



# 2022-2023 ILLINOIS, INDIANA, AND WISCONSIN ARTISTIC LEAGUE (IIWAL)



**Welcome to the 2022-2023 IIWAL skating season!**

Your club is cordially invited to all of the **2022-2023 IIWAL** roller figure skating contests. The skate meets will be held at the rinks on the dates listed below. **Please note the entry deadline dates.**

DATE(S)	RINK	DEADLINE	ENTRY FEES
January 21 & 22, 2023	Aurora	December 15, 2022	\$20.00 entry & 1 <sup>st</sup> event, \$11.00 each extra event
February 25 & 26, 2023	Lynwood	January 18, 2023	\$20.00 entry & 1 <sup>st</sup> event, \$11.00 each extra event
May 6 & 7, 2023	Fleetwood	March 28, 2023	\$30.00 entry + 1 <sup>st</sup> event, \$11.00 each extra event

Meet entries must only be e-mailed or sent through regular mail. **Deadlines will be strictly observed.** Entries should be sent to [Rollercoachjulie@AOL.com](mailto:Rollercoachjulie@AOL.com) (e-mail) or mailed to Julie Jessup at 15068 W. 98th Ave. Dyer, IN 46311. The official entry form must be used for **ALL** meets. Please make copies if sending through standard U.S. mail.

## 2022-2023 RULES

1. For competitive purposes, the age of the skater for the **2022-2023 IIWAL** season is their age as of **January 1, 2023**. The actual season is from September 1 to August 30<sup>th</sup> of each year.
2. Each skater **MUST** pay the once a year IIWAL skater fee of **\$15.00** and **EVERY** club **MUST** pay the IIWAL club fee once a year fee of **\$10.00**.
3. **ALL skaters, coaches & officials who skate in the meet MUST** pay an entry fee of \$8.00 at every meet, each day. Spectator & Skater fees are **\$8.00 each day**.
4. For eligibility in all events, consult the current USARS Rules.
5. If a **YOUTH** skater is eligible to skate the “C” level he or she may move up to the “B” level and “B” level may move up to the “A” level. If time is available, a skater may move up 2 levels in figures, loops, solo, and team dance. **ADULT** skaters may challenge up to the next skill level in the division for which they qualify. (i.e. skaters may skate Bronze and Silver skill levels or Silver and Gold skill levels.) There will be **NO** cross-overs – example; forward figure events may challenge up to a figure event with turns within your own age category. You can **NOT** do “A” and “C”, must be “A” and “B” or “B” and “C” or all 3, **EXCEPT** in Primary figures or loops. Since Primary and “C” have similar figures and loops. **The “C” level will be divided by Juv/Elem C & Fresh/Soph C in figures, freestyle and solo & team dance events.**
6. Skaters may enter a maximum of **12 events** not including combined events per entry line. If you enter more than 12 events, start a new entry line and enter the value **-10** in the **“LATE/OTHER/ADJUSTMENT FEES”** field in the lower right of the form near the page totals. Add a note on the form or your e-mail that you have entered more than 12 events so the addition can be flagged by the meet coordinator. **PLEASE NOTE – AURORA WILL ONLY HAVE 2 MORNINGS & IF WE HAVE TOO MANY ENTRIES, WE WILL LIMIT EVENTS. I WILL CONTACT CLUBS WITH SKATERS THAT NEED TO LIMIT THE NUMBER OF EVENTS, if necessary, starting with unofficial, if Skating unofficial & regular events, then limiting skaters with multiply events.**
7. The requirements for figures and dance for all meets will be drawn from the **2023** list, Group 1 & 2. At all meets, **ONLY 2 requirements events will be skated and Junior & Senior will do 3 of the 4 Requirements.** At the last meet, requirements will be the May 1<sup>st</sup> draw.

