

2010

Rainbow Country  
Region Interclub

Hosted by the  
Copper Cliff Skating Club,  
Copper Cliff, Ontario  
January 15 - 16 - 17, 2010

Sanctioned by



2010 Rainbow Country Region Interclub

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## GENERAL INFORMATION

The Event is being held under the current rules of the Association Official Rulebook (revised 2000) and any amendments thereto which became effective after that date. The nature of the Event is defined in the Skate Canada Technical Handbook, 5000 Competitive Program.

The Association reserves the right to alter the overall procedures to be followed during any part of the Event, if such alteration is considered to be in the best interest of skaters or the Association. The Technical Representative, Chief Referee, or Senior Referee present will be the agent of the Association in such an instance

### LOCAL ORGANIZING COMMITTEE CONTACT INFORMATION

#### Competition Chair

Nicole Cousineau  
Phone: (705) 969-7592  
Email: [Interclub-2010@live.ca](mailto:Interclub-2010@live.ca)

#### Registrar

Cathy Hutzul  
Phone: (705) 523-1201  
Email: [Interclub-2010@live.ca](mailto:Interclub-2010@live.ca)

### ARENA DETAILS

McClelland Arena  
1 Garrow Road  
Copper Cliff, ON, P0M 1N0  
(705) 688-3931- arena  
(705) 682-1570 - Copper Cliff Skating Club room

Ice Surface Dimensions: 185' X 85'

### ELIGIBILITY TO COMPETE

Entrants in Events shall be:

- a) Eligible persons as defined in Skate Canada Rule Book Section 2100
- b) Be Associate members in good standing of the Association. Entries will be accepted only from skaters who are members of affiliated Skate Canada clubs and whose home club is within the Rainbow Country Region.

### QUALIFICATIONS FOR ENTRY

Test Prerequisites:

1. **STARSkate** competitors wishing to enter the 2010 Rainbow Country Region Interclub shall have passed the Skate Canada Tests **by December 1, 2009**.
2. **CANSkate** competitors wishing to enter the 2010 Rainbow Country Region Interclub shall have passed the CanSkate Badges by **December 1, 2009**.

**EVENTS**

The following events are to be held:

**EVENT**

CanSkate (1/2 Ice No music)  
 STARSkate Freeskate  
 Competitive  
 Elements  
 Spins  
 Interpretive  
 Team Element Event  
 Carnival Lines

**LEVEL**

Beginner to CanSkate 6  
 Introductory to Open  
 Open  
 CanSkate to Gold  
 Introductory to Gold  
 Pre-Introductory to Gold  
 CanSkate to Gold  
 A to D

**ENTRY FEES**

| <b>Event</b>                               | <b>1<sup>st</sup> Event</b> |
|--|-----------------------------|
| CanSkate (half ice without music)          | \$25                        |
| STARSkate (Intro)                          | \$35                        |
| STARSkate Free Skate<br>(Preliminary & up) | \$50                        |
| Open Competitive                           | \$50                        |

| <b>Event</b> | <b>1<sup>st</sup> Event</b> | <b>2<sup>nd</sup> or More Events</b> |
|--------------|-----------------------------|--------------------------------------|
| Elements     | \$30                        | \$20                                 |
| Spins        | \$30                        | \$20                                 |
| Interpretive | \$50                        | \$30                                 |

| <b>Event</b>          | <b>No Discount</b>                   |
|-----------------------|--------------------------------------|
| Team Elements (Fours) | \$24 per Team                        |
| Carnival Line Event   | \$30 per Team plus \$2.00 per skater |

Skaters may enter either CanSkate or STARSkate events (except the Team event) but not both.

**SKATING UP:**

Skating up one level is allowed. However, competitors must register in ONLY ONE level of the same Category (ie, one freeskate, one elements, etc)

**GROUP SYSTEM**

If the number of competitors in a category warrants it, a group system will be used. In the CanSkate to the Pre-Preliminary categories, the groups will be determined by the skaters' age.

### **EVENT SPECIFICATIONS**

In normal circumstances, each category offered at the competition will be held for men and women separately. It is permissible to combine men and women in events when insufficient entries are registered in one to hold the event.

The decision to combine events is at the discretion of the Technical Representative and the Host Committee. Categories may only be combined with full prior knowledge and agreement of all competitors affected. If a category is not held, due to a lack of competitors, the Host Committee will inform competitors and return entry fees.

For Single entry events, the skater may request to skate for the judges comments if time permits. If allowed the Host Committee shall retain the entry fee.

### **CANCELLATION OF EVENTS**

The Host Club reserves the right to cancel events.

### **CLOSING DATE OF ENTRIES**

Club Registration Packages must be forwarded to and received at the Copper Cliff Skating Club office (in the McClelland Arena) with entry fees no later than **Friday December 4<sup>th</sup> 2009 at 6:00 pm.**

The acceptance of late entries is at the discretion of the Rainbow Country Interclub committee in consultation with the Technical Representatives.

