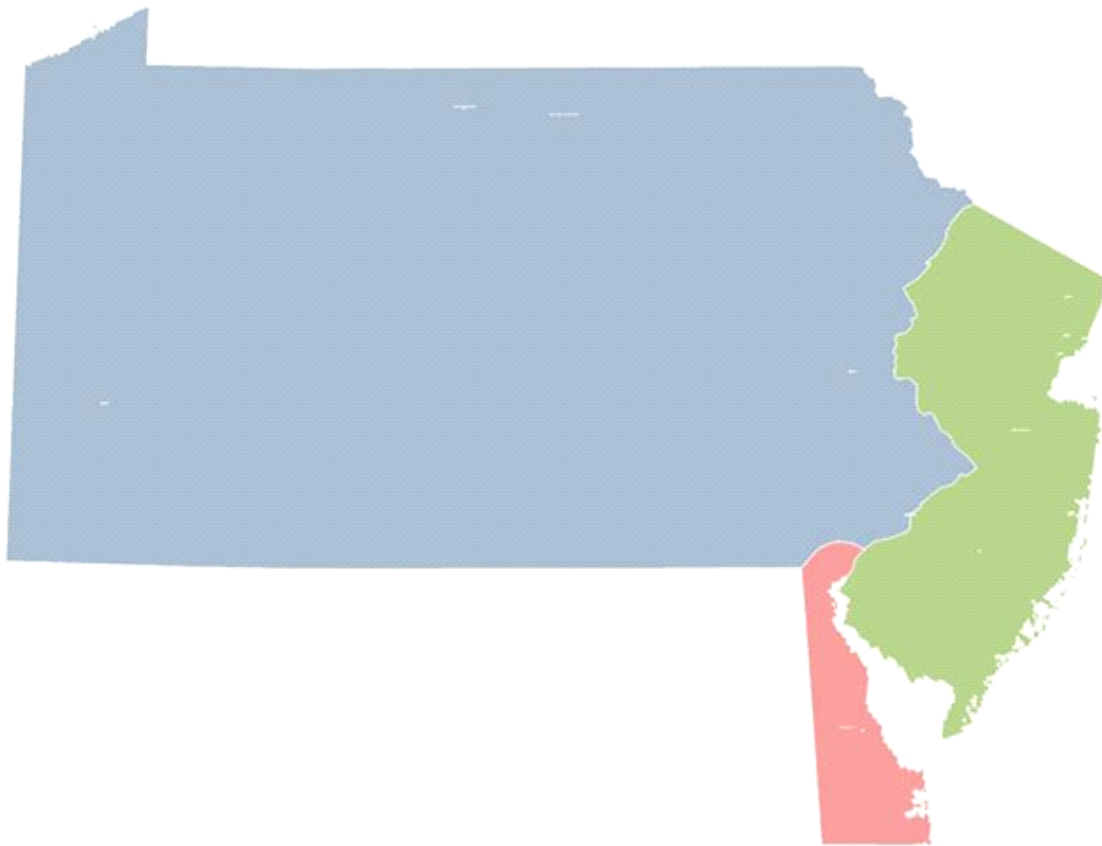




EASTERN REGION

Youth Development Program

COLOR CODED BEGINNER PROGRAM



EASTERN REGION YOUTH DEVELOPMENT PROGRAM

COLOR CODED BEGINNER PROGRAM

The Eastern Region Youth Development Plan was developed by Scott Bartell, Carey Elder, Janet Jordan, John Patton and Kristen Taylor to develop new skaters in the Eastern Region.

It is designed for class skaters and skaters just beginning private lessons. The program is meant to introduce new skaters to the competitive environment at an early stage in their training. This plan will replace the Intro level youth events at some meets, with the exception of Tiny Tot, since those events are close in content difficulty to C level events.

The program is broken into 3 color coded levels:

RED - This is the first level of the program which is designed for the very beginner class skater. Skaters will demonstrate 6 basic items. They will move through stations in groups set by the meet director.

YELLOW - This level is designed for skaters with a little more ability and confidence. This level will consist of items that fall into the 3 separate disciplines. Skaters can register for an individual discipline or multiple disciplines.

