



SKATE THUNDER BAY COMPETITION

DECEMBER 4TH & 5TH, 2009
PORT ARTHUR ARENA
420 Lisgar Street, Thunder Bay, Ontario

The THUNDER BAY FIGURE SKATING CLUB is pleased to invite you to SKATE THUNDER BAY 2009. This event will be held in accordance with Skate Canada rules. The organizing committee reserves the right to restrict numbers in each event. If there are insufficient numbers in any event, the event will be cancelled.

GENERAL INFORMATION

RULES:

Skate Canada rules will apply throughout the competition unless otherwise specified.

ELIGIBILITY:

Entrants must be registered amateur skaters in good standing with Skate Canada. Skaters may compete in the events qualified for by their age and test levels as of November 1st, 2009.

Skaters are invited to "skate up" one event category.

REGISTRATION:

An official entry form must be completed for each event by the competitor.

We ask that clubs co-ordinate their entries so that all entry forms from your club and a cheque for the TOTAL entry fee is forwarded to the Host Committee/Club rather than individual entries. Please provide a master list of skaters' names and events with your entry. Skaters' names should be typed.

Please send all entries made payable to:

TBFSC - Skate Thunder Bay 2009
c/o Tammy Bjorklund
594 Valleywood Cres.,
Thunder Bay, ON P7B 5M7

If you have any question regarding registration please contact:

tammyb75@hotmail.com

APPLICATIONS MUST BE RECEIVED BY NOVEMBER 12th, 2009

Late Entries will be accepted at the discretion of the Skate Thunder Bay 2009 Committee.

ENTRY FEES: \$45.00 per Competitor for first event
\$10.00 per Competitor for each additional event

REFUNDS:

Entry fees shall be refunded only if the event is not held, or the competitor produces a Medical certificate.

TEST CUT OFF DATE: November 1, 2009

MARKING SYSTEM: OBO Method

EVENT SPECIFICATIONS

1. **EVENT COMPOSITION:** In normal circumstances, each category at the competition must be held for men and women separately. It is permissible for events that do not progress skaters on to a subsequent level of STARSkate Interclub competition to combine events as follows :
 - a. Combine two or more categories in the same event when each category has fewer than three entries.
 - b. Combine two or more categories in the same event when one category has insufficient entries to hold the event
 - c. 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.

2. **GROUPING SKATERS BY AGE :** The following guideline is suggested for grouping skaters :

For events that require grouping because of a large number of entries, the following procedure may be used:

1. In a category that does not progress skaters on to a subsequent competition, and no final round is held, skaters may be divided and grouped according to age.
2. In an event that progresses skaters on to a subsequent competition or when a final round is held, skaters in the same category must be divided and grouped by random draw.

COSTUMING

The clothing for all competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Accessories and props are not permitted.

AWARDS

Medals will be presented to the top 3 skaters in each flight. No medals presented in Exhibition skates. Ribbons will be presented for all fourth place finishers.

PROTOCOLS

Protocols are available upon request. Please submit your request, no later than November 12th, 2009 to **Tammy Bjorklund**.

TESTING

There will be a Primary Test Day held on Sunday, December 6, 2009 in which all skaters are able to participate. Please fill out the application if you are interested. The candidate is not required to bring any forms; all forms will be done on-site.

ADMISSION

Skaters and Coach listed on the application form will be admitted free.

Weekend Pass – Adults \$10.00

Weekend Pass – Seniors and Students (12 to 16 years of age) \$7.00

Daily Pass - \$7.00 per person

Children under 12 years of age will be Free

All coaches will be required to wear current Skate Canada Coaches' identification that is clearly visible.

EVENT SCHEDULE:

A finalized schedule of events will be e-mail to each club.

ICE CAPTAIN

All skaters must report to the Ice Captain one hour and a half before the scheduled event. If you are skating in the first event of the morning, please report to the Ice Captain ½ hour before your scheduled event.