### **REFUNDS**

No refunds will be issued except for medical and extraordinary reasons as approved by the committee after the entry deadline of Friday December 4th, 2009.

### **REGISTRATION**

Registration for skaters and coaches will be ongoing throughout the competition.

Skaters must register at least one hour prior to their scheduled category. Music must be turned in at the time of registration. (2 copies of music must be registered) **Skaters must report to the Ice Captain one hour prior to their scheduled category.**

### **EVENT SCHEDULE**

A schedule will be emailed to the clubs' and coaches' email addresses provided on the summary sheet.

### **REGISTRATION PACKAGE**

The eligibility of all entries must be verified by the Club Test Chairman and coaches.

The complete package must be **RECEIVED by Friday, December 4<sup>th</sup> by 6:00 pm.**

Each club is to send **one** package which includes:

- Completed Checklist
- All completed and signed (Test Chair and Parent) Skater Entry Registration forms
- Carnival Line Team Picture Order Form with cheque for the full amount of pictures ordered

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- Coaches Checklist with appropriate documentation for all coaches attending the competition
- Individual Event Summary and Grand Summary Sheets
- Completed "Rainbow Country Region Interclub Summary Sheet.xls" EXCEL file on a disk. The completed file can also be emailed to Interclub-2010@live.ca
- One cheque covering the full amount of the Entry Fees.

Clubs will be assessed a \$25 service charge for **incomplete, incorrect** or **late** packages.

CHEQUES POSTDATED AFTER THE CLOSE OF ENTRIES WILL BE RETURNED, REGISTRATION WILL NOT BE PROCESSED.

THERE WILL BE A \$20 CHARGE FOR ANY NSF CHEQUES RECEIVED.

Please make cheque payable to: **Rainbow Country Region Interclub 2010**

and send it to:

Copper Cliff Skating Club  
P.O. Box 634  
Copper Cliff, Ontario  
P0M 1N0

### **ACCREDITATION FOR COACHES**

In order to receive accreditation from the Association at Interclub, Skate Canada professional coaches must meet the following conditions:

- Must be NCCP Level 1 certified or working on the Level 1 Phase 4 Practical
- Be a **CURRENT** Coaching member in good standing with Skate Canada
- Hold a valid First Aid Certificate

Coaches must wear their Photo ID card at all times to be permitted into restricted or designated Coaching areas.

### **SYSTEM OF MARKING**

The competition will be using "OBO Method" in accounting all results. Closed marking will be used for all Categories

### **MUSIC**

CDs and their cases must have the competitor's name and event clearly printed. Each entry must provide 2 CDs of equal quality for each event, one for competition (marked "master") and one for backup (marked "copy"). The standards are as follows:

1. Only one (1) program shall be recorded on each CD.
2. The start of the music shall be recorded on the CD at least 3 seconds following the head leader and not more than 5 seconds.
3. Music shall be recorded at equal levels on both left and right channels in stereo.
4. Competitor's name followed by music time (not skating time shall be clearly printed on side one of the CD.
5. Each CD shall be enclosed in its plastic container.

6. Music recording levels shall be a maximum of 0VU and a minimum of -8VU.

CDs must be marked with the skater's name, event and total music time and enclosed in their integral container, also marked accordingly.

Only music registered on CDs will be accepted. **Cassettes will not be accepted.**

### **AWARDS**

Medals will be presented in accordance with Skate Canada Rule number 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 fourth to eighth place

### **ACCIDENTS**

The Association and Committee of the Host Club undertake no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in this competition, all competitors and their parents or guardians shall be deemed to agree to assume all risks or injuries to the competitor's person and property resulting from, or caused by, or connected with the conduct and management of the competition. An agreement must also be deemed to release any and all claims they may have against the officials, the Association, the Host Club, and their officers. Entries shall be accepted only in accordance with these conditions.

### **ADMISSION**

|                         |  |
|-------------------------|--|
| Children under 5 years  | Free   |
| General Admission       | \$3.50 per person per day over 5 years of age                        |
| Pre-paid Weekend Passes | \$6.00 (These must be purchased by Friday January 8 <sup>th</sup> .) |

Clubs will be asked to poll their members and purchase the admission wrist bands as a club with a club cheque. Please contact Nicole Cousineau at 969-7592 or Calli Klem at 675-2856 to make arrangements for payment and pick up.

### **VIDEOGRAPHER/PHOTOGRAPHER**

Photographers and videographers from ***Winning Techniques Productions*** will be available throughout the weekend to take pictures of the skaters.

### **CAMERA POLICY**

To ensure skater's safety flash photography is not permitted.

### **FOOD**

Food will be available at the arena canteen and in the upstairs hall.



# 2009/2010 GENERIC TECHNICAL PACKAGE

(For Recreational Categories)

**Revisions:**

October 12 – Revised Elements Events allowing program type event but no individual music.

September 16 – Remove Program Time from Element Events.

