

# **2010 James Bay Region Interclub Competition Announcement**

**Hosted by**

**TISDALE SKATING CLUB  
TIMMINS, ONTARIO  
JANUARY 29, 30, & 31, 2010**

**Sanctioned  
by**



## Long Term Athlete Development (LTAD)

Canadian Sport for Life, [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca), is a movement to increase sport's contribution in Canadian society recognizing sport as an important part of everyone's life by promoting each child's healthy and logical development in a sport or physical activity. On the Canadian Sport for Life website, information can be found explaining the importance of sport for all ages and stages by giving children the skills that they need to develop Physical Literacy for both healthy life long enjoyment and for sporting success. The site provides information for parents, educators, coaches and athletes and further explains the LTAD objectives and principles which are to be adopted by Canadian sports organizations. Also of note, as this is a federal government sports funding organization, future sport funding is reliant on organizations, such as Skate Canada, moving in this direction.

Skate Canada's LTADM, in unison with the Canadian Sport for Life model, provides athletes and coaches with the fundamental tools to support the progression of skaters from the beginning stages through to international competitions and podium finishes – if that is the athlete's goal in any discipline. LTAD also supports our skaters who are focused on participation to develop the skills needed to enjoy a lifetime of participation in the sport – on and off the ice.

Skate Canada Board of Directors has approved the LTAD model and has advised that the initial focus is to be on revisions to the CanSkate program. Although it is recognized that this model was made by making some difficult decisions, they are decisions that Skate Canada believes will ultimately benefit all skaters and they were not made without extensive reviews of all events. It is the role of the Section, Regions and Clubs to support the philosophies and guidelines of our national Board of Directors.

At the club and section level, the document helps with skater development by outlining what athletes require at different stages in order to maximize rather than hinder their progression. Parents and coaches can use this document to understand the key stages of development necessary for success – whatever that may be for each individual – taking into account growth, development and the maturation process.

Stages of Athlete Development are outlined in the LTADM. They include:

1. Learn to Skate
2. Learn to Train
3. Learn to Compete
4. Train to Compete
5. Learn to Win/Live to Win
6. Active for Life

Our Generic Technical Package, in keeping with and supporting the principles of LTADM by Skate Canada, will focus on Learn to Skate and Learn to Train. There will be changes implemented this season and in the next few years by Skate Canada which will impact this document and the way in which club competitions are currently being run.

Success in sport depends to a great extent on the development of physical literacy defined as competency in fundamental movement skills, motor skills and basic sport skills. These three key components should be taught in a fun learning environment which allows participants to equate physicality with enjoyment. It is the goal of Skate Canada, and therefore all of its participating clubs, to ensure that all members registered in Skate Canada programs learn the basics early in their involvement. Children are to develop physical literacy before the onset of the growth spurt. Without these basic movement and motor skills, a child will have difficulty participating in any sport and will have less chance for lifelong enjoyment of physical activity.

The first stage of Skate Canada's LTADM to be rolled out will be Learning to Skate. This phase consists of two phases – Active Start and FUNdamentals. The chronological age suggested for this phase is 3 – 9 years of age. When athletes reach the upper age, they are ideally ready to progress into the next stage of development.

The philosophy of Learning to Skate is to provide opportunities for all Canadians to learn to skate in a fun, safe and engaging environment and to become interested for lifelong participation.

Learning to Skate General Objectives are to:

1. Create a fun and active learning environment;
2. Acquire/develop basic sport specific skills;
3. Develop fundamental movement skills on ice;
4. Introduce motor skills;
5. Introduce simple rules and ethics of the sport;
6. Develop self-confidence, focus and positive attitude; and
7. Try to instill to love of figure skating.

In this stage, the primary focus is skill development. For skaters ages 3-5 there is absolutely no need for any sort of competition. All of their time on the ice should be dedicated to training as outlined in the objective above.

For skaters aged 5 to 8 or 9, **skill presentation should be introduced**. Introducing this at an early age can help identify possible talent as well as instill expectations for later development.

**Rather than performing programs at this level, skaters will focus on elements based on fundamental movement and motor skills.** Skill Presentation should be in the context of fun team meets at the club level where rewards are given but no ranking occurs. For the 2009-2010 season, club competitions will continue with ranking of results, however the move over the next few years nationally will be on rewards and not ranking of skaters in this level. The focus is on performance NOT competition and only 10% of a skater's time should be dedicated to performance at this stage of development.

In the Learning to Train stage, it is the goal of Skate Canada to encourage skaters to acquire a skill set that allows them to reach their own personal level of proficiency. Technical development is a primary focus at this stage, along with the introduction of physical and mental preparation. Skate Canada has also outlined specific competition guidelines for the Learning to Train stage, again, focusing in the beginning on a combination of element and skill performance and programs and progressing, if the skater so desires, into the presentation of programs with choreography. **It is still recommended, that through this stage, skill presentations remain the primary focus.**

Detailed information on the LTADM can be found on the Skate Canada Members Only site. It is recommended by SC and SCNO, that parents, coaches, board members read through this information and attend information sessions when they are presented at a club or town nearby.

This long-term athlete development philosophy does impact the way we are currently organizing and running our competitions. It does impact the Generic Technical Package as it has become known. SCNO believe these changes are positive and hope, that with information and education, our Section members and coaches will embrace this philosophy and work towards the promotion of skating as a sport for all children at all stages of development and as an option for lifelong physical activity and enjoyment.

*(This information is taken from the Canadian Sport for Life website [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca); Long-Term Athlete Development, Canadian Sport for Life document, published by Skate Canada 2008; comments from William Bridel, April 2009 as well as the Skate Canada Update document dated June 12, 2009).*

# GENERAL INFORMATION

## PLEASE TAKE NOTE OF THE FOLLOWING:

- ⇒ This package follows recommendations and philosophies of Skate Canada's Long Term Athlete Development (LTAD) Model.
- ⇒ All competition announcements must include the SCNO Publicity and Liability Waiver as found at the end of the GTP 2009-2010.
- ⇒ The Registrar will receive **only one package per Club**. The package **must include the following**:
  - All completed and signed Home Club entry forms with a **copy of each skater's Skate Canada Membership Card** and **Birth Certificate** attached. The SC card lists the tests passed. If the skater has tried a test since the issue of the card please send proof of test also.
  - Each Competitor shall use one (1) entry form only for all Single Events entered.
  - Itemized master list that includes each skater and all events entered. Please use the numbers to list the events entered.
  - **NOTE: COACH'S PHOTO ID is MANDATORY and must be worn AT ALL TIMES.**
  - The Code of Conduct, Parent Signature and Club signature **MUST BE SIGNED** on each registration form.