8. World skate events will skate all the requirements, except for the first meet. The first meet, all World skate singles & Pairs will only skate the **short programs**. All World skate dance events will skate the **Style Dance**.
9. Men & Ladies will be combined in **ALL** figure & dance events. Free Skating events will separate boys & girls in **Rookie, Little Tykes, Primary, Juvenile, Elementary, Mini and Espoir (A,B,C)** events. **ALL** other free skating events (Freshman, Fresh/Sophomore, Sophomore, Classic, World Skate Jr & Sr) will combine men & ladies (A,B,C).
10. There will be Little Tykes ( new name for Tiny Tots) Figures and Free Skating events (6 & under). Tykes Free Skating routines will be 2 minute maximum with no limits. This differs from the World Skate Tot Boy/Girls events. There will also be Rookie figures, Rookie solo dance, Rookie free skating, Beginner Creative, events for new skaters.
11. There will be an Open Figure event for all ages. Adult Open will be for 18 and older and a Youth Open for Freshman B and below skaters, with men & ladies combined.
12. Open A & B Free Skating- **Open A** - For skaters any age, maximum 3 1/2 minutes, same requirements as World Art youth. **Open B** – For skaters Freshman B & below, maximum 3 1/2 minutes, using rules up to the Fresh/Soph B event.
13. **Clubs** located in the IIWAL states, IL, IN, WI are all invited to attend our league meets. This year we are **opening up** our league meet at Lynwood to anyone that would like to skate. **There will be NO requests for early events**.
14. The Advanced Loop event **will be open** to World Skate Junior & World Skate Senior skaters. Beginner back and Intermediate Loops is open to skaters **NOT** in Junior or Senior figure events or skaters that have placed in the advanced loops event at the National Championships.
15. Figure skaters may **NOT** use the official figure or loop circles once the meet has started. The official sets will be open during early morning warm-ups or practices. Also, we will warm up the first 3 skaters concurrently at the beginning of the figure and loop events.
16. At the final league meet (**only**), dance skating order will follow all USARS rules. The figure/loops events at the last meet will have an official warm-up of 3-4 minutes, depending on the number of requirements.
17. **Fun Free Skating (A&B)** - This is a Co-Ed event open to all ages. The League will provide a music CD with approximately 2 minutes of time per song. Skaters will make up a routine, with jumps, spins and footwork and judges will put major emphasis on performance while judging. Skaters will **NOT** be permitted to hear the music ahead of time. There will be 2 categories; Fun Freestyle B will be for skaters in levels B and C and Fun Freestyle A will be for skaters in level A, free skating events.
18. **Rookie Events** – The IIWAL League will host youth-oriented (old “**Bronze Intro**”) events at the A, B and C ages for Figures and Solo Dance, the purpose of which is to introduce new skaters into the competitive structure. This is for 1<sup>st</sup> year skaters only. “A” 8 and under, “B” 9-12, “C” 13-18 years old. **SKATERS WHO HAVE NOT QUALIFIED IN ANY EVENT TO THE NATIONAL CHAMPIONSHIPS MAY SKATE FOR 1 SKATING SEASON**. A skater may skate the last league meet of the year & also the entire next season ( counted as 1 full year). There will be no requirements for the free skating events. Rookie Intro A, B and C will have a 2 minute max on time.
19. **Duets** – Will follow the new USARS rules.
20. Beginner Creative “A” and “B” – Beginner A is for ages 13 and up, Beginner B is for ages 12 and under. This event is for skaters in their 1<sup>st</sup> year of skating PLUS any skater new to creative, with the exception of any skater that has skated the Regional championships in Open A or Open B creative or an “A” free skating event. The rules will follow the Open A and B creative events respectfully.



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## ADDITIONAL INFORMATION

21. Color Program – rules attached. This is for 1 color skate season ONLY. On year 2, you MUST move into the next harder color, no matter if you skated figures / dance or the free skating color. You must move into the regular program on year 3. Please note, this event is offered for the beginner skaters that do not get many lessons or just come in 3-4 times a month. These skaters do Not need to pay the league fee of \$15.00, unless they skate any other event, Not in the color program.

All skaters must possess a valid USARS amateur card to participate in IIWAL skate meets. “One Day” amateur cards have been reinstated and must be purchased from the national office only.

All events will be a **FINAL** regardless of the number of competitors.