August 14 - (Skate Canada STARSkate Technical Package 2009/2010)

**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.

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**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 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;

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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](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

- ⇒ The purpose of the Generic Announcement is to ensure consistency for skaters at all Skate Canada Northern Ontario sanctioned competitions. By having set criteria in place for each event, this enables the skater to attend a competition at any location within our Section without having to have modifications made to his/her program to suit which competition they are attending. This package follows recommendations and philosophies of Skate Canada's Long Term Athlete Development (LTAD) Model.
- ⇒ This package contains many different events. Each competition may choose which events they wish to include, but are not required to include all events. Please refer to your sanction form, which indicates the events that are to be held.
- ⇒ All announcements must be approved by the Championship Chair and the Tech Rep prior to being distributed. No sanction will be approved until the announcement is approved by the Championship Chair.
- ⇒ All competitions must submit an electronic copy of their announcement to the Skate Canada Northern Ontario section office for posting on the website.
- ⇒ Results from all competitions will also be posted on the website.
- ⇒ A copy of the Generic Announcement, done in Word, will be available on the website so that the information may be cut and pasted into announcements.
- ⇒ Questions may be directed to the Championship Chair, by clicking on the Directors link on the Skate Canada Northern Ontario website, [www.scno.net](http://www.scno.net)
- ⇒ All Interpretive Events are to be judged by official Skate Canada Judges
- ⇒ All events, including line, synchro and team events, are to be judged by recognized Skate Canada officials with appropriate credentials
- ⇒ All competition announcements must include the SCNO Publicity and Liability Waiver as found at the end of the GTP 2009-2010.

## **Skate Canada Northern Ontario Generic Technical Package is Subject To Change**

Watch the Skate Canada Northern Ontario website [www.scno.net](http://www.scno.net) for any amendments/corrections to the generic announcement

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

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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          |
|-------------------------|-------------------------------|--------|------|----------------------|
| <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 |
| <b>Skating Skills</b>   |                               |        |      |                      |
| Exercise 1              | Technique, Pacing/Performance | 0.5    | 50   | 1 <sup>st</sup> mark |
| Exercise 2              | Technique, Pacing/Performance | 0.5    | 50   | 1 <sup>st</sup> mark |
|                         |                               |        |      |                      |
| <b>Triathlon events</b> |                               |        |      |                      |
| Free Skate              | Technical Merit, Presentation | 1.0    | 33.3 | 2 <sup>nd</sup> mark |
| Skating Skills          | Technique, Pacing/Performance | 1.0    | 33.3 | 1 <sup>st</sup> mark |
| Interpretive            | Skating, Performance          | 1.0    | 33.3 | 2 <sup>nd</sup> mark |
|                         |                               |        |      |                      |
| <b>Biathlon Events</b>  |                               |        |      |                      |
| Compulsory Dances       |                               |        |      |                      |
| Compulsory 1            | Technique, Timing/Expression  | 0.5    | 25   | 1 <sup>st</sup> mark |
| Compulsory 2            | Technique, Timing/Expression  | 0.5    | 25   | 1 <sup>st</sup> mark |
| Creative Dance          | Composition<br>Presentation   | 1.0    | 50   | 2 <sup>nd</sup> mark |

**PLEASE NOTE all programs MUST be based on the Well Balanced Program. The Free Skates have been revised as per Skte 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

- ⇒ All skaters must be registered in the CanSkate OR CanPower Program.
- ⇒ CanSkate events will be run as a ½ ice CIRCUIT (NO MUSIC) for all canskate levels
- ⇒ Events within the same region should attempt to coordinate these events for consistency.
- ⇒ Programs **must** contain specific elements as listed below.
- ⇒ 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.

**NOTE TO COACHES:** Please attempt to put these elements into the 1/2 ice program in the order they appear. Thank you.

## 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

## 2010 Rainbow Country Region Interclub

- 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).

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**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.**

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

TEST REQUIREMENTS: must have passed a competitive freeskate test, any level

SPECIFICATIONS FOR EVENT: One free program (program lengths will vary, skaters will be judged on content, not program length)

# 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* skated in isolation (**per LTAD philosophy**) (background music may be played).
- 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.

NO MUSIC – ½ ice surface

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.

NO MUSIC

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.

NO MUSIC.

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

NO MUSIC

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

NO MUSIC

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)

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### **GOLD ELEMENTS**

TEST: May have passed the Gold Free Skate test

NO MUSIC

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 EVENT (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 reskate per element will be allowed and the reskate will receive the mark. Skaters must raise their hand to signal the referee for a reskate.

Each element will be given a mark and all five marks will be totalled giving the final score in order to give the team their final (ordinal) placement.

Any skater having competed at a Sectional Level, or higher will not be permitted to compete on a team.

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.