## NOTE: Proof of test is as follows:

- **CanSkate Card signed by the Club Recreational Programs Chairperson (PROGRESS CARDS ONLY PLEASE)**

**Copy of Skate Canada Test Certificate or Summary Sheet.** A skater's TEST SHEET does not constitute proof of test and will not be accepted.

**This complete package must be RECEIVED no later than December 01, 2009. Clubs will be assessed a \$25 service charge for incomplete, incorrect or late packages.**

**REGISTAR:**

**Bill Bilsborough  
P.O. Box 2522  
Cochrane, ON P0L 1C0**

**PHONE: 272-4609**

**FAX: 272-5230**

**EMAIL: [jbrchampionship@gmail.com](mailto:jbrchampionship@gmail.com)**

## **ENTRY:**

All James Bay Interclub events are open to any skater whose Home Club is a member in good standing with Skate Canada, and in the James Bay Region of Northern Ontario Section, unless otherwise stated under each event.

## **ENTRY FEES:**

### **Single Events**

Free Skate Events	\$40.00
Dance/Pairs Events	\$40.00 per team
Interpretive Events	\$40.00
Elements Events	\$20.00
Spin Events	\$20.00
CanSkate Events	\$30.00

## **REFUND OF AN ENTRY FEE:**

Rule 7000-B-1.5(2): Entry fees shall be refunded only if the event is not held or if the entry is withdrawn before the date of closing of entries.

**In case of illness, a refund will be given with a Medical Practitioner's note**

## **REGISTRATION:**

Times and location for **Skater** and **Music Registration** will be sent to all Clubs with the complete schedule, along with the theme of the competition. Skaters must be ready to skate one hour prior to the scheduled start of their event.

## **QUALIFICATIONS:**

Age and test qualifications are as of December 1, 2009.

## **AWARDS:**

Every flight is considered a Final. Medals will be awarded to the top three (3) finalists. Ribbons will be awarded to fourth and fifth places.

A Team Award will be given to the Club acquiring the most points at the end of competition. To be eligible, a Club Team must consist of at least five (5) different skaters. Points are accumulated in the following manner:

Points per event medalist: Gold: 3 points  
Silver: 2 points  
Bronze: 1 point

The winner is determined by dividing the number of points attained per Club by the number of skaters entered in the competition from that Club.

The Presentation of Awards will be announced in the program available during the competition.

## **EVENT LOCATION**

The event will be held at **McIntyre Community Centre** located on **McIntyre Road, Schumacher, Ontario.**

## **ICE SURFACE:**

The ice surface is 200 feet by 90 feet.

## **MUSIC:**

The skater must provide two (2) cassettes or CDs or 1 CD and 1 cassette of their music. One (1) program per cassette/CD and of Skate Canada standards. The cassettes and CD cases are to be clearly marked MASTER and COPY, with all the required information. Both copies are to be handed in at time of registration. Tapes/CDs are to be picked up and signed out at the Music Registration Desk located in the arena after the event has been skated.

### **Example of Correct Label:**

Name: Susie Skater  
Event: Jr Bronze Free  
Club: My Home FSC  
Time: 1:03  
MASTER

Name: Susie Skater  
Event: Jr Bronze Free  
Club: My Home FSC  
Time: 1:03  
COPY

### **Specifications for Music:**

1. Only one (1) program shall be recorded on each Cassette or CD.
2. The start of the music shall be recorded a maximum of three (3) seconds from the header.
3. ***Music shall be recorded on both the right and left channels on monaural mode.***
4. Tapes and/or CDs ***MUST*** be labeled as shown in the example above.
5. Maximum length of the Cassette is C-60.
6. The Cassette and/or CD shall be enclosed in its integral container.
7. Cassettes shall be rewound.

### **Notes:**

1. **All music must be registered at least two (2) hours prior to the skater's event.**

**Points will be deducted from club team award for music that is labeled incorrectly.**

## **MARKING SYSTEM:**

The marking system used for James Bay Interclub is One-By-One (OBO).

## **SKATER'S PARTY:**

Details will be mailed with your complete schedule.

## **CLUB'S BANNERS:**

Please forward your Club's banner to us no later than 1 week prior to the event.

Mailing:

**Tisdale SC**  
**P. O. Box 5122**  
**South Porcupine, On P0N 1H0**  
**Attn: JJ Arsenault**

**PLEASE NOTE: It is your Club's responsibility to retrieve your banner after the competition has been completed. If you do not pick it up, it will be shipped at the Host Club's earliest convenience, and at YOUR expense.**

## **OPENING CEREMONIES:**

Details of Opening Ceremonies will be forwarded with the complete schedule

## **EVENT MARKING CRITERIA, TIE BREAKING AND FACTORS**

The following table is the marking criteria for our section competitions. We recommend adding this table to your announcement, so it is clear to skaters, coaches and parents how the factors will be done for the competitions.

<b>EVENT</b>	<b>MARKING CRITERIA</b>	<b>FACTOR</b>	<b>%</b>	<b>TIE BREAKER</b>
<b>Free Skate</b>	Technical Merit, Presentation	1.0	100	2 <sup>nd</sup> mark
<b>Pairs</b>	Technical Merit, Presentation	1.0	100	2 <sup>nd</sup> mark
<b>Dance</b>				
Compulsory 1	Technique, Timing/Expression	0.5	50	1 <sup>st</sup> mark
Compulsory 2	Technique, Timing/Expression	0.5	50	1 <sup>st</sup> mark
<b>Interpretive</b>	Skating, Performance	1.0	100	2 <sup>nd</sup> mark

## **Competitive Equivalencies in the STARSkate programs**

For this competition, competitive skaters will be considered to have the following STARSkate levels:

Competitive singles test equivalencies in the STARSkate program:

- a. Juvenile Competitive Singles Test = Senior Bronze Free Skating Test
- b. Pre-Novice Competitive Singles Test = Junior Silver Free Skating Test
- c. Novice Competitive Singles Test = Senior Silver Free Skating Test
- d. Junior or Senior Competitive Singles Test = Gold Free Skating Test

**Please Note that if the competitive skater has also done the STARSkate program the higher of the two levels will be taken for all events but the Free Skates:**

i.e. Skater has Pre-Novice Competitive Singles test and Senior Silver Free Skating Test then skater will compete in Senior Silver for all other events.

# CANSKATE EVENTS

Skaters competing in the CanSkate events **MUST** be registered in either the CanSkate or CanPower Programs with Skate Canada and must not have participated in any other Skate Canada Program.

CanSkate events are to be skated as a circuit with background music supplied by the host club.

Circuits **must** contain specific elements as listed below. Any additional skills will be penalized excluding spirals, connecting steps, footwork, and jumps of  $\frac{1}{2}$  rotation or less (Power Jumps, etc) unless specified for the event.

