

PARRY SOUND FIGURE SKATING CLUB is pleased to invite you to the

2010 NEAR NORTH REGION INTERCLUB

TO BE HELD AT THE
HUMPHREY ARENA

Friday and Saturday
JANUARY 8th and 9th 2010
SANCTIONED BY SKATE CANADA

The competition will be conducted in accordance with the regulations set forth in the current Skate Canada Rule Book, especially Section 5000, except where otherwise expressly provided in this announcement. The competition will be using "OBO Method" in accounting all results.

ENTRIES:

- Cheques should be payable to PSFSC Interclub.
- Entries must be **received** by **November 27, 2009**.
- Please have your entries in on time, and COMPLETE.

FORWARD ENTRIES TO:

PSFSC INTERCLUB
KIT O'BRIEN
1077 Hwy. 518
R. R. #3
PARRY SOUND, On
P2A 2W9

Email: kit.obrien@scno.net

Each CLUB shall submit their COMPLETE package as follows:

1. Each individual entry form, verified with test chair signature, phone number and email.
2. Club summary sheet listing ALL entries being submitted
(summary sheet attached – you must use it)
3. **ONE CLUB CHEQUE** for the total fees for all entries from your club
(Personal cheques will **not** be accepted, **only club cheques**) and NSF cheques will be charged a \$25 service fee.)
4. Late club entries will be admitted at the discretion of the Tech Rep.
The club will be charged a \$50 late fee.
5. Please include a fax number/email address where the schedule can be sent once it is available.
6. Copy of COACH I.D. and FIRST AID for every coach attending from your club.
7. All test qualifications will apply as of November 20, 2009.
8. Ensure copies of birth certificates accompany any entries with age requirements.

ICE SURFACE: 185 ft. x 85 ft.

ENTRY FEES:

STARSKATE AND COMPETITIVE:

First Event \$50.00 per person per event.
Second Event \$35.00 per person per event.
Third Event \$25.00 per person per event.
Any additional Events \$10.00 per person per event.
Team Events \$10.00 per person.

CANSKATE CIRCUIT EVENT:

First Event \$25.00 per person per event.
Team Events \$10.00 per person

MUSIC: Music must be handed in at the time of registration. EACH SKATER MUST PROVIDE TWO (2) TAPES/CD. Each TAPE/CD must have the skaters name and event printed CLEARLY on it, and must comply with the Skate Canada Standard specifications for TAPES/CD'S. COMPETITORS WILL BE RESPONSIBLE FOR PICKING UP THEIR MUSIC AFTER THE EVENT IS OVER.

REFRESHMENTS: The arena canteen will be open throughout the competition. In addition, home cooked meals will be available in the hall upstairs.

VIDEO SERVICE: Video service will be made available by WINTEK PRODUCTIONS

Boutiques: A skating boutique will be available provided by MISS LESTERS.

ADMISSION: General Admission.....\$3.00
Children under 5 years.....Free

PROGRAMS: FREE WITH PAID ADMISSION

GENERAL INFORMATION:

All competitors and their chaperones must register at the HUMPHREY ARENA, no later than **ONE HOUR PRIOR TO THE SCHEDULED START OF THEIR EVENT.** The only exception to this rule is the **FIRST EVENT OF THE DAY, WHERE THE SKATER MAY REGISTER ½ HOUR BEFORE THE SCHEDULED TIME OF THE EVENT.** Your money **WILL NOT** be refunded unless there are extenuating circumstances or a medical certificate

PRESENTATION OF MEDALS:

Medals will be presented in accordance with Skate Canada Rule no. 5108e, at the completion of events periodically throughout the day. Schedule of medal presentations

will be posted in the arena and medals will be presented in the hall upstairs. Medals will be presented to first to third place, and ribbons to sixth place.

The Bill Gibbs Memorial Trophy will be awarded to the Near North Club with the most points per skater ratio and the Interclub Trophy will be awarded to the Near North club with the highest overall points.

PROFESSIONAL COACH/CHOREOGRAPHER ACCREDITATION:

In order to be accredited at any Northern Section Interclub competition, Professional Coaches and Choreographers must meet the standards for said professionals as set out in the Skate Canada Rule Book. All professional coaches shall be coaches in good standing with Skate Canada and hold a valid First Aid Certificate and carry with them their Photo ID.

PLEASE NOTE: Per Skate Canada direction, effective September 2009, the CPC Scoring System will be used at Section STARSkate Championships (i.e. Festival of STARS) and Trillium All Ontario Championships for Junior Bronze and higher level events in free skating, ice dancing and all categories of interpretive skating. CPC will not be used at this time at other invitational competitions for these events.

