 Required Elements

<b>Intermediate</b>	Skaters must have passed the Intermediate Free Skating Test or ISI FS 7, no higher Length of Program: Must not exceed 2 minutes - max
<b>Novice</b>	Skaters must have passed the Novice Free Skating Test or ISI 8, no higher Length of Program: Must not exceed 2 minutes 30 seconds - max
<b>Junior</b>	Skaters must have passed the Junior Free Skating Test or ISI 9, no higher Must not exceed 2 minutes 50 seconds - max
<b>Senior</b>	Skaters must have passed the Senior Free Skating Test or ISI 10 Must not exceed 2 minutes, 50 seconds - max

## **SHOWCASE/SPOTLIGHT QUALIFICATIONS**

<b>Beginner</b>	No Test Length of Program: 1 - 1 ½ minutes
<b>Pre-Preliminary</b>	Skaters must have passed Pre-Preliminary Free Skating/ISI FS 3, no higher Length of Program: 1 ½ minutes
<b>Preliminary</b>	Skaters must have passed Preliminary Free Skating/ISI FS 4, no higher Length of Program: 1 ½ - 2 minutes
<b>Pre-Juvenile</b>	Skaters must have passed Pre-Juvenile Free Skating/ISI FS 5, no higher Length of Program: Up to 2 minutes
<b>Juvenile</b>	Skaters must have passed Juvenile Free Skating/ISI FS 6, no higher Length of Program: Up to 2 ½ minutes, no longer
<b>Intermediate</b>	Skaters must have passed Intermediate Free Skating, no/ISI FS 7 higher Length of Program: Up to 2 ½ minutes, no longer
<b>Novice</b>	Skaters must have passed Novice Free Skating/ISI FS 8, no higher Length of Program: Up to 2 ½ minutes, no longer
<b>Junior</b>	Skaters must have passed Junior Free Skating/ISI FS 9, no higher Length of Program: Up to 2 ½ minutes, no longer
<b>Senior</b>	Skaters must have passed Senior Free Skating/ISI FS 10 Length of Program: Up to 2 ½ minutes, no longer

**NOTE: All Programs are to be judged for originality, musical interpretation, costumes, and choreography.**

## **ARTISTIC**

<b>Beginner</b>	No Test Length of Program: 1 - 1 ½ minutes
<b>Pre-Preliminary</b>	Skaters must have passed Pre-Preliminary Free Skating/ISI FS 3, no higher Length of Program: 1 ½ minutes
<b>Preliminary</b>	Skaters must have passed Preliminary Free Skating/ISI FS 4, no higher Length of Program: 1 ½ - 2 minutes
<b>Pre-Juvenile</b>	Skaters must have passed Pre-Juvenile Free Skating/ISI FS 5, no higher Length of Program: Up to 2 minutes
<b>Juvenile</b>	Skaters must have passed Juvenile Free Skating/ISI FS 6, no higher Length of Program: Up to 2 ½ minutes, no longer
<b>Intermediate</b>	Skaters must have passed Intermediate Free Skating, no/ISI FS 7 higher Length of Program: Up to 2 ½ minutes, no longer
<b>Novice</b>	Skaters must have passed Novice Free Skating/ISI FS 8, no higher Length of Program: Up to 2 ½ minutes, no longer
<b>Junior</b>	Skaters must have passed Junior Free Skating/ISI FS 9, no higher Length of Program: Up to 2 ½ minutes, no longer
<b>Senior</b>	Skaters must have passed Senior Free Skating/ISI FS 10 Length of Program: Up to 2 ½ minutes, no longer

**NOTE: All Programs are to be judged for artistic impression, choreography and pattern, innovative moves, music interpretation and rhythm, edges and flow, posture and carriage, duration and general overall.**

# **FOOTWORK**

**Program length is 1 minute for all levels**

<b>Beginner</b>	No Test/ISI FS 1 & 2
<b>Low</b>	Pre-Preliminary – Preliminary Free Skating/ISI FS 3&4
<b>Medium</b>	Pre-Juvenile – Juvenile/ISI FS 5 &6
<b>High 1</b>	Intermediate – Novice Free Skating/ISI FS 7&8
<b>High 2</b>	Junior – Senior Free Skating/ISI FS 9&10