**All circuits will be a maximum of 1 minute in length.**

**All events will be skated on half of the ice surface.**

**Note to Coaches:** Please attempt to put these elements into the  $\frac{1}{2}$  ice circuit in the order they appear.

Any skater coming 1<sup>st</sup> in an event **MUST** move up a category the following year.

## 1. CANSKATE BEGINNER

BADGE LEVEL: Must not have passed any CanSkate badge.

SPECIFICATIONS FOR EVENT:

- $\frac{1}{2}$  sit glide – forward or backwards
- Backward skating
- $\frac{1}{2}$  or  $\frac{1}{4}$  Two foot turn on the spot
- Two foot jump on the spot
- Forward skating

## 2. CANSKATE 1

BADGE LEVEL: Must have passed Stage 1 but no higher.

SPECIFICATIONS FOR EVENT:

- Backward skating
- Forward glide (2 feet to 1 foot)
- Forward two foot sculling
- Two foot jump while gliding forward
- Two foot spin

## 3. CANSKATE 2

BADGE LEVEL: Must have passed Stage 2 but no higher.

SPECIFICATIONS FOR EVENT:

- Two foot turn forward to backward
- Backward skating
- Two foot spin
- Forward spiral
- Two foot jump while gliding backward

## **4. CANSKATE 3**

BADGE LEVEL: Must have passed Stage 3 but no higher.

SPECIFICATIONS FOR EVENT:

- Backward two foot sculling
- Two foot side stop
- Forward spiral
- Forward outside edge entry 3 turn
- Backwards glide on a curve (two foot to one foot)

## **5. CANSKATE 4**

BADGE LEVEL: Must have passed Stage 4 but no higher.

SPECIFICATIONS FOR EVENT:

- Backwards circle thrust (NOT SCULLING – FREE FOOT MUST COME OFF ICE)
- One foot spin
- One foot jump forward to backward (THREE JUMP)
- Backward spiral
- Forward outside edge development (step/step/step and hold on alternating edge)

## **6. CANSKATE 5**

BADGE LEVEL: Must have passed Stage 5 but no higher.

SPECIFICATIONS FOR EVENT:

- Forward one foot spin with forward outside edge
- Backwards crosscuts
- Waltz jump
- Backward outside development (step/ step/ step and hold on alternating curves)
- Forward Inside edge entry 3 turn

## **7. CANSKATE 6**

BADGE LEVEL: Must have passed Stage 6 but no higher.

SPECIFICATIONS FOR EVENT:

- Backward outside edges (MINIMUM 2 EDGES ON EACH FOOT)
- Waltz jump with backward crosscuts entry
- Forward chasses
- Forward one foot spin with backward crosscut entry.
- Toe Loop or Salchow

# FREE SKATE EVENTS (STARSkate)

Free skate events are limited to skaters registered as **SKATE CANADA STARSkaters** with the **exception of the Open Event**. The following Free Skate events will have separate events for Ladies and Men.

**All programs MUST be based on the Well Balanced Program. The Free Skates have been revised as per Skate Canada 2009/2010 STARSkate Well Balanced Program Requirements. The WPB will be strictly enforced, and deductions will be given for any elements that are not specified.**

**NOTE: As per the competitive stream, for all recreational levels - a spin of any nature - the skater cannot repeat a spin that has already been performed.**

**NOTE: Please check the Skate Canada Northern Ontario website [www.scno.net](http://www.scno.net) or the Skate Canada website [www.skatecanada.ca](http://www.skatecanada.ca) for the Well Balanced Program criteria and the definition of specific elements (such as a spiral sequence). Check often, as there may be changes to the Well-Balanced Program Requirements as the season progresses from Pre-Preliminary to Gold.**

Any skater coming 1<sup>st</sup> in an event **MUST** move up a category the following year with the exception of the OPEN FREE SKATE EVENT.

Skaters may only skate up one category only.

## 8. PRE-INTRODUCTORY -

TEST REQUIREMENTS: **Must NOT have passed ANY Skate Canada Tests**

SPECIFICATIONS FOR EVENT: One free program of 1.5 minutes in length (+ / - 10 seconds)

1. Maximum 6 jump elements
  - May include a waltz jump, salchow, toe loop, and loop – **no higher jumps allowed**
  - Must include at least 1 waltz jump
  - Maximum 2 combinations or sequences (using the above specified jumps only)
  - Maximum 3 different jumps repeated and no jump included more than 3 times. Repeated jumps must be in combo or sequence.
2. Maximum 2 spins
  - No flying spins or combination spins permitted
  - 2 spins must be in one position, not in combination, no change of foot
3. Maximum 1 step sequence OR series of 2 field moves (but not both)

## 9. INTRODUCTORY FREE SKATE

TEST REQUIREMENTS: **May not have passed any part of a preliminary free skate test.**

SPECIFICATIONS FOR EVENT: One free program of 1.5 minutes in length (+ / - 10 seconds)

1. Maximum 6 jump elements
  - No jump higher than 1flip – **no higher jumps allowed**
  - Must include at least 1 waltz jump
  - Maximum 2 combinations or sequences (no jumps higher than a flip allowed)
  - Maximum 2 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
2. Maximum 2 spins
  - No flying spins permitted
  - 2 spins must be in one position, not in combination, no change of foot
3. Maximum 1 step sequence

## 10. PRE-PRELIMINARY FREE SKATE

TEST REQUIREMENTS: **May have passed a Skate Canada test, but must not have passed the complete Preliminary Free Skate Test.**

SPECIFICATIONS FOR EVENT: One free program of 1.5 minutes in length (+ / - 10 seconds)

1. Maximum 6 jump elements
  - No jump higher than 1Lz
  - Must include at least 1 waltz jump
  - Maximum 2 combinations or sequences. No three jump combination is permitted
  - Maximum 2 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
2. Maximum 2 spins
  - No flying spins permitted
  - 1 spin must be in one position, not in combination, no change of foot
  - Maximum 1 combination spin, no change of foot
3. Maximum 1 step sequence

## 11. PRELIMINARY FREE SKATE

TEST REQUIREMENTS: May have passed the Preliminary Free Skate test but no higher complete free skate test.

SPECIFICATIONS FOR EVENT: One free program of 2.0 minutes in length (+/- 10 seconds)

1. Maximum 6 jump elements
  - All single jumps permitted and maximum one double jump which may be a Double Salchow or Double Toe Loop
  - Must include at least 1 Axel type jump (waltz or single Axel)
  - Maximum 2 combinations or sequences. Jump combinations may contain no more than two jumps.
  - No jump included more than twice. Repeated jumps must be in combo or sequence. The double jump may not be repeated.
2. Maximum of 2 spins of any nature
  - Maximum 1 spin may be a flying spin
  - One spin of any nature.
3. Maximum 1 step sequence or spiral sequence.