Long Term Athlete Development (LTAD)

Canadian Sport for Life, 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 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 3 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 8/9, **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; 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).

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.

EVENT	MARKING CRITERIA	FACTOR	%	TIE BREAKER
Free Skate	Technical Merit, Presentation	1.0	100	2 nd mark
Pairs	Technical Merit, Presentation	1.0	100	2 nd mark
Interpretive	Skating, Performance	1.0	100	2 nd mark
Skating Skills				
Exercise 1	Technique, Pacing/Performance	0.5	50	1 st mark
Exercise 2	Technique, Pacing/Performance	0.5	50	1 st mark

PLEASE NOTE 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.

Skate Canada guidelines and announcements supersede this document. All areas of possible conflict will be resolved by the SCNO Championship Chair.

CANSKATE EVENTS

- ⇒ **CanSkate events will be run as a circuit with background music only.**
- ⇒ Circuits will be on half ice.
- ⇒ Programs **must** contain specific elements as listed below in the order they appear.
- ⇒ Any additional skills will be penalized by a deduction of .2 from the technical mark, excluding spirals, connecting steps, footwork, and jumps of ½ rotation or less (Power Jumps, etc) unless specified for the event.
- ⇒ Warm ups will be 2 minutes.
- ⇒ All skaters must be registered in the CanSkate OR CanPower Program.

CANSKATE BEGINNER

BADGE LEVEL: Must not have passed any CanSkate badge.

SPECIFICATIONS FOR EVENT:

- ½ sit glide – forward or backwards
- Backward skating
- ½ or ¼ Two foot turn on the spot
- Two foot jump on the spot
- Forward skating

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

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

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)

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)

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

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)

- All skaters must be registered in the STARSkate Program. Skaters who have completed the CanSkate program during the season are eligible for these events.
- Competitive singles test equivalencies in the STARSkate program:
 - ⇒ Juvenile Competitive Singles Test = Senior Bronze Free Skating Test
 - ⇒ Pre-Novice Competitive Singles Test = Junior Silver Free Skating Test
 - ⇒ Novice Competitive Singles Test = Senior Silver Free Skating Test
 - ⇒ Junior or Senior Competitive Singles Test = Gold Free Skating Test
- Skaters may enter either STARSkate Singles Events or Competitive Events **BUT NOT BOTH**.
- Skaters who have registered for the 2010 Sectional Competition must compete in Competitive Events for the balance of the season.
- Skaters may skate up one category.
- All categories may be divided by age
- All categories have the program time listed that will be used for the 2010 qualifying event for Trillium STARSkate (Festival of STARS). Competition organizers may change the program times by 30 seconds to allow skaters to skate up a category.

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.

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)

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

NOTE: Please check Skate Canada website for updates to well balanced program requirements from Pre-Preliminary to Gold

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 1Lutz
 - Must include at least 1 waltz jump
 - 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.
2. Maximum 2 spins
 - No flying spins permitted
 - 1 spin must be in one position, not in combination, no change of foot
 - Maximum 1 may be a combination spin, no change of foot
3. Maximum 1 step sequence or spiral sequence.

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.

JUNIOR BRONZE FREE SKATE

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

All elements will be called no higher than Level 1.

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.

SENIOR BRONZE FREE SKATE

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

All elements will be called no higher than Level 1.

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.

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.

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) – Women

One free program of 4.0 minutes in length (+/- 10 seconds) - Men

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.

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.

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

TEST REQUIREMENTS: Must have passed Gold Free Skate test

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

NOTE: Well balanced program requirements the same as for the gold event listed above

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

INTERPRETIVE EVENTS

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.

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.

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.

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.

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

- Spins WILL BE SKATED IN ISOLATION.
- Background music only
- Spins should be conducted using ½ of the ice surface.

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

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

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

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

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

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

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

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

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

- Elements will be skated in isolation (**per LTAD philosophy**)
- Elements must be skated as specified and may be performed in any order.
- 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
- Added elements or the retrying of a missed element will be penalized
- The retrying of a missed element is at the discretion of each technical representative and such should be stated in the competition announcement.
- Elements should be conducted using $\frac{1}{2}$ of the ice surface except for senior bronze and up at the discretion of the tech rep.
- If not successfully skated the first try, each element may be retried once, by signaling the referee with a raised hand
- *Elements that require skaters to be physically joined together at any time are prohibited* – these include a team spiral or shoot-the-duck. The rationale for the removal of these team element events is due to an increased concern for skater safety.