**NOTE: All Programs are to be judged for continuity-flow, correctness of turns and edges, duration, general overall, music interpretation, originality/creativity, pattern, presentation (posture), variety of turns and edges.**

## **SOLO DANCE QUALIFICATIONS**

<b>Preliminary</b>	Passed 1-3 Prel. Dances, no higher Dance: Rhythm Blues (3 patterns)
<b>Pre-Bronze</b>	Passed 1-3 Pre-Bronze Dances, no higher Dance: Fiesta Tango (3 patterns)
<b>Bronze</b>	Passed 1-3 Bronze Dances, no higher Dance: Willow Waltz (3 patterns)
<b>Pre-Silver</b>	Passed 1-3 Pre-silver Dances, no higher Dance: 14 Step (3 patterns)
<b>Silver</b>	Passed 1-3 Silver Dances, no higher Dance: Tango (2 patterns)
<b>Pre-Gold</b>	Passed 1-3 Pre-gold Dances, no higher Dance: Paso Doble (3 patterns)
<b>Gold</b>	Passed 1-3 Gold Dances Dance: Viennese Waltz (3 patterns)

**OFFICIAL ENTRY FORM – 2008 NUTMEG STATE GAMES COMPETITION**  
**SANCTIONED BY THE UNITED STATES FIGURE SKATING ASSOCIATION**  
(Please Print Clearly)

Competitor's Name: \_\_\_\_\_

Birthdate: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Street: \_\_\_\_\_ City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_ E-mail Address: \_\_\_\_\_

**Highest Tests Passed** (\_\_\_\_): **Free Skating** \_\_\_\_\_ **Dance** \_\_\_\_\_

Home Club: \_\_\_\_\_ Please check USFSA \_\_\_ OR ISI \_\_\_ #: \_\_\_\_\_

Professional's Name: \_\_\_\_\_ (only 1 coach's pass to be issued per skater)

Professional's Address: \_\_\_\_\_ **(NEED ADDRESS)**

**Please Enter Me In The Following Events:**

\* **Basic Skills Element Event –no music**      \_\_\_\_\_ Snowplow Sam-tots  
\_\_\_\_\_ Basic 1      \_\_\_\_\_ Basic 2      \_\_\_\_\_ Basic 3      \_\_\_\_\_ Basic 4  
\_\_\_\_\_ Basic 5      \_\_\_\_\_ Basic 6      \_\_\_\_\_ Basic 7      \_\_\_\_\_ Basic 8

\* **Basic Skills Programs w/Music**      \_\_\_\_\_ Snowplow Sam-tots  
\_\_\_\_\_ Basic 1      \_\_\_\_\_ Basic 2      \_\_\_\_\_ Basic 3      \_\_\_\_\_ Basic 4  
\_\_\_\_\_ Basic 5      \_\_\_\_\_ Basic 6      \_\_\_\_\_ Basic 7      \_\_\_\_\_ Basic 8

\* **Basic Skills Compulsory Programs**  
Freestyle 1-6 No Music      \_\_\_\_\_ Freeskate 1      \_\_\_\_\_ Freeskate 2  
\_\_\_\_\_ Freeskate 3      \_\_\_\_\_ Freeskate 4  
\_\_\_\_\_ Freeskate 5      \_\_\_\_\_ Freeskate 6

\* **Basic Skills Freeskate 1-6 w/Music**  
\_\_\_\_\_ Freeskate 1      \_\_\_\_\_ Freeskate 2  
\_\_\_\_\_ Freeskate 3      \_\_\_\_\_ Freeskate 4  
\_\_\_\_\_ Freeskate 5      \_\_\_\_\_ Freeskate 6