## **12. JUNIOR BRONZE FREE SKATE**

TEST REQUIREMENTS: May have passed the Junior Bronze Free Skate test but no higher complete free skate test.

SPECIFICATIONS FOR EVENT: One free program of 2.5 minutes in length (+/- 10 seconds)

1. Maximum 7 jump elements
  - All single jumps permitted and maximum two double jumps that may be up to and including double loop.
  - Must include at least 1 Axel type jump (waltz or single Axel)
  - Maximum 2 combinations or sequences. Jump combinations may contain no more than two jumps.
  - No jump included more than twice. Repeated jumps must be in combo or sequence. The double jump may not be repeated.
2. Maximum of 3 spins
  - 1 Spin must be a flying spin
  - 1 spin must be a combination (change of foot mandatory)
  - 1 spin of any nature
3. Maximum 1 step sequence or spiral sequence.

## **13. SENIOR BRONZE FREE SKATE**

TEST REQUIREMENTS: May have passed the Senior Bronze Free Skate test but no higher complete free skate test.

One free program of 3.0 minutes in length (+/- 10 seconds).

SPECIFICATIONS FOR EVENT: One free program of 3.0 minutes in length (+/- 10 seconds)

1. Maximum 7 jump elements
  - All single and double jumps permitted except double Axel
  - Must include at least 1 Axel type jump (waltz or single Axel)
  - Maximum 3 combinations or sequences. Jump combinations may include no more than two jumps.
  - No jump included more than twice. Repeated jumps must be in combo or sequence.
2. Maximum of 3 spins
  - 1 Spin must be a flying spin in one position with no change of foot.
  - 1 spin must be a combination (change of foot mandatory)
  - 1 spin of any nature
3. Maximum 1 step sequence or spiral sequence.

## **14. JUNIOR SILVER FREE SKATE**

TEST REQUIREMENTS: May have passed the Junior Silver Free Skate test but no higher complete free skate test.

One free program of 3.5 minutes in length (+/- 10 seconds).

SPECIFICATIONS FOR EVENT: One free program of 3.5 minutes in length (+/- 10 seconds)

1. Maximum 7 jump elements
  - All jumps permitted
  - Must include at least 1 Axel type jump (waltz or Axel type)
  - Maximum 3 combinations or sequences. Jump combinations may contain no more than two jumps.
  - No jump included more than twice. Repeated jumps must be in combo or sequence.
2. Maximum of 3 spins
  - 1 spin must be a flying spin one position with no change of foot.
  - 1 spin must be a combination (change of foot mandatory)
  - 1 spin of any nature
3. Maximum 1 step sequence or spiral sequence

## 15. SENIOR SILVER FREE SKATE

TEST REQUIREMENTS: May have passed the Senior Silver Free Skate test but no higher complete free skate test.

One free program of 3.5 minutes in length (+/- 10 seconds).

SPECIFICATIONS FOR EVENT: One free program of 3.5 minutes in length (+/- 10 seconds)

1. Maximum 7 jump elements
  - All jumps permitted
  - Must include at least 1 Axel type jump (waltz or Axel type)
  - Maximum 3 combinations or sequences. Jump combinations may contain no more than two jumps.
  - No jump included more than twice. Repeated jumps must be in combo or sequence.
2. Maximum of 3 spins
  - 1 spin must be a flying spin one position no change of foot.
  - 1 spin must be a combination (change of foot mandatory).
  - 1 spin of any nature

**NOTE: A fourth spin of any nature may be included. In CPC, the first three spins to fulfill the requirements as outlined above will be counted; the first that is outside of these requirements will not be counted and will not receive any value. The fourth spin will not be subject to a deduction in 6.0.**

3. Women:

- Maximum 1 step sequence or spiral sequence.

Men:

- Maximum 1 step sequence (straight line, circular or serpentine).

**NOTE: the first allowed step or spiral sequence will be counted. Additional step of spiral sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0.**

## 16. GOLD FREE SKATE

TEST REQUIREMENTS: May have passed the Gold Free Skate test

One free program of 3.5 (ladies) or 4.0 (men) minutes in length (+/- 10 seconds).

1. Maximum 7 jump elements
  - All jumps permitted
  - Must include at least 1 Axel type jump (waltz or Axel type)
  - Maximum 3 combinations or sequences. Jump combinations may contain no more than two jumps.
  - No jump included more than twice. Repeated jumps must be in combo or sequence.
2. Maximum 3 spins
  - 1 spin must be a flying spin one position with no change of foot.
  - 1 spin must be a combination (change of foot mandatory)
  - 1 spin of any nature

**NOTE: A fourth spin of any nature may be included. In CPC, the first three spins to fulfill the requirements as outlined above will be counted; the first that is outside of these requirements will not be counted and will not receive any value. The fourth spin will not be subject to a deduction in 6.0.**

3. Women:

- Maximum 1 step sequence or spiral sequence.

Men:

- Maximum 1 step sequence (straight line, circular or serpentine).

**NOTE: the first allowed step or spiral sequence will be counted. Additional step of spiral sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0.**

**17. OPEN FREE SKATE - *For skaters not eligible to compete in any other singles event.***

**Open to all skaters registered as Competitive Skaters or skaters that have passed their Gold Free Skate Test.**

**Must have passed Gold Free skate test or any competitive level test**

SPECIFICATIONS FOR EVENT: One Competitive Free Skate program or Gold Free Skate program.

1. Maximum 7 jump elements

- All jumps permitted
- Must include at least 1 Single Axel or Double Axel
- Maximum 3 combinations or sequences. Jump combinations may contain no more than two jumps
- No jump included more than twice and if a jump is repeated it must be in combination or sequence.

2. Maximum 3 spins

- 1 spin must be a flying spin one position with no change of foot.
- 1 spin must be a combination (change of foot mandatory)
- 1 spin of any nature

***NOTE: A fourth spin of any nature may be included. In CPC, the first three spins to fulfill the requirements as outlined above will be counted; the first that is outside of these requirements will not be counted and will not receive any value. The fourth spin will not be subject to a deduction in 6.0.***

3. Women:

- Maximum 1 step sequence or spiral sequence.

Men:

- Maximum 1 step sequence (straight line, circular or serpentine).
- ***NOTE: the first allowed step or spiral sequence will be counted. Additional step of spiral sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0.***

**NOTE: Skaters may skate up in the Free Skate events.**

# INTERPRETIVE EVENTS

## **18. PRE- INTRODUCTORY INTERPRETIVE**

### TEST REQUIREMENTS:

Must not have passed any Skate Canada Interpretive Skating test.