**NOTE: TEST QUALIFICATIONS FOR TEAM ELEMENTS WILL BE THE SAME AS FOR INDIVIDUAL ELEMENTS EVENTS AS LISTED IN THE GENERIC ANNOUNCEMENT....**

### **CANSKATE TEAM ELEMENT EVENT**

Elements:

- Waltz Jump
- One Foot Spin (minimum of 2 rotations)
- Any Forward Spiral
- Drag

### **INTRODUCTORY TEAM ELEMENT EVENT**

Elements:

- Waltz Jump
- One Foot Spin (minimum of 2 rotations)
- Any Forward Spiral
- Drag

### **:PRE-PRELIMINARY TEAM ELEMENT EVENT**

- Waltz Jump
- One Foot Spin (minimum of 2 rotations)
- Any Forward Spiral
- Loop

**PRELIMINARY TEAM ELEMENT EVENT**

Elements

- Lutz Jump
- Sit Spin (minimum of 3 rotations)
- Salchow - Toe Loop Jump Combination
- Forward Spiral

**JUNIOR BRONZE TEAM ELEMENT EVENT**

Elements

- Axel Jump
- Flying Camel (minimum of 3 rotations)
- Any double jump followed by a single jump
- Backward outside spiral

**SENIOR BRONZE TEAM ELEMENT EVENT**

Elements

- Double Toe Loop
- Layback Spin (at least 4 revolutions in required position)
- Any double jump (excluding the Double Toe Loop) followed by a Single Loop
- A combination of two field movements - skaters choice.

**JUNIOR SILVER TEAM ELEMENT EVENT**

Elements

- Double Flip
- Flying Sit Spin - minimum of 5 revolutions
- Jump Combination - any double jump followed by a double toe loop
- Straight line footwork sequence - full length of ice

**SENIOR SILVER TEAM ELEMENT EVENT**

Elements

- Double Lutz
- Camel Change Camel (at least five revolutions on each foot)
- Double Flip - Double Toe Loop Combination
- Spiral Step Sequence - fully utilizing ice surface

**GOLD TEAM ELEMENT EVENT**

Elements

- Double Axel or Double Lutz
- Combination spin with MIN. 1 chg of foot and min. 2 chg. positions.(camel to sit is ONE chg. Of position)
- A Jump Series which incorporates at least three jumps; two of which must be double jumps
- A combination of three field moves

## **CARNIVAL LINE EVENTS**

**These events are meant to be fun.** No competitive synchronized skating teams may enter. A team may draw **NO MORE THAN 50%** of it's skaters from a registered competitive synchro team, if those skaters skate singles as well as synchro in the club. Skaters do not have to be from the same home club. Clubs may enter more than one team per event.

**NOTE: Music may contain vocals in all events.**

### **CARNIVAL LINE "A"**

- Must be registered in the CanSkate program
- Must **NOT** have passed a Skate Canada Test, Freeskate, Skills or Dance
- 2.5 – 3.0 minutes
- No age limit
- No limit on number of skaters

### **CARNIVAL LINE "B"**

- Skaters may **not** have passed the complete Preliminary Free Skate Test or Preliminary Skills test but **MAY HAVE** passed some/all Preliminary dances
- 3.0 minutes
- No age limit
- No limit on number of skaters

### **CARNIVAL LINE "C"**

- 3.5 minutes
- No age limit
- No limit on number of skaters
- Skaters may **NOT** have passed the complete Sr. Bronze Free Skate test or any higher part freeski test (25% of team **MAY HAVE PASSED** the complete Sr. Bronze Free Skate test)

### **CARNIVAL LINE "D"**

- 3.5 minutes
- No age limit
- No limit on number of skaters
- No test min/max

2010 Rainbow Country Region Interclub

**REGISTRATION FORMS**

Please complete separate forms for each event for each skater.

**Rainbow Country Region Interclub 2010  
January 15<sup>th</sup> – 17<sup>th</sup>, 2010**

**CanSkate Events  
One Entry per Form**

|  |  |             |  |                        |  |  |  |
|--|--|-------------|--|------------------------|--|--|--|
| First Name   |  | Last Name   |  | Date of Birth          |  | Gender   |  |
|  |  |             |  | Year/Month/Day         |  | <input type="checkbox"/> Female<br><input type="checkbox"/> Male   |  |
| Number   |  | Street      |  | Highest CanSkate Badge |  | ½ Ice without Music<br><br>Entry Fee \$25<br><br><input type="checkbox"/> CanSkate Beginners<br><input type="checkbox"/> CanSkate 1<br><input type="checkbox"/> CanSkate 2<br><input type="checkbox"/> CanSkate 3<br><input type="checkbox"/> CanSkate 4<br><input type="checkbox"/> CanSkate 5<br><input type="checkbox"/> CanSkate 6<br><br>Total Payable \$ _____<br>(Make cheque payable to Home Club) |  |
|  |  |             |  | As of December 1, 2009 |  |  |  |
| City   |  | Postal Code |  | Skate Canada Number    |  |  |  |
|  |  |             |  |                        |  |  |  |
| Home Club  |  |             |  | Home Club Number       |  |  |  |
| <b>Certification of Eligibility:</b> Please note that it is the responsibility of the club official to verify that all test information is accurate. False declarations may result in the competitor's disqualification.   |  |             |  |                        |  |  |  |
| Club Test Chair Signature  |  |             |  | Date                   |  |  |  |
| Coach Name   |  |             |  | CC Number              |  |  |  |
| Email address  |  |             |  | Phone Number           |  |  |  |
| As a Professional Coach I acknowledge all the information presented and the events(s) entered are corrected.   |  |             |  |                        |  |  |  |
| Coach Signature  |  |             |  | Date                   |  |  |  |
| <b>Rule 7000B,1.11:</b> 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. |  |             |  |                        |  |  |  |
| <b>CODE OF CONDUCT</b><br>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.<br>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.<br>c) Any damage to property shall be assessed to the person causing willful damage.<br>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: _____   |  |             |  |                        |  |  |  |