After all entries are received for a respective IIWAL competition and verified, contest schedules will be e-mailed to the participating clubs approximately one week before each meet. If your club would like their schedule delivered through regular mail, please provide a valid mailing address. The IIWAL officers may, after all entries are received & prior to the respective competition date(s), amend the number of requirements and/or make other changes if necessary. For further information or clarification, please call Julie Jessup at 219-808-0776.

**NO** “ALL” club requests will be accepted. All entries **MUST** list the skater’s age for the current season on the official entry form. All skating entries **MUST** be submitted on the official IIWAL-provided Excel entry form(s). If you choose to use another format, please include an extra **\$5.00 PER MEET**.

All entries **MUST** be received by the deadline date. **LATE ENTRIES ARE SUBJECT TO PENALTY. THE FIRST INFRACTION IS \$10.00 PER PERSON. THE 2ND OR SUBSEQUENT INFRACTIONS WILL INCUR A \$10.00 PER EVENT PENALTY. Please send all fees and entries by the deadline date.** Clubs not submitting money and/or entries on time may be ineligible to skate. **ALL** changes requested in events after the entry deadline date will be **\$5.00** per skater - **NO EXCEPTIONS**. If original entries and fees have been submitted and a change in an event occurs or mistake is made post deadline, **ALL** fees must be sent in immediately for the change. Special requests are not guaranteed and no refunds will be given if the request is denied. A skater or coach must give a reason for their request and the IIWAL officers will make decisions on a case-by-case basis.

We will combine dance events with 1 event skating their 2 reps followed by the next flight or next event without stopping the music to save as much time as possible to try to complete all the IIWAL events offered. Dance events may change the order of skating requirements, once entries are received, to save time if needed.

**ALL MUSIC FOR ROUTINES MUST BE SUBMITTED WITH YOUR ENTRIES TO MY EMAIL, rollercoachjulie@aol.com. If possible, you can start sending your skaters music, with event name as soon as possible.**

## DESCRIPTIONS AND INFORMATION FOR SELECT IIWAL EVENTS

**Open Youth Figures**- This figure event is for skaters Freshman B and lower, challenging Elem, Freshman and Sophomore figures.

**Open Figures** – This figure event is open to ALL skaters wishing to challenge Sophomore, JWC and WC figures.

**Open Adult Figures** – This figure event is over 18 and over wishing to skate against other adults on forward figures.

**Beginner Back Loops** – This event is for skaters starting back loops with just the circles and doing one official outside back loop.

**Intermediate Loops** – This loop event is for skaters wishing to challenge back loops & forward paragraphs. No Junior or Senior skaters or skaters that have placed in Advanced Loops at the Nationals.



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**Advanced Loops** – This official event is open to all skaters, including World Skate Jr & Sr to improve on competing in loops.

**Little Tykes Figures & Singles** – ( Formerly tiny tots) This event is for skaters 6 and under. Singles routines will be 2 minutes max with no rules. This is **NOT** the Tots Boys/Girls event in the World Skate structure.

**Rookies** – These events were renamed (old name “Bronze Intro”), because of the adult divisions. This event is for skaters in their 1<sup>st</sup> year of competition. If a skater skated for their first time at the last league meet of the year, that skater is eligible to skate the entire next season. Once a skater completes their first year, they are no longer eligible, even if they only skated 1 discipline during their rookie year (Rookie Intro) season.

**Beginner Creative** – This event has the same rules as Elementary Creative. It is open to new skaters, also skaters that have NEVER skated a creative event, and have NEVER skated ANY “A” free style event at Regionals, except Primary.

**Open “A” Free Skating** - open to ANY skater, any age, skating 4 minutes max, and up to the World Skate Youth rules.

**Open “B” Free Skating** - open to Freshman B and younger skaters, skating 3 minutes max, using up to the Fresh/  
Soph B rules.

**Fun Freestyle (A&B)** – Skaters skate to music that is 1 ½ - 2 minutes long. Skaters do not get to listen to music before they make up their own routine. Judges will focus on performance. All ages are welcome.