### SPECIFICATIONS FOR EVENT:

One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

## **19. INTRODUCTORY INTERPRETIVE**

### TEST REQUIREMENTS:

Must have passed the Introductory Interpretive test but no higher.

### SPECIFICATIONS FOR EVENT:

One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

## **20. BRONZE INTERPRETIVE**

### TEST REQUIREMENTS:

Must have passed the Bronze Interpretive test but no higher.

### SPECIFICATIONS FOR EVENT:

One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

## **21. SILVER INTERPRETIVE**

### TEST REQUIREMENTS:

Must have passed the Silver Interpretive test but no higher.

### SPECIFICATIONS FOR EVENT:

One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

## **22. GOLD INTERPRETIVE**

### TEST REQUIREMENTS:

Must have passed the Gold Interpretive test

### SPECIFICATIONS FOR EVENT:

One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

# SPIN EVENTS

## Open to All Skaters (STARSkate and Competitive)

- Spins will be skated in isolation.
- One retry of an element will be allowed per attempt, by signaling the referee with a raised hand
- Spins will be conducted using ½ of the ice surface.
- Any skater winning an event **MUST** move up a category the following year with the exception of the GOLD SPINS.

### **23. PRE-INTRODUCTORY SPINS**

TEST REQUIREMENTS: **Must NOT have passed ANY Skate Canada Tests**

SPECIFICATIONS FOR EVENT:

- Two Foot Spin, minimum 2 rotations
- Forward One-Foot Upright or Corkscrew Spin, minimum 2 rotations

### **24. INTRODUCTORY SPINS**

TEST REQUIREMENTS: **May not have passed any part of a preliminary free skate test,**

SPECIFICATIONS FOR EVENT:

- Two Foot Spin, minimum 2 rotations
- Forward One-Foot Upright or Corkscrew Spin, minimum 2 rotations
- Backward One-Foot Upright or Corkscrew Spin, minimum 2 rotations

### **25. PRE-PRELIMINARY SPINS**

TEST REQUIREMENTS: May not have passed the complete Preliminary Free Skate Test.

SPECIFICATIONS FOR EVENT:

- Forward One-Foot Upright or Corkscrew Spin, minimum 2 rotations
- Backward One-Foot Upright or Corkscrew Spin, minimum 2 rotations
- Sit Spin, minimum 2 rotations

### **26. PRELIMINARY SPINS**

TEST REQUIREMENTS: May have passed the Preliminary Free Skate test but no higher complete Free Skate test.

SPECIFICATIONS FOR EVENT:

- Back Corkscrew Spin, minimum 3 rotations
- Flying Spin, minimum 3 rotations
- Combination Spin – minimum of 2 positions, optional change of foot, minimum 4 rotations in total

### **27. JUNIOR BRONZE SPINS**

TEST REQUIREMENTS: May have passed the Junior Bronze Free Skate test but no higher complete Free Skate test.

SPECIFICATIONS FOR EVENT:

- Flying Camel Spin, minimum 3 rotations
- Layback or Sideways Lean Spin (Ladies) **OR** Camel Sit Spin (Men), minimum 3 rotations
- Combination Spin – minimum of 2 positions, 1 change of foot, minimum 3 rotations on each foot and minimum 2 rotations in each position

## **28. SENIOR BRONZE SPINS**

TEST REQUIREMENTS: May have passed the Senior Bronze Free Skate test but no higher complete Free Skate test.

SPECIFICATIONS FOR EVENT:

- Layback or Sideways Lean Spin (Ladies) **OR** Crossfoot Spin (Men), minimum 4 rotations
- Sit Change Sit Spin, minimum 4 rotations
- Combination Spin – minimum of 3 positions, minimum 1 change of foot, minimum 4 rotations on each foot and minimum 2 rotations in each position

## **29. JUNIOR SILVER SPINS**

TEST REQUIREMENTS: May have passed the Junior Silver Free Skate test but no higher complete Free Skate test.

SPECIFICATIONS FOR EVENT:

- Camel Change Camel Spin, minimum 5 rotations
- Flying Camel/Back Sit Spin, minimum 5 rotations and minimum 2 rotations in each position
- Combination Spin – minimum of 3 positions, minimum 1 change of foot, minimum 5 rotations on each foot and minimum 2 rotations in each position

## **30. SENIOR SILVER SPINS**

TEST REQUIREMENTS: May have passed the Senior Silver Free Skate test but no higher complete Free Skate test.

SPECIFICATIONS FOR EVENT:

- Layback or Sideways Lean Spin (Ladies) **OR** Upright Variation Spin (Men), minimum 5 rotations
- Combination Spin – minimum of 3 positions, minimum 1 change of foot, minimum 5 rotations on each foot and minimum 2 rotations in each position
- Flying Sit Spin with optional foot of landing, minimum 5 rotations

## **31. GOLD SPINS**

TEST REQUIREMENTS: May have passed the Gold Free Skate test

SPECIFICATIONS FOR EVENT:

- Camel Change Camel Spin, minimum 6 rotations on each foot
- Flying Sit or Flying Change Sit Spin, minimum of 6 rotations
- Combination Spin – minimum of 3 positions, minimum 1 change of foot, minimum 6 rotations on each foot and minimum 2 rotations in each position

# ELEMENTS EVENTS

## **Open to All Skaters (STARSkate and Competitive)**

- Elements will be skated in isolation (**per LTAD philosophy**)
- Spins and combination spins must be held for the specified revolutions.
- There must be no turn or change of foot between jumps in combination
- An axel is a single jump
- Field movements (for example Spirals, Ina Bauers, Pivots) will be penalized unless specified
- Connecting steps may be used
- One retry of an element will be allowed per attempt, by signaling the referee with a raised hand

## **32. PRE-INTRODUCTORY ELEMENTS**

TEST: **Must NOT have passed ANY Skate Canada Tests**

SPECIFICATIONS FOR EVENT:

1. Waltz Jump
2. Salchow Jump
3. Toe Loop Jump
4. Forward Upright Spin, minimum 2 rotations
5. Field Movement of your choice

## **33. INTRODUCTORY ELEMENTS**

TEST: **May not have passed any part of a preliminary free skate test,**

SPECIFICATIONS FOR EVENT:

1. Waltz Jump
2. Salchow Jump
3. Loop Jump
4. Forward Upright Spin, minimum 2 rotations
5. Field Movement of your choice

## **34. PRE-PRELIMINARY ELEMENTS**

TEST: **Must not have passed the complete Preliminary Free Skate Test.**

SPECIFICATIONS FOR EVENT:

1. Loop Jump
2. Flip Jump
3. Toe Loop/Toe Loop Jump Combination
4. Spin in one position (change of foot optional), minimum 2 rotations
5. Forward Spiral, edge optional

## **35. PRELIMINARY ELEMENTS**

TEST: **May have passed the Preliminary Free Skate test but no higher complete Free Skate test.**

SPECIFICATIONS FOR EVENT:

1. Flip Jump
2. Lutz Jump
3. Jump Combination with 2 singles or 1 double and 1 single
4. Camel/Sit Spin, no change of foot, minimum 3 rotations in each position
5. Backward Spiral, edge optional

### **36. JUNIOR BRONZE ELEMENTS**

TEST: May have passed the Junior Bronze Free Skate test but no higher complete Free Skate test.

