## Snowplow Sam - Basic 6 Elements

**THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:**

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

   Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
   - To be skated on 1/3 to 1/2 ice (determined by the LOC)
   - No music
   - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
   - **All elements must be skated in the order listed.**

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>TIME</th>
<th>SKATING RULES/STANDARDS</th>
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| SNOWPLOW SAM| 1:00 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     | 1:00 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     | 1:00 max | • Forward one-foot glide (no variations), either foot  
• Scooter pushes, 2-3 each foot  
• Moving snowplow stop  
• Two-foot turn in place, forward to backward  
• Backward swizzles, 6-8 in a row |
| BASIC 3     | 1:00 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     | 1:00 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, either clockwise or counterclockwise, 4-6 consecutive  
• Backward one-foot glides (no variations), right and left  
• Beginning two-foot spin, maximum 4 revolutions |
| BASIC 5     | 1:00 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     | 1:00 max | • Forward inside three-turn, right and left  
• Mohawk, 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 |