**Blind Fold Figures** – Skaters will be blindfolded & try to do the figure listed for each meet. Skaters will enter at the Meet, \$11.00 per person

**Team Figures** – This event will be for 3 skaters, each doing 1 of the 3 figures listed. This event will NOT be included on the league high point. Skaters will enter at the meet, \$11 per person. You do NOT have to belong to the same club. Skaters can be female or male & any age.

11/17/2022



## 2022-2023 IIWAL League Roller Figure Skating Requirements

2023	AURORA	LYNWOOD	FLEETWOOD
EVENTS	January 21 & 22	February 25 & 26	May 6 & 7
<b>TEAM DANCE</b>			<b>May 1 Draw</b>
<b>Juv/Elem C Team Dance</b>	Glide Waltz (108) American March (100 6/8)	City Blues (88) Progressive Tango (100)	
<b>Juvenile Team Dance</b>	Sunshine Polka (100) Swing Waltz (120)	Skaters March (100 6/8) Academy Blues (88)	
<b>Elementary Team Dance</b>	La Vista Cha Cha (100) Mason March (100)	Chase Waltz (108) Fiesta Tango mod.(100)	
<b>Fresh/Soph C Team Dance</b>	Glide Waltz (108) American March (100 6/8)	City Blues (88) Progressive Tango (100)	
<b>Fresh/Soph B Team Dance</b>	Swing Schottische (100) Chase Waltz (108)	Mason March (100) Siesta Tango mod. (100)	
<b>Fresh/Soph A Team Dance</b>	14 Step (100) California Swing (138)	Mirror Waltz (108) Donna Lee Tango (100)	
<b>Bronze Team Div 1 Team Dance</b>	Swing Schottische (100) Sweetheart Waltz (132)	Rhythm Blues (88) Denver Shuffle (100)	
<b>Bronze Team Div 2 Team Dance</b>	Swing Schottische (100) Sweetheart Waltz (132)	Rhythm Blues (88) Denver Shuffle (100)	
<b>Bronze Team Div 3 Team Dance</b>	Swing Schottische (100) Sweetheart Waltz (132)	Rhythm Blues (88) Denver Shuffle (100)	
<b>Silver Team Div 1 Team Dance</b>	Honey Rumba (100) Sunshine Polka (100)	Casino Tango (100) Carey Foxtrot (92)	
<b>Silver Team Div 2 Team Dance</b>	Honey Rumba (100) Sunshine Polka (100)	Casino Tango (100) Carey Foxtrot (92)	
<b>Silver Team Div 3 Team Dance</b>	Honey Rumba (100) Sunshine Polka (100)	Casino Tango (100) Carey Foxtrot (92)	
<b>Gold Div 1 Team Dance</b>	California Swing (138) Lyons Polka (1040)	Parisian Waltz (138) Viva Cha Cha (100)	
<b>Gold Div 2, Team Dance</b>	Sharay Waltz (155) Milonga Tango (100)	Ruby Rumba (104) Mason March (100)	
<b>Gold Div 3 Team Dance</b>	Sharay Waltz (155) Milonga Tango (100)	Ruby Rumba (104) Mason March (100)	
<b>Classic Gold Team Dance</b>	Pacifica Foxtrot (100) Carroll Swing (100)	Dench Blues (88) Continental Waltz (168)	
<b>Classic International Team Dance</b>	Kinder Waltz (120) La Vista Cha Cha (108)	Kinder Waltz (120) La Vista Cha Cha (108)	
<b>WS Mini Team Dance</b>	Skaters March Carlos Tango	Skaters March Carlos Tango	