GREEN - This level is designed for the more advanced beginner skater who is not quite ready for C level events. This level will also consist of items in the 3 separate disciplines. Skaters can register for an individual discipline or multiple disciplines.

AGE DIVISIONS

All 3 of the Color Events will be divided as follows:

- 8 and Under
- 9 - 15

Skaters 16 and over may skate Adult Intro events.

Depending on the number of entries and time available, the divisions may be skated together but judged separately.

RULES

1. Skaters **ARE NOT REQUIRED TO HAVE A USARS MEMBERSHIP CARD** to skate the Youth Developmental Program. A liability waiver will be required to be signed by each skater without a card.
2. Skating attire is optional. Skaters may skate in skating costumes or nice street clothes. Use of rental skates is permitted.
3. Red level skaters may not skate in any other color levels or Intro Events.
4. Once in the Yellow level, skaters may skate up to Green, intro **or** C in separate disciplines independent of each other. (Example a skater may compete in Yellow Freestyle, Green Dance and Intro and Level C Figures) Once a skater moves up a level in a discipline, they may not return to a lower level in the Youth Development Program. Skaters who skate in Intro or C Level events must have a USARS Amateur card.
5. Once a skater participates in a higher color level, they may no longer return to a lower color level.
6. Skaters may only remain in each color level for a maximum of 1 skating season. They must move to the next level in the following season.
7. Skaters who have skated competitions previously are not eligible to participate in this program.
EXCEPTION - Skaters who skated in Tiny Tot events or Intro Events in the 2011-2012 skating season may participate in the GREEN LEVEL ONLY

AWARDS

Certificates will be awarded for 1st, 2nd, and 3rd Place.

Participation Certificates will be awarded to all skaters.



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RED LEVEL

RED LEVEL CONTENT ITEMS

“Red” Skater Warm Up and Scoring Procedure:

Red Skaters will have a one minute roll around and leg stretch. No content. Then they will have a six minute official warm up to practice all six requirements anywhere on the floor. At this time, coaches may work with their skaters. After warm up, skaters will be lined up and judging will begin - Coaches will not follow skaters through the stations.

1. Forward Scissors

The skater will perform forward scissors in a straight line for a distance of 25'. Scissors will begin from a stop. Judging will be based on body position throughout the item, ability to keep the scissors straight, and speed the scissors are performed.

2. Forward Two Foot Jump (No Rotation)

The skater will skate forward and perform a two foot jump (hop) with no rotation. Judging will be based on body position throughout the item, height of the jump, and stability while landing.

3. T-Push

The skater will perform a right foot T-Push at the first cone holding as long as possible on one foot, the skater will then perform a left foot T-Push at the perform a T-Push starting on each foot. Three cones will be placed in a straight line for a distance of 25' where the skater second cone holding as long as possible on one foot, finishing at the third cone. 1 score will be given for both T-Pushes. Judging will be based on body position in the T position, maintain body position during the push, extension of the free leg, stability on one foot, and length of floor covered.

4. Super Skater (Sit & Roll with Arms Extended Forward)

The skater will skate forward, extend the arms forward and lower into a sitting position. Judging will be based on body position throughout the item, ability to lower the backside all the way down, ability to remain skating straight and the distance once in the Super Skater position.

5. Forward Glides Returning To The Parallel “AND” Position

The skater will skate forward and perform 4 outside forward edges (2 on each foot) returning to the parallel “AND” position. Judging will be based on body position throughout the item, quality of and ability to maintain the outside edges, quality of the “AND” position, free leg extension and ability to maintain a constant pace. This will not be performed to music.

6. Scooter Pushes Around Figure Circles

The skater will perform outside forward scooter pushes returning to the “AND” position. **The skater will start at the top of the figure circle on the left foot. When the skater reaches the strike off, the skater will change to the right foot and push. The skater will then finish at the next strike off.** Judging will be based on body position throughout the item, ability to remain close to the figure circle, extension of the leg and ability to maintain a constant pace.