MUSIC

1. **REGISTRATION OF MUSIC:** Music must be turned in at the time of registration. Cassettes, CD's and their cases must have the competitor's name and event clearly printed on them. Skaters must register their **OWN** music. Music cannot be registered by your coach.
2. **MUSIC REQUIREMENTS:** Each entry must provide 2 cassettes or CD's for the competition upon registration. One for competition (marked "MASTER") and one for back-up (marked "COPY"). The copy tape is to be held by the coach at rink side during the event entered.

Standard Specifications for Cassettes and CD's

1. Only one program shall be recorded on each cassette or CD.

2. The start of the music shall be recorded on the tape or 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. Each cassette or CD shall be enclosed in its plastic container
5. Music recording levels shall be a maximum of OVU and a minimum of 8VU
6. Be sure tapes are rewound.
7. All cassettes will be registered and placed with the music committee at the time of competitors' registration. All music should be picked up after the event.

ACCIDENTS/LIABILITY

Skate Canada, the Section and Local Host and Volunteer Team undertake no responsibility for damages or injuries suffered by skaters. 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 competitions and to release any and all claims they may have against the officials, the Association, The Section, the Host Club and Volunteer Team and against their officers and their entries shall be accepted only on these conditions

THIS ANNOUNCEMENT IS SUBJECT TO CHANGE

INSTRUCTIONS TO CLUB COMPETITION CHAIRPERSON

1. Photocopy the Skate Thunder Bay registration forms on *white* paper
2. **ONE** registration form per event (regardless of the # of events) (*Oct 22/09*)
3. Complete the Skate Thunder Bay Registration List.
4. Send all the registration forms together by courier or mail, complete with a copy of the Skate Thunder Bay Registration List and **ONE** club cheque payable to:

**TBFSC – Skate Thunder Bay 2009
Tammy Bjorklund
594 Valleywood Cres.,
Thunder Bay, ON P7B 5M7**

**** Please check ALL forms thoroughly before submission ****

After registration is closed, a spreadsheet will be sent to all Home Clubs. It is the responsibility of the coaches, skaters and parents to ensure that their skater(s) are registered in the proper events. There will be NO changes unless a medical certificate is supplied. Unfortunately if a skater is registered in an event lower than their test level, they will be forced to withdraw and thus, if a skater is registered in an event higher than their test level, they will remain at that level.

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
Dance				
Compulsory 1	Technique, Timing/Expression	0.5	50	1 st mark
Compulsory 2	Technique, Timing/Expression	0.5	50	1 st 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
Triathlon events				
Free Skate	Technical Merit, Presentation	1.0	33.3	2 nd mark
Skating Skills	Technique, Pacing/Performance	1.0	33.3	1 st mark
Interpretive	Skating, Performance	1.0	33.3	2 nd mark
Biathlon Events				
Compulsory Dances				
Compulsory 1	Technique, Timing/Expression	0.5	25	1 st mark
Compulsory 2	Technique, Timing/Expression	0.5	25	1 st mark
Creative Dance	Composition Presentation	1.0	50	2 nd 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.

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 1 flip – **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 1 Lutz
 - 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~~ MUST HAVE PASSED THE JUVENILE COMPETITIVE SINGLES TEST OR HIGHER COMPETITIVE SINGLES TEST to compete in this event. (Oct 20/09)

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.

ELEMENT EVENTS

"All elements events will be skated as a simple program NO MUSIC (background music only)" The Pre-Introductory to Pre-Preliminary Elements events will be conducted using ½ of the ice surface using a simple program format.

The following rules apply:

- 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 (i.e. Spirals, Ina Bauers, Pivots) will be penalized unless specified.
- Added elements or the retrying of a missed element will be penalized.
- Connecting steps may be used.

PRE-INTRODUCTORY ELEMENTS

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

PROGRAM LENGTH: One minute maximum. **NO MUSIC** – ½ 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.**

PROGRAM LENGTH: One minute maximum. **NO MUSIC** – ½ 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.

