

## 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 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

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>March followed by a two-foot glide and dip</li> <li>Forward swizzles, 2-3 in a row</li> <li>Forward snowplow stop</li> <li>Backward wiggles, 2-6 in a row</li> </ul>
<b>BASIC 1</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>Forward two-foot glide and dip</li> <li>Forward swizzles, 6-8 in a row</li> <li>Beginning snowplow stop on one or two feet</li> <li>Backward wiggles, 6-8 in a row</li> </ul>
<b>BASIC 2</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>Forward one-foot glide (no variations), either foot</li> <li>Scooter pushes, 2-3 each foot</li> <li>Moving snowplow stop</li> <li>Two-foot turn in place, forward to backward</li> <li>Backward swizzles, 6-8 in a row</li> </ul>
<b>BASIC 3</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>Beginning forward stroking showing correct use of blade</li> <li>Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>Forward slalom</li> <li>Moving forward to backward two-foot turn on a circle</li> <li>Beginning backward one-foot glide, either foot</li> </ul>
<b>BASIC 4</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>Forward outside edge on a circle, clockwise or counterclockwise</li> <li>Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>Backward one-foot glides (no variations), right and left</li> <li>Beginning two-foot spin, maximum 4 revolutions</li> </ul>
<b>BASIC 5</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>Backward outside edge on a circle, clockwise or counterclockwise</li> <li>Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>Forward outside three-turn, right and left</li> <li>Advanced two-foot spin, minimum 4 revolutions</li> <li>Hockey stop</li> </ul>
<b>BASIC 6</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>Forward inside three-turn, right and left</li> <li>Mohawk, right to left and left to right</li> <li>Bunny hop</li> <li>Basic forward spiral on a straight line (no variations), right or left</li> <li>Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>T-stop, right or left</li> </ul>