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YELLOW LEVEL

Yellow Level Figure Event

1. **Rolling Outside S (ROF-LOF-ROF)**

The skater will perform forward outside edges on a set of figure circles. From a rolling start or stationary start, the skater will start at the top of the circles on the right foot. They will hold the outside forward edge for half the circle. When reaching the strike zones they will change feet and circles. They will complete 3 half circles, finishing at the opposite side of the set of figure circles.

2. **Rolling Outside S (LOF-ROF-LOF)**

Same as above. The skater will begin on the left foot.

Free leg movement is optional. Skaters may use the “AND” position for takeoffs. A separate score will be given for each figure. Judging will be based on body position throughout the item, ability to remain near the line, edge quality and ability to maintain a constant pace. Rolling or stationary start will be scored equally.

Yellow Level Dance Event

1. **Outside Edges Down the straightaway and corner to a 108 Waltz.**

The skater will perform 3 beat Outside Edges down the straightaway and LOF RIF Edges around 1 corner to a 108 waltz returning to the parallel “and” position between steps. Judging will be based on body position throughout the item, timing to the music, edge quality, free leg extension and ability to maintain a constant pace.

2. **Progressive Tango Corner to a 100 Tango**

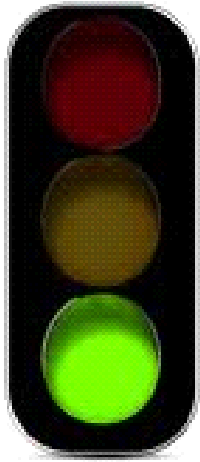
The skater will perform to music the corner sequence (Steps 7, 8, 9, 10) of the Progressive Tango. They will perform 1 circle of the exercise in a counter-clockwise direction. Judging will be based on body position throughout the item, timing to the music, edge quality, ability to cross in front, free leg extension and ability to maintain a constant pace.

Yellow Level Freestyle Event

Music for this event is on the Eastern Region website. Content of the program will be performed exactly as listed below, in order:

1. Turning Two Foot Jump - ½ Turn
2. Forward Crossovers In A Circle (1 times around, one direction)
3. Backward Scissors
4. Bunny Hop (up to 3 in a row)
5. Two Foot Spin

Judging will be based on the ability to perform the required content.



EASTERN REGION

Youth Development Program

GREEN LEVEL

Green Level Figure Event

1. **Rolling Outside and Inside S**

The skater will perform forward 3 outside edges and 3 inside edges on a set of figure circles. From a rolling start or stationary start, the skater will start at the top of the circles on the foot of their choice. They will hold the outside forward edge for half the circle. When reaching the strike zones they will change feet and circles using the "AND" position. They will complete 3 half circles, finishing at the opposite side of the set of figure circles. They will then continue and perform 3 inside edges in the same manner back to the initial starting point. Judging will be based on body position throughout the item, ability to remain near the line, edge quality and ability to maintain a constant pace. Rolling or stationary start will be scored equally.

2. **Figure 111 (A or B)**

From a rolling start or stationary start, the skater will perform 1 repetition of Figure 111. They will have the choice to starting on the left or the right foot. Takeoff's can be from the "AND" position or figure takeoff's. Judging will be based on body position throughout the item, ability to remain near the line, edge quality and ability to maintain a constant pace. Rolling or stationary start will be scored equally.

Green Level Dance Event

1. **One Repetition of the Glide Waltz**

The skater will perform 1 full repetition of the Glide Waltz. (1/2 time around the floor) Judging will be based on body position throughout the item, timing to the music, edge quality, free leg extension and ability to maintain a constant pace.

2. **One Repetition of the Progressive Tango**

The skater will perform 1 full repetition of the Progressive Tango. (1/2 time around the floor) Judging will be based on body position throughout the item, timing to the music, edge quality, ability to cross in front, free leg extension and ability to maintain a constant pace

Green Level Freestyle Event

Music for this event is on the Eastern Region website. Content of the program will be performed exactly as listed below, in order:

1. Waltz Jump
2. Backward Crossovers in a circle (1 time around)
3. Mohawk Jump
4. Forward primary footwork
5. One foot spin (either foot)