SPECIFICATIONS FOR EVENT:

1. Axel Jump
2. Double Salchow Jump **OR** Double Toe Loop Jump **OR** Double Loop Jump
3. Jump Combination with 2 singles or 1 double and 1 single
4. Flying Camel Spin, minimum 3 rotations
5. Series of Field Movements that cover at least ½ the ice surface

### **37. SENIOR BRONZE ELEMENTS**

TEST: May have passed the Senior Bronze Free Skate test but no higher complete Free Skate test.

SPECIFICATIONS FOR EVENT:

1. Axel Jump
2. Double Salchow Jump **OR** Double Toe Loop Jump **OR** Double Loop Jump
3. Jump Combination with 1 single and 1 double or 2 doubles, the second jump must be the double
4. Combination Spin, 3 positions, minimum 1 change of foot, minimum 4 rotations on each foot and 2 rotations in each position
5. Straight Line Step Sequence (full ice surface may be used)

### **38. JUNIOR SILVER ELEMENTS**

TEST: May have passed the Junior Silver Free Skate test but no higher complete free skate test.

SPECIFICATIONS FOR EVENT:

1. Axel or Double Axel
2. Double Salchow Jump **OR** Double Toe Loop Jump **OR** Double Loop Jump
3. Jump Combination with 1 single and 1 double or 2 doubles, the second jump must be the double
4. Combination Spin, MINIMUM 3 positions, minimum 1 change of foot, minimum of 5 rotations on each foot and 2 rotations in each position
5. Sequence of 3 field movements of your choice (full ice surface may be used)

### **39. SENIOR SILVER ELEMENTS**

TEST: May have passed the Senior Silver Free Skate test but no higher complete Free Skate test.

SPECIFICATIONS FOR EVENT:

1. Axel or Double Axel
2. Double Flip
3. Jump Combination with 2 double jumps
4. Combination Spin, MINIMUM 3 positions, minimum 1 change of foot, minimum of 5 rotations on each foot and 2 rotations in each position
5. Straight Line Step Sequence (full ice surface may be used)

### **40. GOLD ELEMENTS**

TEST: May have passed the Gold Free Skate test

SPECIFICATIONS FOR EVENT:

1. Axel or Double Axel Jump
2. Double Lutz
3. Jump Combination consisting of 2 double jumps **OR** 1 double and 1 triple jump.
4. Combination Spin, MINIMUM 3 positions, minimum 1 change of foot, minimum of 6 rotations on each foot and 2 rotations in each position
5. Spiral Sequence (Ladies) **OR** 1 Step Sequence of any shape (Men) (full ice surface may be used)

# DANCE EVENTS (STARSkate)

Note: Dances are to be skated in the order listed. The number of dance patterns to be skated shall be the same as for Evaluated Tests. Please refer to the Skate Canada Technical Handbook Figure Skating Terms Defined – 3.15 (2). Dances listed are per SC 2009-2010 Compulsory Dance Draw.

Couples for Dance events may be comprised of two women (one performing the man's steps), or one woman and one man. Similar and mixed couples will compete against each other.

Therefore the combination can be:

Two female skaters

One female and one male skater

## 41. PRELIMINARY DANCE

TEST: At least one partner must have passed the complete Preliminary Dance test and not the complete Junior Bronze Dance test.

SPECIFICATIONS FOR EVENT:

- Dutch Waltz
- Baby Blues

## 42. JUNIOR BRONZE DANCE

TEST: At least one partner must have passed the complete Junior Bronze Dance test and not the complete Senior Bronze Dance test.

SPECIFICATIONS FOR EVENT:

- Swing
- Fiesta Tango

## 43. SENIOR BRONZE DANCE

TEST: At least one partner must have passed the complete Senior Bronze Dance test and not the complete Junior Silver Dance test.

SPECIFICATIONS FOR EVENT:

- Ten Fox
- Fourteenstep

## 44. JUNIOR SILVER DANCE

TEST: At least one partner must have passed the complete Junior Silver Dance test and not the complete Senior Silver Dance test.

SPECIFICATIONS FOR EVENT:

- Harris Tango
- Rocker Foxtrot

## 45. SENIOR SILVER DANCE

TEST: At least one partner must have passed the complete Senior Silver Dance test and not the complete Gold Dance test.

SPECIFICATIONS FOR EVENT:

- Starlight Waltz
- Kilian

## 46. GOLD DANCE

TEST: At least one partner must have passed the complete Gold Dance test and not the complete Diamond Dance test.

SPECIFICATIONS FOR EVENT:

- Blues
- Quickstep

## **47. DIAMOND DANCE**

TEST: At least one partner must have passed the complete Diamond Dance test.

SPECIFICATIONS FOR EVENT:

- Argentine Tango
- Viennese Waltz

# PAIRS EVENTS (STARSKATE)

## **48. INTRODUCTORY PAIRS**

### TEST REQUIREMENTS:

Each partner must not have passed any competitive pair test, but each must have passed at least the Preliminary Free Skate test.

### SPECIFICATIONS FOR EVENT:

One free program of 2.0 minutes (+/- 10 seconds) in length.

## **49. OPEN PAIRS**

### TEST REQUIREMENTS:

Each partner must have passed at least the Preliminary Free Skate test. There are no other test restrictions.

### SPECIFICATIONS FOR EVENT:

One free program of 2.5 minutes (+/- 10 seconds) in length.

# SPECIAL OLYMPICS

Skaters must be members of Skate Canada and have a home club in the James Bay Region.

For Levels 1 to 3 the skater will do elements in isolation and a program to instrumental music. Option 1 or 2 will be drawn at the competition.

For Levels 4 to 6 the skater will do a technical program and it must not exceed the time limit or any elements done after the time given will not be marked, and a free skate program to instrumental music, with the usual plus or minus 10-second leeway.