**Rainbow Country Region Interclub 2010**  
**January 15<sup>th</sup> – 17<sup>th</sup>, 2010**

**STARSKATE FREE SKATE EVENTS**

**One Entry per Form**

|  |                            |                               |   |
|--|----------------------------|-------------------------------|---|
| <b>First Name</b>  | <b>Last Name</b>           | <b>Date of Birth</b>          | <b>Gender</b>   |
|  |                            | <b>Year/Month/Day</b>         | <input type="checkbox"/> Female<br><input type="checkbox"/> Male  |
| <b>Number</b>  | <b>Street</b>              | <b>As of December 1, 2009</b> | <b>Check Event Box</b>  |
|  |                            | <b>Freeskate</b>              | <b>Circle Fee</b>   |
| <b>City</b>  | <b>Postal Code</b>         | <b>Dance</b>                  | <b>Pre-Introductory</b>   |
|  |                            |                               | <input type="checkbox"/> A           \$35<br><input type="checkbox"/> B           \$35  |
| <b>Home Club</b>   |                            | <b>Skills</b>                 | <b>Introductory</b>   |
|  |                            |                               | <input type="checkbox"/> A           \$35<br><input type="checkbox"/> B           \$35  |
| <b>Home Club Number</b>  |                            | <b>Interpretive</b>           | <b>Pre-Preliminary</b>  |
|  | <b>Skate Canada Number</b> |                               | <input type="checkbox"/> A           \$50<br><input type="checkbox"/> B           \$50<br><input type="checkbox"/> C           \$50 |
| <b>Certification of Eligibility:</b> Please note that it is the responsibility of the club official to verify that all test information is accurate. False declarations may result in the competitor's disqualification.   |                            |                               | <b>Preliminary</b>  |
| <b>Club Test Chair Signature</b>   |                            |                               | <input type="checkbox"/> A           \$50<br><input type="checkbox"/> B           \$50<br><input type="checkbox"/> C                |
| <b>Date</b>  |                            |                               | <b>Junior Bronze</b> \$50   |
| <b>Coach Name</b>  |                            |                               | <b>Senior Bronze</b> \$50   |
| <b>CC Number</b>   |                            |                               | <b>Junior Silver</b> \$50   |
| <b>Email address</b>   |                            |                               | <b>Senior Silver</b> \$50   |
| <b>Phone Number</b>  |                            |                               | <b>Gold</b> \$50  |
| As a Professional Coach I acknowledge all the information presented and the events(s) entered are corrected.   |                            |                               | <b>Open</b> \$50  |
| <b>Coach Signature</b>   |                            |                               | <b>Open COMP.</b> \$50  |
| <b>Date</b>  |                            |                               | <b>Make cheque payable to Home Club.</b>  |
| <b>Rule 7000B,1.11:</b> 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. |                            |                               |   |
| <b>CODE OF CONDUCT</b>   |                            |                               |   |
| e) 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.  |                            |                               |   |
| f) 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.   |                            |                               |   |
| g) Any damage to property shall be assessed to the person causing willful damage.  |                            |                               |   |
| h) 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: _____   |                            |                               |   |