Program Length: One minute maximum. **NO MUSIC** – ½ 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 test.

Program Length: One minute maximum.

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 test.

PROGRAM LENGTH: One minute thirty seconds maximum.

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 $\frac{1}{2}$ the ice surface

SENIOR BRONZE ELEMENTS

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

PROGRAM LENGTH: Shall not exceed two minutes and 15 seconds in duration.

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

JUNIOR SILVER ELEMENTS

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

PROGRAM LENGTH: Shall not exceed two minutes and 15 seconds in duration.

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, 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

SENIOR SILVER ELEMENTS

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

PROGRAM LENGTH: Shall not exceed two minutes and 15 seconds in duration

SPECIFICATIONS FOR EVENT:

1. Axel or Double Axel
2. Double Flip
3. Jump Combination with 2 double jumps

4. Combination Spin, 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

GOLD ELEMENTS

TEST: May have passed the Gold Free Skate test

PROGRAM LENGTH: Not to exceed 2 minutes 40 seconds

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, 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)

SKATING SKILLS EVENTS

PRE-PRELIMINARY SKATING SKILLS

TEST: Must not have passed the Preliminary Skating Skills test.

SPECIFICATIONS FOR EVENT

- Preliminary Waltzing Mohawks
- Backward Preliminary Circles - draw for one foot and edge

PRELIMINARY SKATING SKILLS

TEST: Must have passed the Preliminary Skating Skills test, but not the Junior Bronze Skating Skills test.

SPECIFICATIONS FOR EVENT

- Change Threes
- Junior Bronze Power Circles

JUNIOR BRONZE SKATING SKILLS

TEST: Must have passed the Junior Bronze Skating Skills test but not the Senior Bronze Skating Skills test.

SPECIFICATIONS FOR EVENT

- Forward Brackets
- Senior Bronze Expanding Exercise

SENIOR BRONZE SKATING SKILLS

TEST: Must have passed the Senior Bronze Skating Skills but not the Junior Silver Skating Skills test.

SPECIFICATIONS FOR EVENT

- Snakes and Ladders
- Flying Choctaws

JUNIOR SILVER SKATING SKILLS

TEST: Must have passed the Junior Silver Skating Skills test but not the Senior Silver Skating Skills test.

SPECIFICATIONS FOR EVENT

- Rockers and Choctaws
- Senior Silver Expanding Exercises

SENIOR SILVER SKATING SKILLS

TEST: Must have passed the Senior Silver Skating Skills test but not the Gold Skating Skills test.

SPECIFICATIONS FOR EVENT

- Counters and Three Change Threes
- Gold Expanding Exercise

GOLD SKATING SKILLS

TEST: Must have passed the Gold Skating Skills test.

SPECIFICATIONS FOR EVENT

One skating skills exercise shall be skated from the Gold test (drawn)

Gold creative (see creative skating skills section for requirements).

For Exercise 1 in Gold Skills, the skills exercise to be skated:

Even years - counters and three change threes

Odd years - multi circle double threes and mohawks.

NOTE: Musicality/pacing is no longer assessed in tests or standard skating skills exercises in competition. No music will be played. The exception to this is for Creative Skating Skills events where music will still be used and musicality assessed.

MARKING SKATING SKILLS:

Skating Skills exercises will be given two marks which will be added together to determine a total mark for each exercise from each judge. The marking criteria are Technique and Pacing/Performance. The mark for Technique will break the tie.