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2023	AURORA	LYNWOOD	FLEETWOOD
EVENTS	January 21 & 22	February 25 & 26	May 6 & 7
<b>TEAM DANCE (Cont'd)</b>			<b>May 1 Draw</b>
<b>WS Espoir Team Dance</b>	Roller Samba Little Waltz	Roller Samba Little Waltz	Roller Samba Little Waltz
<b>WS Cadet Team Dance</b>	Style	Style Free Dance	Style Free Dance
<b>WS Youth Team Dance</b>	Style	Style Free Dance	Style Free Dance
<b>WS Junior Team Dance</b>	Style	Style Dance Free Dance	Style Dance Free Dance
<b>WS Senior Team Dance</b>	Style	Style Dance Free Dance	Style Dance Free Dance
<b>SOLO DANCE</b>			<b>May 1 Draw</b>
<b>Primary A Solo Dance</b>	Balanciaga(100) Denver Shuffle (100)	Double Cross Waltz (138) City Blues (88)	
<b>Juv/Elem C Solo Dance</b>	Glide Waltz (108) Progressive Tango (100)	City Blues (88) American March (100 6/8)	
<b>Juv/Elem B Solo Dance</b>	Rhythm Blues (88) Dutch Waltz (120)	Siesta Tango (100) Chasse Waltz (108)	
<b>Juvenile A Solo Dance</b>	Rhythm Blues (88) Skaters March (100 6/8)	Swing Waltz (120) Sunshine Polka (100)	
<b>Elementary A Solo Dance</b>	Fiesta Tango mod. (100) La Vista Cha Cha (100)	Sweetheart Waltz (132) Mason March (100)	
<b>Fresh/Soph C Solo Dance</b>	Glide Waltz (108) Progressive Tango (100)	City Blues (88) American March (100 6/8)	
<b>Fresh/Soph B Solo Dance</b>	Valse Adante (155) Mason March (100)	Southland Swing (88) Fiesta Tango (100)	
<b>Freshman A Solo Dance</b>	Silk Sonic (104) Metropolitan Tango (100)	Lyons Polka (104) California Swing (138)	
<b>Sophomore A Solo Dance</b>	Willow Waltz(138) Karen Lee Tango (100)	Fascination Foxtrot (92) Permly Waltz (138)	
<b>Bronze Solo Div 1 Solo Dance</b>	Rhythm Blues (88) Sweetheart Waltz (132)	Swing Schottische (100) Denver Shuffle (100)	
<b>Bronze Solo Div 2 Solo Dance</b>	Rhythm Blues (88) Sweetheart Waltz (132)	Swing Schottische (100) Denver Shuffle (100)	
<b>Bronze Solo Div 3 Solo Dance</b>	Rhythm Blues (88) Sweetheart Waltz (132)	Swing Schottische (100) Denver Shuffle (100)	
<b>Silver Solo Div 1 Solo Dance</b>	Casino Tango (100) Sunshine Polka (100)	Joyce Lee Waltz (138) Honey Rumba (100)	

## 2022-2023 IIWAL League Roller Figure Skating Requirements

2023	AURORA	LYNWOOD	FLEETWOOD
EVENTS	January 21 & 22	February 25 & 26	May 6 & 7
<b>SOLO DANCE (Cont'd)</b>			<b>May 1 Draw</b>
<b>Silver Solo Div 2 Solo Dance</b>	Casino Tango (100) Sunshine Polka (100)	Joyce Lee Waltz (138) Honey Rumba (100)	
<b>Silver Solo Div 3 Solo Dance</b>	Casino Tango (100) Sunshine Polka (100)	Joyce Lee Waltz (138) Honey Rumba (100)	
<b>Gold Div 1 Solo Dance</b>	Mandi Lynn Tango (100) California Swing (138)	Parisian Waltz (138) Lyons Polka (100)	
<b>Gold Div 2 Solo Dance</b>	Valse Adante (155) SharayWaltz (155)	Century Blues (88) Mason March (100)	
<b>Gold Div 3 Solo Dance</b>	Valse Adante (155) SharayWaltz (155)	Century Blues (88) Mason March (100)	
<b>Classic Gold Solo Dance</b>	Carroll Swing (100) Silk Sonic (104)	Paso Doble (100) Mens Metropolitan Tango (100) 32	
<b>Classic International Solo Dance</b>	Kinder Waltz (120) La Vista Cha Cha (108)	Kinder Waltz (120) La Vista Cha Cha (108)	Kinder Waltz (120) La Vista Cha Cha (108)
<b>Classic Original Compulsory Dance</b>	Rhytm& Blues Forward	Rhytm& Blues Forward	Rhytm& Blues Forward
<b>Classic Gold Original Compulsory Dance</b>	Rhythm Blues Forward/Backward	Rhythm Blues Forward/Backward	Rhythm Blues Forward/Backward
<b>Advanced International Solo Dance</b>	Italian Foxtrot (96) Argentine Tango (96)	Midnight Blues (92) Quickstep (100 6/8)	
<b>Advanced Domestic Solo Dance</b>	Dench Blues Border (88) IcelandTango Border (100)	Quick Step (100 6/8) Killian (100 2/4)	
<b>WS Mini Solo Dance</b>	Skaters March Carlos Tango	Skaters March Carlos Tango Free Dance	Skaters March Carlos Tango Free Dance
<b>WS Espoir Solo Dance</b>	Roller Samba Little Waltz	Roller Samba Little Waltz Free Dance	Roller Samba Little Waltz Free Dance
<b>WS Cadet Solo Dance</b>	Style	Style Free Dance	Style Free Dance
<b>WS Youth Solo Dance</b>	Style	Style Free Dance	Style Free Dance
<b>WS Junior Solo Dance</b>	Style	Style Dance Free Dance	Style Dance Free Dance