PRE-INTRODUCTORY ELEMENTS

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

NO MUSIC – $\frac{1}{2}$ Ice Surface

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

INTRODUCTORY ELEMENTS

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

NO MUSIC – $\frac{1}{2}$ Ice Surface

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

PRE-PRELIMINARY ELEMENTS

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

NO MUSIC – $\frac{1}{2}$ Ice Surface

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

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

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

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)

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)

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)

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)

TEAM ELEMENTS EVENTS (Fours Event)

Each team will consist of four (4) skaters. All four skaters on a team must have passed no higher than the free style test listed for that level of competition, but may have a lower test. Teams may have members from different home clubs. Substitution(s) of a team member(s) may be made after the closing date of entries for medical reasons only. A skater may participate on more than one team BUT not in the same event. A Team Captain must be named on the entry form for confirmation contact.

Each team member will execute one of four elements listed for their event. One re-skate per element will be allowed and the re-skate will receive the mark. Skaters must raise their hand to signal the referee for a re-skate. Each element will be given a mark and all four marks will be totalled giving the final score in order to give the team their final (ordinal) placement.

There must be no turn or change of foot between jumps in combination. An Axel is a single jump. The Compulsory Team Events will not be skated to music and will be done in isolation.

CANSKATE TEAM ELEMENT EVENT

Must be registered in the CanSkate program

- (i) Test: A. Must not have passed Stage 3
B. Must not have passed Stage 6
- (ii) Elements
 1. Forward cross cuts in a figure eight pattern
 2. Forward power jump
 3. Two foot spin
 4. Forward Spiral

INTRODUCTORY TEAM ELEMENT EVENT

- (i) Test: Passed no SKATE CANADA Freeskate or dance test
- (ii) Elements
 1. Waltz Jump
 2. One Foot Spin (minimum of 2 rotations)
 3. Any Forward Spiral
 4. Drag

PRE-PRELIMINARY TEAM ELEMENT EVENT

- (i) Test: Passed no complete SKATE CANADA Prelim. Free Skating Test
- (ii) Elements
 1. Waltz Jump
 2. One Foot Spin (minimum of 2 rotations)
 3. Any Forward Spiral
 4. Salchow

PRELIMINARY TEAM ELEMENT EVENT

- (i) Test Passed complete SKATE CANADA Preliminary Free Skating Test but no higher part Freeskate test.
- (ii) Elements
 1. Lutz Jump
 2. Sit Spin (minimum of 3 rotations)

3. Salchow - Toe Loop Jump Combination
4. Forward Spiral

JUNIOR BRONZE TEAM ELEMENT EVENT

(i) Test Passed complete SKATE CANADA Junior Bronze Free Skating Test but no higher part Freeskate test.

- (ii) Elements
1. Axel Jump
 2. Flying Camel (minimum of 3 rotations)
 3. Any double jump followed by a single jump
 5. Backward outside spiral

SENIOR BRONZE TEAM ELEMENT EVENT

(i) Test Passed complete SKATE CANADA Senior Bronze Free Skating Test, but no higher part Freeskate test.

- (ii) Elements
1. Double Toe Loop
 2. Layback Spin (at least 4 revolutions in required position)
 3. Any double jump (excluding the Double Toe Loop) followed by a Single Loop
 4. A combination of two field movements – skater's choice.

JUNIOR SILVER TEAM ELEMENT EVENT

(i) Test Passed complete SKATE CANADA Junior Silver Free Skating Test or the Pre Novice Competitive Test but no higher part Freeskate test.

- (ii) Elements
1. Double Flip
 2. Flying Sit Spin - minimum of 5 revolutions
 3. Jump Combination - any double jump followed by a double toe loop
 4. Straight line footwork sequence - full length of ice

SENIOR SILVER TEAM ELEMENT EVENT

(i) Test Passed complete SKATE CANADA Senior Silver Free Skating Test or the Novice Competitive Test but no higher part Freeskate test

- (ii) Elements
1. Double Lutz
 2. Camel Change Camel (at least five revolutions on each foot)
 3. Double Flip - Double Toe Loop Combination
 4. Spiral Step Sequence - fully utilizing ice surface

GOLD TEAM ELEMENT EVENT

(i) Test Passed the complete SKATE CANADA Gold Free Skating Test or the Junior Competitive Test but no higher complete test

- (ii) Elements
1. Double Axel or Double Lutz
 2. Combination spin with MINIMUM 1 change of foot and minimum of 2 change of positions, (camel to sit is ONE change of position)
 3. A Jump Series which incorporates at least three jumps; two of which must be double jumps
 4. A combination of three field moves

PAIRS EVENTS (STARSkate)

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.