## 50. Special Olympics Level 1

**Must be working on CanSkate Stage 1 but no higher than Stage 3**

**Elements be performed in the order listed**

- Forward skating across the width of the ice using alternating feet
- Forward glide on **one** foot (**left or right foot**)
- Forward half snowplow **to a stop** (**left or right foot**)
- Forward half snowplow stop (left foot)
- Backward skating any form (equivalent to  $\frac{1}{2}$  the width of ice surface)

### Program

- Will not exceed time of 1 minute in length (+/- 10 seconds)
- The music will be instrumental
- Well balanced & include 4 of 6 CanSkate fundamental movements from Stages 1 through 3
- Maximum 2 jumps
- Maximum 2 spins
- **Field moves (element in the field) are allowed (i.e. spread eagles, lunges/draggs and pivots)**

No Fundamental Movements above Stage 3 or Challenge Skills from any Stage are to be included in the program. Points will be awarded only for Stage 1 – 3 Fundamental Movements.

## 51. Special Olympics Level 2

**Must be working on CanSkate Stage 4 and/or Stage 5**

**Skaters shall skate all elements of either option one or two in isolation. The elements must be performed in the order as listed. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements. The option will be drawn for the group.**

### Elements

#### **Option 1**

- Right forward outside glide on a curve for 6 counts (R/L/R glide)
- Left forward inside glide on a curve for 6 counts (L/R/L glide)
- Forward 2 foot turn into circle-counterclockwise (Maximum 2 push entry)
- 3 Backwards pushes from standstill and glide on left foot on a curve (any form)

#### **Option 2**

- Left forward outside glide on a curve for 6 counts (L/R/L glide)
- Right forward inside glide on a curve for 6 counts (R/L/R glide)
- Forward 2 foot turn into circle-clockwise (Maximum 2 push entry)
- 3 Backwards pushes from standstill and glide on right foot on a curve (any form)

### **Program**

- Will not exceed 1.5 minutes in length (+/- 10 seconds)
- Music will be instrumental
- Well balanced & include fundamental movements from CanSkate Stage 1 through Stage 5
- **Must** include 4 of 6 fundamental movements from CanSkate Stage 4 & Stage 5
- Choice of Challenge skills from Stages 1 through 3 may be included
- Maximum 3 jumps
- Maximum 2 spins (starting only from a front entry)
- 1 jump sequence or combination can be included and will be counted as one of the allowable jumps  
Variations on the forward spiral are allowed
- Field Moves (elements in the field) are allowed i.e. spread eagles, lunges/draggs and pivots

### **Note:**

- A two (2) foot jump back and forth with no step in between would be considered a combination jump (1 element), if a step is put in between it would be considered two (2) jumps
- (single Bunny Hop is a jump, Bunny Hop – Bunny Hop is considered a combination jump)

No Fundamental Movements above Stage 5 or Challenge Skills above Stage 3 are to be included in the program. Points will be awarded only for Stage 1 – 5 Fundamental Movements and Challenge Skills 1 – 3.

### **Special Olympics Level 3**

**Must be working on CanSkate Stage 6 and or Stage 7**

**Skaters shall skate all elements of either option one or two in isolation. The elements must be performed in the order as listed. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements. The option will be drawn for the group.**

### **Elements**

#### **Option 1**

- Left forward outside preliminary circle
- Right forward inside preliminary circle
- Backward outside edges width of ice (may use line)
- Left forward outside 3 turn
- Right forward inside mohawk

#### **Option 2**

- Right forward outside preliminary circle
- Left forward inside preliminary circle
- Backward outside edges width of ice (may use line)
- Right forward outside 3 turn
- Left forward inside Mohawk

### **Preliminary Circles**

Preliminary Circles start with crossovers. If a skater uses pushes not crossovers this would be considered incorrect performance of the element and a penalty would occur.

### **Program**

- Will not exceed 1.5 minutes in length (+/- 10 seconds)
- Music must be instrumental
- Well balanced & include fundamental movements from CanSkate Stage 1 through Stage 7
- **Must** include 4 of 6 fundamental movements from CanSkate Stage 6 & Stage 7
- Choice of Challenge skills from Stages 1 through 5
- Maximum of 5 jump elements which may include one combination or sequence

- Maximum 2 spins
- 1 step sequence
- **Field Moves (elements in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.**

**Note:**

- A two (2) foot jump back and forth with no step in between would be considered a combination jump (1 element), if a step is put in between it would be considered two (2) jumps
- (single Bunny Hop is a jump, Bunny Hop – Bunny Hop is considered a combination jump)

**No Fundamental Movements above Stage 7 or Challenge Skills above Stage 5 are to be included in the program. Points will be awarded only for Stage 1 – 7 Fundamental Movements and Challenge Skills 1 – 5.**

**Special Olympics Level 4**

**Must be working on Skate Canada Preliminary Free Skate Test**

**Technical Program**

- Stroking forwards full perimeter and stroking backwards full perimeter of ice (patterns from Preliminary Free Skate Test)
- Loop jump
- Sit spin
- Straight line step sequence that includes Mohawks and 3 turns
- Length of program shall be 1.5 minutes
- **Elements may be completed in any order**
- No music shall be used
- No points will be awarded for elements performed after the 1.5 minute time limit.

**Free Skate Program**

- Well balanced & include Preliminary Free Skate Test elements
- Maximum of 6 jump elements including one jump sequence & one jump combination
- Maximum 2 spins, no more than one of the spins may be in combination
- 1 step sequence (circle, straight line or serpentine)
- No flying spins
- No jump higher than a flip
- Any forward entry or axel type jump which may be a waltz jump
- Length of program shall be 2 minutes (+/- 10 seconds)
- Music must be instrumental
- Skaters are not to perform any elements above Preliminary Free Skate

**Note: Bunny Hop is considered a connecting step**

**Skaters are not to perform any elements above Preliminary Free Skate. Points will only be awarded for allowable elements.**

### Special Olympics Level 5

Must be able to complete the skills required for the Skate Canada Preliminary Free Skate Test **and be working on** the skills for the Junior Bronze Free Skate Test

#### Technical Program

- ½ perimeter forward outside edge connected in any manner to ½ perimeter backward outside edges (Junior Bronze Free Stroking)
- Step sequence – back 3 turns, backward or forward change of edge 3 turns (straight, circle or serpentine)
- Lutz jump
- Combination Camel/Sit spin
- Length of program shall be 1.5 minutes
- No music shall be used

#### Free Skate Program

- Well balanced & include Junior Bronze Free Skate Test elements
- 6 jumps of which 2 may be in combination or a sequence combination
- 2 spins
- 1 step sequence
- No jump greater than a single axel
- Any forward entry or axel type jump which may be a waltz jump
- Length of program shall be 2.5 minutes (+/- 10 seconds)
- Music must be instrumental
- Skaters are not to perform any elements above a Junior Bronze Level

