**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.
   - Skaters with physical disabilities may register for standard track or Skate United Track for events

<table>
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<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 |