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.
   a. To be skated on 1/3 to 1/2 ice (determined by the LOC)
   b. No music
   c. Divide Snowplow Sam skaters by level (1-4), if registrations warrant
   d. **All elements must be skated in the order listed.**
   e. Skaters with physical disabilities may register for standard track or Skate United Track for events

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<tr>
<th>LEVEL</th>
<th>TIME</th>
<th>SKATING RULES/STANDARDS</th>
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| SNOWPLOW  | 1:00 max | • March followed by a two-foot glide and dip  
  SAM      |       | • 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 |