## 2022-2023 IIWAL League Roller Figure Skating Requirements

2023	AURORA	LYNWOOD	FLEETWOOD
EVENTS	January 21 & 22	February 25 & 26	May 6 & 7
<b>SOLO DANCE (Cont'd)</b>			<b>May 1 Draw</b>
<b>Juv/Elem Compulsory Solo Dance</b>	Country Polka Style B Waltz (108)	Country Polka Style B Waltz (108)	Country Polka Style B Waltz (108)
<b>Fresh/Soph Compulsory Solo Dance</b>	Easy Paso (104) Flirtation Waltz (108)	Easy Paso (104) Flirtation Waltz (108)	Easy Paso (104) Flirtation Waltz (108)
<b>WS Senior Solo Dance</b>	Style	Style Dance Free Dance	Style Dance Free Dance
<b>Rookie A Intro Solo Dance</b>	Glide Waltz (108) Rhythm Blues (88)	Glide Waltz (108) Progressive Tango (100)	Glide Waltz (108) Progressive Tango (100)
<b>Rookie B Intro Solo Dance</b>	Glide Waltz (108) Rhythm Blues (88)	Glide Waltz (108) Progressive Tango (100)	Glide Waltz (108) Progressive Tango (100)
<b>Rookie C Intro Solo Dance</b>	Glide Waltz (108) Rhythm Blues (88)	Glide Waltz (108) Progressive Tango (100)	Glide Waltz (108) Progressive Tango (100)
<b>Beginner Adult Solo Dance</b>	Glide Waltz (108) Progressive Tango (100)	Glide Waltz (108) Progressive Tango (100)	Glide Waltz (108) Progressive Tango (100)



# 2022-2023 IIWAL COLORED BEGINNER PROGRAM

## GENERAL RULES FOR THE NEW COLORED BEGINNER PROGRAM

1. Skaters will need to apply for and obtain the Development amateur card from USA Roller Sports. The Star Skate Development card cost is \$15.00 See: <https://www.teamusa.org/USA-Roller-Sports/JOIN-PAGES/JOIN--USARS-MEMBERSHIP-SPORT80>
2. Skating attire is optional. Skaters may wear skating costumes or appropriate street clothes. No hats or other loose garments or objects that may become entangled with skates or the floor are allowed for safety.
3. Skaters may only skate 1 color & may not challenge up to another beginner color event or unofficial IIWAL event or official event.
4. Once a skater participates in the Blue Intermediate Free Skating, they may not skate the lower Green Station event or Red Beginner Free Skating event.
5. Skaters who have skated a sanctioned competition previously are not eligible to participate in this program.
6. Skaters will be involved with our IIWAL High Point Awards for the season 2023 if they skate at least 2 of the 3 league competitions.
7. All youth ages are welcome, only 1 event for each color.
8. The entry fee is \$10. There will be NO league fees for these skaters.