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.

All lifts, solo spins, pair spins, spiral figures or death spirals and step sequences shall be called no higher than Level 1 regardless of content.

- a) Maximum of two different lifts, each lift must be from group 1. Lifts must not include a change of position.
- b) Maximum of one throw jump
- c) Maximum of one solo jump
- d) Maximum of one jump combination or sequence
- e) Maximum of one pair spin (may be in combination)
- f) Maximum of one solo spin (may be in combination)
- g) Maximum of one spiral figure or death spiral
- h) Maximum of one step sequence (straight line, circular or serpentine)

Composition of Partners: The pair must be composed of a man and a woman.

INTERCLUB 2010 PARRY SOUND – ENTRY FORM

Competitor's Name _____ M/F _____

	NAME OF EVENT ENTERED	FEE FOR EVENT
1 st Event		
2 nd Event		
3 rd Event		
4 th Event		
5 th Event		

NOTE: PLEASE ATTACH SEPARATE ENTRY FORM

Address _____ Email _____

Address _____ Phone _____

Date of Birth _____ Skate Canada No. _____

Home Club _____ Home Club # _____

Coach Name _____ Coach CC NO. _____

Coach Email _____

TOTAL FEE _____ (total for this form only) (please make cheque payable to your home club)

TESTS PASSED:

CANSKATE AS NOV 20, 2009 _____ Highest CanSkate Badge _____

STAR SKATE AS OF NOV 20, 2009 _____ Highest Freeskate _____

Highest Dance _____ Highest Skill _____

Highest Interpretive _____

CERTIFICATION OF ELIGIBILITY: (to be signed, with phone no., by club test chair)

Note: any questions regarding omissions on this form will be directed to the club test chair

Club Test Chairperson _____ Phone _____

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 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 person causing willful damage.*
- d) Athletes shall conduct themselves at all times in a reasonable and acceptable manner.*

I certify that I have read the above CODE OF CONDUCT and agree to conform thereto.

Signature of Skater _____

Signature of Parent _____

Signature of Coach _____

Rule 7000B,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 consideration or their entries therein, all competitors and their parents or guardians shall be deemed to agree all risks or injury to the competitors person or 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.

HOME CLUB NAME _____
 HOME CLUB NO. _____

CLUB SUMMARY SHEET

Skater Name	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Total Fees
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
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16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
FEES: CANSKATE/STARSKATE	\$25/\$50	\$25/\$35	\$15/\$25	\$10	\$10	\$10	
Club Total							

NAME: _____ **PHONE#** _____

EMAIL: _____

As the Club Representative, I have validated that the above listed Skaters are in the correct events and levels.



SKATE CANADA NORTHERN ONTARIO

Waivers

Appendix 1

Skater's Name

Partner's Name (if applicable)

PUBLICITY WAIVER

The competitor hereby acknowledges and consents to the fact that **NEAR NORTH INTERCLUB** may be televised either in whole or in part for showing on a network basis. The competition 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 NEAR NORTH INTERCLUB 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

FORWARD ENTRIES TO:

PSFSC INTERCLUB
KIT O'BRIEN
1077 Hwy. 518
R. R. #3
PARRY SOUND, On
P2A 2W9

Email: kit.obrien@scno.net

ACCOMODATIONS

BAYSIDE INN	10 Gibson Street	705-746-7720
COMFORT INN	120 Bowes Street	705-746-6221
GEORGIAN INN & SUITES	48 Joseph Street	705-746-5837
MICROTEL INN & SUITES	292 Louisa Street	705-746-0580
QUALITY INN (JOLLEY ROGER)	5 minutes from Humphrey Arena	705-378-2461
RESORT TAPATOO	Otter Lake	705-378-2208

DIRECTIONS TO

HUMPHREY ARENA

(705) 732-4313

Humphrey Arena is located on 15 Humphrey Drive just off hwy 14.

3 km from hwy 400 (exit 213 Rankin Lake Road)

60km from Bracebridge via hwy 141

<http://www.mapquest.com/maps?name=Humphrey+Arena&city=Parry+Sound&state=ON&address=15+Humphrey+Dr&zipcode=P2A+2W8&country=CA&latitude=45.28792&longitude=-79.812411&geocode=ADDRESS&id=25366334#a/maps/m::10:45.298023:-79.836232:0:::1:1:1::/e>