\* Please refer to Basic Skills Qualification Chart for your correct category

Freestyle Events      \_\_\_\_\_ F \_\_\_\_\_ M Beginner (no axel, no doubles)      \_\_\_\_\_ F \_\_\_\_\_ M Intermediate  
\_\_\_\_\_ F \_\_\_\_\_ M Pre-Preliminary (no axel, no doubles)      \_\_\_\_\_ F \_\_\_\_\_ M Novice  
\_\_\_\_\_ F \_\_\_\_\_ M Pre-Preliminary (Axel., no doubles)      \_\_\_\_\_ F \_\_\_\_\_ M Junior  
\_\_\_\_\_ F \_\_\_\_\_ M Preliminary (No axel, no doubles)      \_\_\_\_\_ F \_\_\_\_\_ M Senior  
\_\_\_\_\_ F \_\_\_\_\_ M Preliminary (Axel, Doubles)      \_\_\_\_\_ F \_\_\_\_\_ M Adult Bronze  
\_\_\_\_\_ F \_\_\_\_\_ M Pre-Juvenile      \_\_\_\_\_ F \_\_\_\_\_ M Adult Silver  
\_\_\_\_\_ F \_\_\_\_\_ M Juvenile      \_\_\_\_\_ F \_\_\_\_\_ M Adult Gold

Restricted Freestyle Events      \_\_\_\_\_ Intermediate      \_\_\_\_\_ Novice      \_\_\_\_\_ Junior      \_\_\_\_\_ Senior      \_\_\_\_\_ Limited Beginner  
\_\_\_\_\_ Beginner      \_\_\_\_\_ Pre-Preliminary      \_\_\_\_\_ Preliminary      \_\_\_\_\_ Pre-Juvenile      \_\_\_\_\_ Juvenile

Short Program Events      \_\_\_\_\_ Intermediate      \_\_\_\_\_ Junior      \_\_\_\_\_ Novice      \_\_\_\_\_ Senior

Showcase/Spotlight Events  
\_\_\_\_\_ Beginner      \_\_\_\_\_ Intermediate  
\_\_\_\_\_ Pre-Preliminary      \_\_\_\_\_ Novice  
\_\_\_\_\_ Preliminary      \_\_\_\_\_ Junior  
\_\_\_\_\_ Pre-Juvenile      \_\_\_\_\_ Senior  
\_\_\_\_\_ Juvenile

Artistic Events  
\_\_\_\_\_ Beginner      \_\_\_\_\_ Intermediate  
\_\_\_\_\_ Pre-Preliminary      \_\_\_\_\_ Novice  
\_\_\_\_\_ Preliminary      \_\_\_\_\_ Junior  
\_\_\_\_\_ Pre-Juvenile      \_\_\_\_\_ Senior  
\_\_\_\_\_ Juvenile

Footwork Events      \_\_\_\_\_ Beginner      \_\_\_\_\_ Low      \_\_\_\_\_ Medium      \_\_\_\_\_ High 1      \_\_\_\_\_ High 2

Solo Dance Events  
\_\_\_\_\_ Preliminary      \_\_\_\_\_ Silver  
\_\_\_\_\_ Pre-Bronze      \_\_\_\_\_ Pre-Gold  
\_\_\_\_\_ Bronze      \_\_\_\_\_ Gold  
\_\_\_\_\_ Pre-Silver

**Certificate of Eligibility**

Approval is hereby given to \_\_\_\_\_ who is a member in good standing of this club and is an amateur in accordance with the rules of the USFSA and to the best of my knowledge is eligible to enter the specified event.

\_\_\_\_\_  
**Signature of Club Official**

\_\_\_\_\_  
**Title**

**Indemnity Clause:** CR 10.12 in USFSA Rulebook. All entrants and guardians waive all claims against officials. USFSA officers and club holding this competition for any damages to person or property. Entries are accepted only on such conditions.