**Note: Bunny Hop is considered a connecting step**

**Skaters are not to perform any elements above Junior Bronze Level. Points will only be awarded for allowable elements.**

### Special Olympics Level 6

Must be **working on** the skills required for the Skate Canada Junior Bronze Free Skate Test or higher

#### Technical Program

- Flying spin
- Forward Russian Stroking
- 2 step sequences – 2 different patterns (one must include brackets)
- Axel jump
- 1 jump combination of 2 jumps of 1 rotation
- Length of program shall be 2 minutes 15 seconds
- No music shall be used
- No points will be awarded for elements done outside the 2 minute 15 seconds time limit

#### Free Skate Program

- Well balanced & include Senior Bronze Free Skate elements or higher
- 7 jumps – including an axel and 2 jump sequence or combinations
- 3 spins – including 1 combo spin and one flying spin
- 1 step sequence (straight, circle or serpentine)
- No jumps of more than 2 ½ revolutions
- Length of program shall be 3.0 minutes (+/- 10 seconds)
- Music must be instrumental

**Note: Bunny Hop is considered a connecting step**



## SKATE CANADA-NORTHERN ONTARIO

Waivers

Appendix 1

\_\_\_\_\_  
Skater's Name

\_\_\_\_\_  
Partner's Name (if applicable)

### **PUBLICITY WAIVER**

The competitor(s) hereby acknowledges and consents to the fact that the **James Bay Interclub 2010 Competition** may be televised either in whole or in part for showing on a network basis. The competitor(s) hereby consents to the use of his or her name, biography and likeness on or in connection with any television, radio program, motion picture, print media or the advertising and publicizing of such program as may be designated by Skate Canada-Northern Ontario and waives all rights to remuneration or otherwise in connection with the above.

The foregoing is subject to assurance that the eligible status of the competitor will be fully protected by Skate Canada-Northern Ontario.

### **LIABILITY WAIVER**

It is understood and agreed that Skate Canada, Skate Canada-Northern Ontario or the Local Organizing Committee shall not be liable for injury or loss occasioned by the Athlete while travelling to or from or during the **James Bay Interclub 2010 Competition** nor shall Skate Canada, Skate Canada-Northern Ontario or the Local Organizing Committee be responsible for any damages or losses caused by the Athlete during the same time. The Athlete and/or Athlete's parent(s)/legal guardian agrees to indemnify Skate Canada, Skate Canada-Northern Ontario and the Local Organizing Committee and hold it harmless from any claims or demands in respect of such loss or damage.

DATE \_\_\_\_\_

\_\_\_\_\_  
Competitor's Signature

\_\_\_\_\_  
Signature of Parent/Guardian if Competitor is under 18 Years of Age

\_\_\_\_\_  
Partner's Signature

\_\_\_\_\_  
Signature of Parent/Guardian if Competitor is under 18 Years of Age

**Appendix C**

**JAMES BAY INTERCLUB 2010**

**CHECK LIST for RETURNING REGISTRATION PACKAGE**

**FORMS**

Eva Thompson Award	<input type="checkbox"/>
Master Registration List	<input type="checkbox"/>
Competitor Registrations	<input type="checkbox"/>
Proof of Age	<input type="checkbox"/>
Proof of Test	<input type="checkbox"/>
Coaches' Qualification Form	<input type="checkbox"/>
Copies of All Coach's Photo ID's	<input type="checkbox"/>

**THIS CHECK LIST IS TO HELP THE CLUBS WITH THEIR JAMES BAY PACKAGES**



# JAMES BAY INTERCLUB 2010

## Appendix C

### Competitor Registration Form

**Proof of Age and Test must accompany form.**

This form is to be used for all Singles Events (Free Skate, Interpretive, Dance, Pairs, Spins and Elements).

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#### Competitor's Information

Competitor's Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_  
Address: \_\_\_\_\_ Telephone: \_\_\_\_\_  
\_\_\_\_\_ Birth Date (D/M/Y): \_\_\_\_\_  
Skate Canada #: \_\_\_\_\_ Home Club: \_\_\_\_\_  
Coach's Name: \_\_\_\_\_ Coach's Skate Canada #: \_\_\_\_\_  
Coach's Telephone #: \_\_\_\_\_ Coach's E-mail: \_\_\_\_\_

**Is this your first year competing at this competition?**

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#### Test Qualifications

#### Highest Level Passed

CanSkate Badge Level: \_\_\_\_\_  
Test Level: Free Skate Complete: \_\_\_\_\_  
Partial: \_\_\_\_\_  
Dance: Complete: \_\_\_\_\_  
Interpretive: Complete: \_\_\_\_\_  
Pairs: Complete: \_\_\_\_\_

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#### Events Entered:

Free Skate: \_\_\_\_\_ Fee: \_\_\_\_\_  
Interpretive: \_\_\_\_\_ Fee: \_\_\_\_\_  
Title: \_\_\_\_\_  
Elements: \_\_\_\_\_ Fee: \_\_\_\_\_  
Spins: \_\_\_\_\_ Fee: \_\_\_\_\_  
Dance: \_\_\_\_\_ Fee: \_\_\_\_\_  
Partner's Name: \_\_\_\_\_  
Pairs: \_\_\_\_\_ Fee: \_\_\_\_\_  
Partner's Name: \_\_\_\_\_  
  
Total: \_\_\_\_\_

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#### Disclaimer:

Rule 7000 - B-1.11: The Association and the Club's Organizers of any contest undertake NO responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries therein, all competitors and their parents and guardians shall be deemed to agree to assume all risks of injury to the competitor's person and property resulting from, caused by, or connected with the conduct and management of the competition and to release all claims which they have against the Officials, the Association, and the Clubs or Organizers holding the competition and against their Officers, and their entries shall only be accepted on this condition.

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#### Code of Conduct:

- a) There shall be no possession or use of any drug, excluding prescribed medication, which must be registered with the Technical Representative, or the assigned specific person, before the event.
- b) Skaters shall not possess or use alcohol in any form or have alcohol within the immediate area of the arena, ice surface, etc., or hotel accommodations. Furthermore, skaters shall not supply such substances to others.
- c) Any damage to property shall be assessed to the persons causing the willful damage.
- d) Athletes shall conduct themselves at all times in a reasonable and acceptable manner.

Skater's Signature or  
Parent/Guardian Signature (if  
skater is under 18 years old): \_\_\_\_\_

Coach's Signature: \_\_\_\_\_

Signature of Club Test Chair: \_\_\_\_\_

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**Total Fees for this Competitor:** \_\_\_\_\_

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