**Rainbow Country Region Interclub 2010**  
**January 15<sup>th</sup> – 17<sup>th</sup>, 2010**

**ELEMENTS EVENTS**  
**One Entry per Form**

|  |  |                    |  |                               |  |   |  |
|--|--|--------------------|--|-------------------------------|--|---|--|
| <b>First Name</b>  |  | <b>Last Name</b>   |  | <b>Date of Birth</b>          |  | <b>Gender</b>   |  |
|  |  |                    |  | <b>Year/Month/Day</b>         |  | <input type="checkbox"/> Female<br><input type="checkbox"/> Male  |  |
| <b>Number</b>  |  | <b>Street</b>      |  | <b>As of December 1, 2009</b> |  | <b>Check Event Box and</b>  |  |
|  |  |                    |  | <b>Freestyle</b>              |  | <b>Circle Entry Fee</b>   |  |
| <b>City</b>  |  | <b>Postal Code</b> |  | <b>Dance</b>                  |  | <b>(1<sup>st</sup> Event/2<sup>nd</sup> +)</b>  |  |
|  |  |                    |  | <b>Skills</b>                 |  | <input type="checkbox"/> Pre-Introductory \$30/\$20<br><input type="checkbox"/> Introductory \$30/\$20<br><input type="checkbox"/> Pre-Preliminary \$30/\$20<br><input type="checkbox"/> Preliminary \$30/\$20<br><input type="checkbox"/> Junior Bronze \$30/\$20<br><input type="checkbox"/> Senior Bronze \$30/\$20<br><input type="checkbox"/> Junior Silver \$30/\$20<br><input type="checkbox"/> Senior Silver \$30/\$20<br><input type="checkbox"/> Gold \$30/\$20 |  |
| <b>Home Club</b>   |  |                    |  | <b>Interpretive</b>           |  |   |  |
| <b>Home Club Number</b>  |  |                    |  | <b>Skate Canada Number</b>    |  |   |  |
| <p><b>Certification of Eligibility:</b> Please note that it is the responsibility of the club official to verify that all test information is accurate. False declarations may result in the competitor's disqualification.</p>  |  |                    |  |                               |  |   |  |
| <b>Club Test Chair Signature</b>   |  |                    |  | <b>Date</b>                   |  |   |  |
| <b>Coach Name</b>  |  |                    |  | <b>CC Number</b>              |  |   |  |
| <b>Email address</b>   |  |                    |  | <b>Phone Number</b>           |  |   |  |
| <p>As a Professional Coach I acknowledge all the information presented and the events(s) entered are corrected.</p>  |  |                    |  |                               |  |   |  |
| <b>Coach Signature</b>   |  |                    |  | <b>Date</b>                   |  |   |  |
| <p><b>Rule 7000B,1.11:</b> 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.</p>                        |  |                    |  |                               |  |   |  |
| <p><b>CODE OF CONDUCT</b></p> <ul style="list-style-type: none"> <li>i) 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.</li> <li>j) 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.</li> <li>k) Any damage to property shall be assessed to the person causing willful damage.</li> <li>l) Athletes shall conduct themselves at all times in a reasonable and acceptable manner.</li> </ul> |  |                    |  |                               |  |   |  |
| <p>I certify that I have read the above CODE OF CONDUCT, and agree to conform thereto.</p>   |  |                    |  |                               |  |   |  |
| <p><b>Signature of Skater:</b> _____</p>   |  |                    |  |                               |  |   |  |
| <p><b>Signature of Parent:</b> _____</p>   |  |                    |  |                               |  |   |  |
| <p><b>Total Payable</b> \$ _____</p> <p><b>(Make cheque payable to Home Club)</b></p>  |  |                    |  |                               |  |   |  |

**Rainbow Country Region Interclub 2010**  
**January 15<sup>th</sup> – 17<sup>th</sup>, 2010**

**SPINS EVENTS**  
**One Entry per Form**

|  |                     |  |  |
|--|---------------------|--|--|
| <b>First Name</b>  | <b>Last Name</b>    | <b>Date of Birth</b><br>Year/Month/Day     | <b>Gender</b><br><input type="checkbox"/> Female<br><input type="checkbox"/> Male  |
| <b>Number</b>  | <b>Street</b>       | <b>As of December 1, 2009</b><br>Freeskate | <b>Check Event Box and Circle Entry Fee</b><br>(1 <sup>st</sup> Event or 2 <sup>nd</sup> +)<br><br><input type="checkbox"/> Pre-Introductory \$30/\$20<br><input type="checkbox"/> Introductory \$30/\$20<br><input type="checkbox"/> Pre-Preliminary \$30/\$20<br><input type="checkbox"/> Preliminary \$30/\$20<br><input type="checkbox"/> Junior Bronze \$30/\$20<br><input type="checkbox"/> Senior Bronze \$30/\$20<br><input type="checkbox"/> Junior Silver \$30/\$20<br><input type="checkbox"/> Senior Silver \$30/\$20<br><input type="checkbox"/> Gold \$30/\$20<br><br><b>Total Payable \$_____</b><br><br>(Make cheque payable to Home Club) |
| <b>City</b>  | <b>Postal Code</b>  | <b>Dance</b>                               |  |
| <b>Home Club</b>   |                     | <b>Skills</b>                              |  |
| <b>Home Club Number</b>  |                     | <b>Interpretive</b>                        |  |
|  |                     | <b>Skate Canada Number</b>                 |  |
| <b>Certification of Eligibility:</b> Please note that it is the responsibility of the club official to verify that all test information is accurate. False declarations may result in the competitor's disqualification.   |                     |  |  |
| <b>Club Test Chair Signature</b>   | <b>Date</b>         |  |  |
| <b>Coach Name</b>  | <b>CC Number</b>    |  |  |
| <b>Email address</b>   | <b>Phone Number</b> |  |  |
| As a Professional Coach I acknowledge all the information presented and the events(s) entered are corrected.   |                     |  |  |
| <b>Coach Signature</b>   | <b>Date</b>         |  |  |
| <b>Rule 7000B,1.11:</b> 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. |                     |  |  |
| <b>CODE OF CONDUCT</b><br>m) 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.<br>n) 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.<br>o) Any damage to property shall be assessed to the person causing willful damage.<br>p) 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: _____   |                     |  |  |