\_\_\_\_\_  
**Signature of Skater (Parent or guardian signature if skater is under 18)**

\_\_\_\_\_  
**Date**

**NOTE: ALL ENTRIES MUST BE POSTMARKED BY MIDNIGHT, Friday, May 23, 2008. NO LATE ENTRIES ACCEPTED**

**Entry fee:** \$40.00 (one event) \$15.00 (each additional event)

Enclosed is a check or money order for \$\_\_\_\_\_

**MAKE CHECK PAYABLE TO: NUTMEG STATE GAMES**

**PLEASE RETURN BOTH ENTRY FORMS**

**AND FEES TO: Jill Faulkner**

**P.O. Box 1133, Danbury, CT 06813**

# ELEMENTS EVENT - BASIC SKILLS CURRICULUM

## Snowplow Sam Basic 8 Levels

- To be skated on 1/3 to 1/2 ice
- **No music**
- **All elements must be skated in the order listed**
- Each skater will have the option to perform one element at a time in a simple program format (no excessive connecting steps) **OR** will perform the next element when directed by a judge or referee. (referee driven format examples: all skaters perform element I before moving to element 2 and so on **OR** each skater performs all of the required elements before moving on to the next skater).
- Time 1:00 or less

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

# Music Program Events

## Basic Programs with Music

### Snowplow Sam – Basic 1-8

- 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
- **Vocal music is allowed**
- **May use elements from a previous level. Deductions will be made for each element from a higher level that are skated**
- Time is 1 minute +/- 10 sec to be skated on full ice

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

## COMPULSORY PROGRAMS FREESKATE 1-6 – NO MUSIC

- The skater must demonstrate the required elements and may use any additional elements from previous levels (where applicable)
- The skating order of the required elements is optional
- To be skated on ½ ice – no music permitted
- In program form, using a limited number of connecting steps
- Time: 1:00 or less
- **Deductions will be made if elements from a higher level are performed**

<p><b><u>Freestyle Level 1 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking – 4-6 Consecutive</li> <li>2. Basic forward outside edges and forward inside consecutive edges – 2-4 outside and, 2-4 inside</li> <li>3. Scratch Spin from backward crossovers</li> <li>4. Waltz Jump from backward crossovers</li> <li>5. Half flip Jump</li> </ol>	<p><b><u>Freestyle Level 4 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</li> <li>2. Forward power 3's, 2-3 consecutive sets, R or L</li> <li>3. Sit Spin</li> <li>4. Loop jump</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b><u>Freestyle Level 2 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral R or L and a forward inside spiral R or L</li> <li>2. Waltz Three's – R or L</li> <li>3. Beginning back spin – entry optional</li> <li>4. Waltz jump, side toe hop, waltz jump series</li> <li>5. Toe Loop jump</li> </ol>	<p><b><u>Freestyle Level 5 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral Sequence, FO Spiral, forward outside 3 turn, one backward crossover, backward inside spiral</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop jump</li> <li>5. Flip jump</li> </ol>
<p><b><u>Freestyle Level 3 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward Crossovers in a Figure 8</li> <li>2. Advanced forward outside swing rolls 4 – 6 consecutive</li> <li>3. Back spin</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or salchow/toe loop</li> </ol>	<p><b><u>Freestyle Level 6 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence – 1 set alternating pattern (refer to Basic Skills Curriculum Freestyle 6)</li> <li>2. Camel, Sit spin combination – min of 4 revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>

## FREESKATE PROGRAMS 1-6 – WITH MUSIC

- 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.
- **Vocal music is not allowed.** Time 1:30 +/- 10 sec
- May use elements from a previous level. Deductions will be made for each element from a higher level that are skated

