

SNOWPLOW SAM - BASIC 6 ELEMENTS

THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

- Each skater will perform each element when directed by a judge/referee OR
- Skater will perform one element at a time in the order listed below (no excessive connecting step 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 LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registration warrant
 - All elements must be skated in the order listed.**
 - Skaters with physical disabilities may register for standard track or SKate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:00 max	<ul style="list-style-type: none"> March followed by a two-foot glide and dip Forward swizzles, 2-3 in a row Forward snowplow stop Backward wiggle, 2-6 in a row
BASIC 1	1:00 max	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Beginning forward stroking showing correct use of blade Forward half-swizzle pumps on a circle, either clockwise or counter clockwise, 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Forward outside edge on a circle, clockwise or counterclockwise Forward 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	<ul style="list-style-type: none"> 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