**Rainbow Country Region Interclub 2010**  
**January 15<sup>th</sup> – 17<sup>th</sup>, 2010**

**INTERPRETIVE EVENTS**  
**One Entry per Form**

|  |  |  |  |  |
|--|--|--|--|--|
| First Name                      Last Name  |  | Date of Birth<br><br>Year/Month/Day  | Gender<br><input type="checkbox"/> Female<br><input type="checkbox"/> Male   |  |
| Number                      Street   |  | As of December 1, 2009<br>Freestyle<br><br>Dance<br><br>Skills<br><br>Interpretive | Check Event Box and<br>Circle Entry Fee<br><br>(1 <sup>st</sup> Event or 2 <sup>nd</sup> +)<br><br><input type="checkbox"/> Pre-Introductory    \$50/\$30<br><input type="checkbox"/> Introductory            \$50/\$30<br><input type="checkbox"/> Bronze                    \$50/\$30<br><input type="checkbox"/> Silver                     \$50/\$30<br><input type="checkbox"/> Gold                        \$50/\$30 |  |
| City                              Postal Code  |  |  |  |  |
| Home Club  |  |  |  |  |
| Home Club Number   |  | Skate Canada Number  | Total Payable    \$_____   |  |
| <b>Certification of Eligibility:</b> Please note that it is the responsibility of the club official to verify that all test information is accurate. False declarations may result in the competitor's disqualification.   |  |  | <b>(Make cheque payable to Home Club)</b><br><br><b>Write a brief statement of the chosen theme in 70 characters or less.</b><br><br><hr/><br><hr/><br><hr/><br><hr/>  |  |
| Club Test Chair Signature                      Date  |  |  |  |  |
| Coach Name                                      CC Number  |  |  |  |  |
| Email address                                      Phone Number  |  |  |  |  |
| As a Professional Coach I acknowledge all the information presented and the events(s) entered are corrected.   |  |  |  |  |
| Coach Signature                                      Date  |  |  |  |  |
| <b>Rule 7000B,1.11:</b> 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. |  |  |  |  |
| <b>CODE OF CONDUCT</b><br>q) 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.<br>r) 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.<br>s) Any damage to property shall be assessed to the person causing willful damage.<br>t) 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: _____   |  |  |  |  |

**Rainbow Country Region Interclub 2010**  
**January 15<sup>th</sup> – 17<sup>th</sup>, 2010**

**TEAM ELEMENTS EVENTS**  
**One Team per Form**

|  |                  |                            |  |
|--|------------------|----------------------------|--|
| <b>Home Club</b>   |                  | <b>Home Club Number</b>    | <b>Team Element Name</b>   |
| <b>First Name</b>  | <b>Last Name</b> | <b>Highest Test Passed</b> | <b>Check Event Box</b><br><br><input type="checkbox"/> CanSkate            \$32<br><input type="checkbox"/> Introductory        \$32<br><input type="checkbox"/> Pre-Preliminary     \$32<br><input type="checkbox"/> Preliminary           \$32<br><input type="checkbox"/> Junior Bronze        \$32<br><input type="checkbox"/> Senior Bronze        \$32<br><input type="checkbox"/> Junior Silver         \$32<br><input type="checkbox"/> Senior Silver         \$32<br><input type="checkbox"/> Gold                     \$32<br><br><b>Total Payable        \$_____</b><br><br><b>(Make cheque payable to Home Club)</b> |
| <b>First Name</b>  | <b>Last Name</b> | <b>Highest Test Passed</b> |  |
| <b>First Name</b>  | <b>Last Name</b> | <b>Highest Test Passed</b> |  |
| <b>First Name</b>  | <b>Last Name</b> | <b>Highest Test Passed</b> |  |
| <b>First Name</b>  | <b>Last Name</b> | <b>Highest Test Passed</b> |  |
| <b>Certification of Eligibility:</b> Please note that it is the responsibility of the club official to verify that all test information is accurate. False declarations may result in the competitor's disqualification.   |                  |                            |  |
| <b>Club Test Chair Signature</b>   |                  | <b>Date</b>                |  |
| <b>Coach Name</b>  |                  | <b>CC Number</b>           |  |
| <b>Email address</b>   |                  | <b>Phone Number</b>        |  |
| As a Professional Coach I acknowledge all the information presented and the events(s) entered are corrected.   |                  |                            |  |
| <b>Coach Signature</b>   |                  | <b>Date</b>                |  |
| <b>Rule 7000B,1.11:</b> 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. |                  |                            |  |
| <b>CODE OF CONDUCT</b><br>u) 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.<br>v) 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.<br>w) Any damage to property shall be assessed to the person causing willful damage.<br>x) 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.  |                  |                            |  |
| <b>Signature of Skater:</b> _____  |                  |                            |  |
| <b>Signature of Parent:</b> _____  |                  |                            |  |