<p><b><u>Freestyle 1</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking – 4-6 strokes</li> <li>2. Forward outside or inside consecutive edges, 2-4</li> <li>3. Scratch Spin from back crossovers</li> <li>4. Waltz Jump from back crossovers</li> <li>5. Half flip Jump</li> </ol>	<p><b><u>Freestyle 4</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence: FI Spiral, FI Mohawk, BO spiral, R or L</li> <li>2. Forward power 3's, 2-3 consecutive, R or L</li> <li>3. Sit Spin</li> <li>4. Loop jump</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b><u>Freestyle 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral R or L</li> <li>2. Waltz Three's – R or L</li> <li>3. Beginning back spin</li> <li>4. Waltz jump, side toe hop, waltz jump</li> <li>5. Toe loop</li> </ol>	<p><b><u>Freestyle 5</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral Sequence: FO Spiral, FO 3-turn, 1 back crossover Backward inside spiral, R or L</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop combination jump</li> <li>5. Flip jump</li> </ol>
<p><b><u>Freestyle 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward Crossovers in a Figure 8</li> <li>2. Advanced forward outside swing rolls 4 – 6</li> <li>3. Back spin</li> <li>4. Salchow</li> <li>5. Waltz jump/Toe loop or Salchow/toe loop</li> </ol>	<p><b><u>Freestyle 6</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence – 1 set alternating patterns</li> <li>2. Camel/Sit spin combination, min of 4 revolutions total</li> <li>3. Split or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>

## ELEMENTS TEST LEVEL CHART

<u>Level Passed</u>	<u>Competition Level</u>	<u>OFFICIAL TESTS ALLOWED</u>
Snowplow Sam 1	Snowplow Sam only	NONE
Snowplow Sam 2	Snowplow Sam only	NONE
Snowplow Sam 3	Snowplow Sam only	NONE
Basic 1	Basic 1 ONLY	NONE
Basic 2	Basic 2 ONLY	NONE
Basic 3	Basic 3 ONLY	NONE
Basic 4	Basic 4 ONLY	NONE
Basic 5	Basic 5 ONLY	NONE
Basic 6	Basic 6 ONLY	NONE
Basic 7	Basic 7 ONLY	NONE
Basic 8	Basic 8 ONLY	NONE
Freestyle 1	Freestyle 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 2	Freestyle 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 3	Freestyle 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 4	Freestyle 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 5	Freestyle 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 6	Freestyle 6 or Beginner ** NOT BOTH	Pre-Preliminary MIF ONLY

## PROGRAMS WITH MUSIC TEST LEVEL CHART

<u>Level Passed</u>	<u>Competition Level</u>	<u>OFFICIAL TESTS ALLOWED</u>
Snowplow Sam 1	Snowplow Sam only	NONE
Snowplow Sam 2	Snowplow Sam only	NONE
Snowplow Sam 3	Snowplow Sam only	NONE
Basic 1	Basic Program A	NONE
Basic 2	Basic Program A	NONE
Basic 3	Basic Program B	NONE
Basic 4	Basic Program B	NONE
Basic 5	Basic Program C	NONE
Basic 6	Basic Program C	NONE
Basic 7	Basic Program D	NONE
Basic 8	Basic Program D	NONE
Freestyle 1	Freestyle 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 2	Freestyle 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 3	Freestyle 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 4	Freestyle 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 5	Freestyle 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 6	Freestyle 6 or Beginner ** NOT BOTH	Pre-Preliminary MIF ONLY

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\*\* If a skater competes up into Beginner Category (if offered) they may not go back to compete in the Freestyle Categories

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**For events that are “Beyond the Basics” (Beginner, Pre-Preliminary and Preliminary) the US Figure Skating Rulebook #1032 applies**

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**ALL COMPETITION APPLICATIONS MUST INCLUDE THIS CHART**

FOR OFFICIAL USE ONLY

Date Rec'd \_\_\_\_\_ Amount \_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_ Credit Card \_\_\_\_\_



# 2008 NUTMEG STATE GAMES INDIVIDUAL SPORT ATHLETE ENTRY FORM

Please complete **entire** entry form and sign bottom. Mail this form with the entry fee made payable to Nutmeg State Games: Connecticut Sports Management Group, Inc, 290 Roberts Street, East Hartford, CT 06108 (860) 528-4588 Email: nsg@nutmegstategames.org

Please make sure to include Proof of Age (copy of birth certificate) with entry form and appropriate fee.

