

Snowplow Sam – Basic 6 Free Skate

GENERAL EVENT PARAMETERS:

- The skating order of the required elements is optional.
- The elements are not restricted as to the number of times each element is executed or the length of glides, number of revolutions, etc., unless otherwise stated.
- To be skated on full ice with music.
- Skaters must demonstrate the required elements and may use, but are not required to use, any additional elements from previous (lower) levels.
- (CJS) Judges will reduce their technical element score by 0.25 for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant.
- Skaters with physical disabilities may register for standard track or Skate United track for events.

LEVEL	TIME	ELEMENTS
SNOWPLOW SAM	1:10 max	• March followed by a two-foot glide and dip • Forward swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
BASIC 1	1:10 max	• Forward two-foot glide and dip • Forward swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • Backward wiggles, 6-8 in a row
BASIC 2	1:10 max	• Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward swizzles, 6-8 in a row
BASIC 3	1:10 max	• Beginning forward stroking showing correct use of blade • Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
BASIC 4	1:10 max	• Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, clockwise and counterclockwise, 4-6 consecutive • Backward half-swizzle pumps on a circle, clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
BASIC 5	1:10 max	• Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, clockwise and counterclockwise, 4-6 consecutive • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
BASIC 6	1:10 max	• Forward inside three-turn, right and left • C step, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • T-stop, right or left