**2010 Rainbow Country Region Interclub**  
**January 15<sup>th</sup> – 17<sup>th</sup>, 2010**

**CARNIVAL LINE EVENTS**  
**One Team per Form**

|  |                   |                         |  |
|--|-------------------|-------------------------|--|
| <b>Home Club</b>   |                   | <b>Home Club Number</b> | <b>Carnival Line Name</b>  |
| <b>Team Contact Person 1</b>   |                   | <b>Phone</b>            | <b>Check Event Box</b><br><input type="checkbox"/> Carnival Line A<br><input type="checkbox"/> Carnival Line B<br><input type="checkbox"/> Carnival Line C<br><input type="checkbox"/> Carnival Line D<br><br><b>Fee</b><br>(# ____ of skaters X \$2)+ \$40<br><br><b>Total Payable     \$_____</b><br><br><b>(Make cheque payable to Home Club)</b> |
| <b>Team Contact Person 2</b>   |                   | <b>Phone</b>            |  |
| <b>Certification of Eligibility:</b> Please note that it is the responsibility of the club official to verify that all test information is accurate. False declarations may result in the competitor's disqualification. |                   |                         |  |
| <b>Club Test Chair Signature</b>   |                   | <b>Date</b>             |  |
| <b>Coach Name</b>  |                   | <b>CC Number</b>        |  |
| <b>Email address</b>   |                   | <b>Phone Number</b>     |  |
| As a Professional Coach I acknowledge all the information presented and the events(s) entered are corrected.   |                   |                         |  |
| <b>Coach Signature</b>   |                   | <b>Date</b>             |  |
|  | <b>First Name</b> | <b>Last Name</b>        | <b>Skate Canada Number</b>   |
|  |                   |                         | <b>Skate Canada Program</b>  |
| 1  |                   |                         |  |
| 2  |                   |                         |  |
| 3  |                   |                         |  |
| 4  |                   |                         |  |
| 5  |                   |                         |  |
| 6  |                   |                         |  |
| 7  |                   |                         |  |
| 8  |                   |                         |  |
| 9  |                   |                         |  |
| 10   |                   |                         |  |
| 11   |                   |                         |  |
| 12   |                   |                         |  |
| 13   |                   |                         |  |
| 14   |                   |                         |  |
| 15   |                   |                         |  |
| 16   |                   |                         |  |
| 17   |                   |                         |  |
| 18   |                   |                         |  |
| 19   |                   |                         |  |
| 20   |                   |                         |  |

**2010 Rainbow Country Region Interclub  
January 15<sup>th</sup> – 17<sup>th</sup>, 2010**

**CARNIVAL LINE PICTURES  
One Team per Form**

|   |                  |   |
|---|------------------|---|
| Home Club                                 | Home Club Number | Carnival Line Name  |
| Team Contact Person 1                     | Phone            | Check Event Box<br><input type="checkbox"/> Carnival Line A<br><input type="checkbox"/> Carnival Line B<br><input type="checkbox"/> Carnival Line C<br><input type="checkbox"/> Carnival Line D |
| Email Address                             |                  |   |
| Team Photo \$12 - 5X7 Picture with folder |                  |   |

Complete this form, collect money and return it with the Registration Package.  
 Please submit one cheque for the total amount payable to:  
**2010 Rainbow Country Region Interclub.**  
 Pictures will be taken immediately following each performance on the ice. Please rehearse the team pose so it can be done quickly.  
 Pictures will be available for pick up on Saturday morning.

|    | First Name | Last Name | Phone Number | # of Pictures | Money Collected |
|----|------------|-----------|--------------|---------------|-----------------|
| 1  |            |           |              |               |                 |
| 2  |            |           |              |               |                 |
| 3  |            |           |              |               |                 |
| 4  |            |           |              |               |                 |
| 5  |            |           |              |               |                 |
| 6  |            |           |              |               |                 |
| 7  |            |           |              |               |                 |
| 8  |            |           |              |               |                 |
| 9  |            |           |              |               |                 |
| 10 |            |           |              |               |                 |
| 11 |            |           |              |               |                 |
| 12 |            |           |              |               |                 |
| 13 |            |           |              |               |                 |
| 14 |            |           |              |               |                 |
| 15 |            |           |              |               |                 |
| 16 |            |           |              |               |                 |
| 17 |            |           |              |               |                 |
| 18 |            |           |              |               |                 |
| 19 |            |           |              |               |                 |
| 20 |            |           |              |               |                 |
|    | Total      |           |              |               |                 |



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 **the RAINBOW SKATE 2010** may be televised either in whole or in part for showing on a network basis. The competitor 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 **RAINBOW SKATE 2010** 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 A