Last Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Contact Person (First & Last Name): \_\_\_\_\_ Phone #: \_\_\_\_\_

Email: \_\_\_\_\_ Participant Gender: (Must be checked)  Male  Female

REGION (Check Only One) Determined by where you reside (see Map)  North  South  East  West

### How Did You Hear About Us:

- Parent / Coach
- Previous Participant
- Media (Print/Electronic)
- Poster/Flyer
- Internet
- Other: \_\_\_\_\_

### Individual Sports (Please check ONE)

- ARC: Archery
- DIV: Diving
- GYM: Gymnastics
- SWM: Swimming
- T&F: Track&Field
- WRS:Wrestling
- BMX
- FEN: Fencing
- JUD: Judo
- Tae Kwon Do Weight \_\_\_\_\_
- Cycling Criterium
- FSK: Figure Skating
- SHT: Shooting
- TEN: Tennis
- T&F (Phys. Chal)

### ENTRY CODE FOR INDIVIDUAL SPORTS

Please fill in the event name(s) you wish to compete in. See your sport information page for event name(s).

Event Name #1: \_\_\_\_\_ Event Name #2: \_\_\_\_\_ Event Name #3: \_\_\_\_\_

Event Name #4: \_\_\_\_\_ Event Name #5: \_\_\_\_\_

### Swimming Only:

Event Name & Time #1 \_\_\_\_\_ Event Name & Time #2 \_\_\_\_\_ Event Name & Time #3 \_\_\_\_\_

Event Name & Time #4 \_\_\_\_\_ Event Name & Time #5 \_\_\_\_\_

### PAYMENT INFORMATION:

Check one:  Check  Money Order  MasterCard  Visa  AmEx  Discover Please make checks payable to: Nutmeg State Games

Cardholder Name (please print) \_\_\_\_\_ Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature (required) \_\_\_\_\_

### ATHLETE'S WAIVER, PLEDGE AND CONSENT AGREEMENT

In consideration of the acceptance of my entry into the competition known as the Nutmeg State Games, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages, including any claims for loss, damages or injury to my person or property arising out of the performance or failure of performance of the State of Connecticut, the Nutmeg State Games, any and all sponsors, groups providing sanction or approval, owners of sites, and/or the respective officer/agents, representatives, successors and/or assigns of the parties named above for any and all claims for damage to person or property sustained by me in connection with, association or entry in, and/or arising from activity related to the Nutmeg State Games.

I have full knowledge that the sport in which I have entered carries significant risk of personal injury, in some cases very severe injury, even death. I also agree that I am responsible for my own safety.

I declare that to the best of my knowledge, I am in good physical condition and have no disease or injury that would be aggravated by my participation in activities related to the Nutmeg State Games.

I, also, declare on my honor that I am an amateur and fulfill the conditions stipulated by the Nutmeg State Games. I agree that if I am selected for competition at the Finals of the Games, I will compete in the Games, keep myself in top physical condition, retain my amateur status and make myself available for training wherever and whenever possible. I will also appear and participate in the Opening Ceremonies and report to the press tent for pictures, interviews, as directed by Nutmeg State Games authorities.

I understand that the consumption of alcoholic beverages or nonprescribed drugs at any Nutmeg State Games venues, events or dormitories is strictly prohibited and that failure to conduct myself in a socially responsible manner (to be determined by Nutmeg State Games authorities) will result in immediate expulsion from the Nutmeg State Games.

I hereby consent to allow my picture or likeness to appear in any official documentary, sponsor advertisement or exclusive television coverage of the Nutmeg State Games in any manner incidental to my participation in the Nutmeg State Games and without compensation to me. I declare that I have personal medical coverage and that I have read all of the above and understand the release and waiver, and by signing it agree to all its items.

**BY ENTERING AND PARTICIPATING IN THE NUTMEG STATE GAMES, ALL ATHLETES AGREE TO ABIDE BY THE RULES, REGULATIONS AND DISCIPLINARY ACTIONS OF THE GAMES' ADMINISTRATORS.**

**IT IS THE RESPONSIBILITY OF THE ATHLETE TO FOLLOW ALL RULES. FAILURE TO DO SO MAY RESULT IN SUSPENSION, EXPULSION AND/OR FORFEITURE.**

ATHLETES SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN (if participant is under 18): \_\_\_\_\_ DATE: \_\_\_\_\_