## IIWAL COLORED BEGINNER PROGRAM LEVELS

### GREEN STATION

805 Green Station Figure/Dance 16 and under

### RED BEGINNER

817 Red Beginner Figure/Dance 16 and under

819 Red Beginner Free Skating 16 and under

### BLUE INTERMEDIATE

829 Blue Intermediate Figures 8 and under

831 Blue Intermediate Figures 9 - 16



# 2022-2023 IIWAL COLORED BEGINNER PROGRAM

## Green Beginner Station Event

“Green” Station Skater Warm Up and Scoring Procedure: Green Skaters will have a one minute roll around and leg stretch. No content. Then they will have a six minute official warm up to practice all five elements anywhere on the floor. At this time, coaches may work with their skaters. After warm up, skaters will be lined up and judging will begin—Coaches can follow skaters through the stations. The elements will be skated in the order listed below.

**Forward Glides Returning to The Parallel “AND” Position:** The skater will begin with a T-push and will skate forward and perform 4 outside forward edges (2 on each foot) returning to the parallel “AND” position. Judging will be based on body position throughout the item, execution of the T-push & the quality of & ability to maintain the outside edges, quality of the AND free leg extension & ability to maintain a constant speed. This will not be with music.

**Forward Scissors:** The skater will perform forward scissors in a straight line 4 in a row. Scissors will begin from after a T-push. Judging will be based on body position throughout the item, the execution of the T-push & the ability to keep the scissors straight & with speed.

**Sit & Roll:** With Arms Extended Forward. The skater will skate forward, extend the arms forward & lower into a sitting position. Judging will be based on body position throughout the item, ability to lower the backside all the way down, ability to remain skating in straight & for 3 feet.

**Forward Two Foot Jump (No Rotation):** The skater will skate forward and perform(3) Three - two foot jumps(hop) with no rotation and pulling in arms on each jump. Judging will be based on body position throughout the item, height of the jump, and stability while landing.

**Scooter pushes Around Figure Circle:** (1 time around in each direction) The skater will perform 3 to 4 outside forward scooter pushes returning to the “AND” position. 1 time around on each foot. Judging will be based on body position throughout the item & tracing close to the line.



# 2022-2023 IIWAL COLORED BEGINNER PROGRAM

## Red Beginner Free Skating Rules & Judging Points

**Music (Mp3) for this event should be a max of 1 minute 15 seconds.** Content of the program will be performed as listed below in any order. There will be NO deductions for not completing all 6 items.

1. Big Jump (no rotation) or Turning Two Foot Jump - 1/2 Turn
2. Forward Crossovers In A Circle (1 time around, one direction)
3. Forward or Backward Scissors (minimum of 3)
4. Two Foot Spin - spin entry optional
5. Bunny hop ( 1-3 in a row)
6. Footwork (straight line, at least 1/2 the width, or 1/4 the length of the floor)

Judging will be based on the ability to perform the required content and manner of performance.

### Jumps:

**Turning Two Foot Jump 1/2 Turn:** The skater should start rolling forward & turn backwards to land. The skater should not “twist” prior to the jump. Full credit should only be given when both feet land backward on the wheels. Going to the toe stops on the landing should get a deduction.

**Bunny Hop:** The skater should start on one foot, jump and push through with the opposite toe stop.

**Big Jump:** The skater should jump up (no rotation), pull arms in & land in a stretched position

### Spins:

A spin must be more than one rotation with the standard definition being three or more rotations in the specified position and edge. The spin must be spotted and spin around its point of origin. The most important factor in the execution of any spin is body control.

**Two foot Spin** - spin entry optional - The skater should spin with his/her feet close together and complete at least three revolutions. A **FLAT FOOT** two foot spin is almost impossible to rotate three revolutions. A **HEEL AND TOE** two foot spin is a combination of the heel wheels of one skate and the toe wheels of the other. This HEEL TOE spin is what the skater should be trying to execute. A hitched two foot spin should be accepted as an attempt to do a two foot spin but not be given nearly as much credit as a properly executed FLAT FOOT or HEAL TOE continuously rotated spin.

**Forward Crossovers in a circle:** (1 time around, one direction)- The skater should be down in their knees. For the right over left crosses, the right foot should take the floor on the opposite side of the left foot. Note: The right foot will not tuck in like a dance cross in front. When done very well the skater will push with both feet and show control and speed while performing this skill

### Footwork:

A short distance of footwork should be performed, with options like shuffles, crosses, hand movements, turns 1 or 2 feet, hops. Judges will be Backward Scissors: The skater should have a strong upper body and his/her shoulders should stay back. The skater’s feet should not go too far out when “scissoring out”. The skater should show control and speed while performing this skill.

### Manner of Performance Score (Second Score):

The grade given for the execution of the free skating program. The way or style in which a skater executes any movements in a free skating program.

### Performance:

The physical & emotional involvement of the skater to the intent of the music and choreography. Execution is the quality of movement & precision in delivery. Criteria: carriage, clarity of movement, style, personality & individuality, variety and contrast, balance & performance.



# 2022-2023 IIWAL COLORED BEGINNER PROGRAM

## Blue Intermediate Free Skating Rules & Judging Points

**Music (Mp3) for this event should be a maximum of 1 minute 15 seconds.** Content of the program will be performed as listed below, in any order.

1. Waltz Jump or Mohawk Jump
2. 1/2 toe loop (1/2 mapes)
3. Backward Crossovers in a circle (4-6)
4. Two Foot Jump -1/2 Rotation may be forward to backward or backward to forward.
5. Straight Line Forward Only Primary Footwork - Skater will start at one end of the floor & use 1/2 to 3/4 of the floor. Skaters are encouraged to skate on edges if possible.
6. One foot spin (either foot) - spin entry optional

Judging will be based on the ability to perform the required content and manner of performance.

### Jumps:

Waltz Jump: A jump that starts on the LOF and lands on the ROB.

Mohawk Jump: A jump that starts ROF to LOB.

Two Foot Jump The jump may start forward or backward. When done correctly both feet land in the same direction.

1/2 Toe Loop or Mapes: A jump that starts backwards & lands forward on the toe stop with a push & stretch.

### Spins:

UPRIGHT - A spin in which the body remains in a standing position. A spin must have at least one rotation to three rotations on each required edge and position. Skaters should not spin on the toe stop, pump or hitch the spin to gain the rotation.

IB Upright Spin - spin entry optional IF Upright Spin - spin entry optional

### Footwork:

**Straight Line Forward Only Primary Footwork** - Skater will start at one end of the floor & do 1/2-3/4 of the length of the floor. Turning is allowed in the footwork sequence. Skaters are encouraged to skate on edges and do any variation of positions or steps they choose.

**Backward Crossovers in a circle**- The skater should try to be down in their knees and should look over their leading arm. The skater should show control and speed while doing 4-6 crossovers.

### **Manner of Performance Score (Second Score):**

The score given for the execution of the free skating program. The way or style in which a skater executes any movements in a free skating program.

### **Performance:**

The physical, emotional and intellectual involvement of the skate to the intent of the music and choreography. Execution is the quality of movement and precision in delivery. It includes harmony of movements. Criteria: carriage, clarity of movement, style, personality and individuality, variety and contrast, projection, balance in performance.



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## IIWAL COLORED EVENTS ENTRY FORM ENTRY FEE - \$10.00 PER EVENT

Please Print

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ M / F (circle one)

Club Name \_\_\_\_\_ Club ID \_\_\_\_\_

Birth Month \_\_\_\_\_ Age as of 1/1/2023 \_\_\_\_\_

USARS Membership # \_\_\_\_\_ Date \_\_\_\_\_

Music Submissions (if required) – Mp3 files only on a flash drive

PLACE AN "X" NEXT TO THE EVENT(S) BEING SKATED

<b>GREEN STATION</b>	
805 Green Station Figure/Dance 16 and under	
807 Green Station Free Skating 16 and under	

<b>RED BEGINNER</b>	
817 Red Beginner Figure/Dance 16 and under	
819 Red Beginner Free Skating 16 and under	

<b>BLUE INTERMEDIATE</b>	
829 Blue Intermediate Figure/Dance 16 and under	
831 Blue Intermediate Free Skating 16 and under	

TOTAL EVENTS \_\_\_\_\_

TOTAL FEES \$ \_\_\_\_\_