Components of each mark are outlined below:

Technique: Edge Quality, Ice Coverage, Correctness of Steps

Pacing/Performance: Ease of Motion, Musicality/Pacing, Posture

Jump Event

*Entrants will qualify according to their Free Skating level. Pre-Preliminary through Junior Bronze will be skated on a half sheet of ice. Senior Bronze through Gold will be skated on full sheet of ice. Jumps should be performed in order and as stated. Skater will be given 2 opportunities to attempt each jump, and will be judged on the best one. A jump combination is a sequence of two or more jumps in which the landing **edge** of the first jump serves as the take-off edge for the second jump and so on. There is **no** change of foot or turn between the jumps, although the toe may be used to assist the take-off (Skate Canada Technical Handbook 2.1 (7)).*

*The following format will be used for this event: Each skater will perform **all** of his or her jumps in sequence. For example in the Pre-Preliminary the jumps are Toe Loop and combination of any 2 single jumps (no Axels). Skater # 1 will take to the ice and be given 2 attempts at the Toe Loop, followed by 2 attempts at combination of 2 single jumps. The best Toe Loop and best combination will be judged. Where a skater is given a choice of which jumps to perform, the first attempt will determine the jump to be judged. The skater will not be permitted to change jumps on the second attempt.*

PRE-PRELIMINARY JUMP EVENT

TEST: May have passed a Skate Canada test, but not the complete preliminary free skate test
Toe Loop, Salchow, combination of any 2 single jumps (Toe Loop cannot be repeated as first jump, No axels)

PRELIMINARY JUMP EVENT

TEST: May have passed the Preliminary Free skate test but no higher complete test.
Loop, Flip or Lutz jump, combination of any single jump with a Loop jump (may be an Axel)

JUNIOR BRONZE JUMP EVENT

TEST: May have passed the Junior Bronze Free skate test but no higher complete test
Axel, any double jump, combination double jump with a Loop jump.

SENIOR BRONZE JUMP EVENT

TEST: May have passed the Senior Bronze Free skate test but no higher complete test
Axel, double Toe Loop, combination of a Lutz and single or double Loop.

JUNIOR SILVER JUMP EVENT

TEST: May have passed the Junior Silver Free skate test but no higher complete test
Double Loop, double Flip or Lutz, combination of any 2 jumps, second must be a double

OPEN JUMP EVENT

TEST: Must have passed Sr. Silver Free skate test
Double Lutz, double Axel, combination of any 2 double jumps or a triple and double.

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

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

Show Program

JUNIOR SHOW PROGRAM

Age restriction of 8 years and under. Flights will be divided according to age. Maximum of 10 skaters per flight or at the discretion of the referee.

Program Length: Music shall not exceed 1 minute and 30 seconds.

General Information: There are no theme categories. Skaters either by themselves or with their coaches are to select their own music and choreograph the program. Skaters will be judged on their ability to interpret the music they have chosen. The emphasis is taken off the technical side and placed more on the simpler moves that will help convey a feeling or mood for the music.

INTERMEDIATE SHOW PROGRAM

Age restriction of 9 years of age to 12 years, inclusive. Flights will be divided according to age. Maximum of 10 skaters per flight or at the discretion of the referee.

Program Length: Music shall not exceed 1 minute and 30 seconds.

General Information: There are no theme categories. Skaters either by themselves or with their coaches are to select their own music and choreograph the program. Skaters will be judged on their ability to interpret the music they have chosen. The emphasis is taken off the technical side and placed more on the simpler moves that will help convey a feeling or mood for the music.

SENIOR SHOW PROGRAM

Age restriction of 13 years of age and older. Every attempt will be made to have a maximum of 10 skaters per flight or at the discretion of the referee and new music and/or new theme will be edited for each flight.

Program Length: 1.0 minute to 1.0 minutes and 15 second routine to music

Theme: To be announced at the time of the warm-up

General Information: Music will be selected and custom edited by an impartial person to suit each flight of the competition. Music will be played twice for skaters entering event. The skaters will then go into a room out of sight and hearing of the ice arena. Each competitor in turn skates an interpretation of the music. After skating their program, the competitor may not re-enter the dressing room until the entire event has been completed. Program need not include jumps or spins but they may be used if they enhance the interpretation.



Waivers

Appendix 1

Skater's Name

Partner's Name (if applicable)

PUBLICITY WAIVER

The competitor hereby acknowledges and consents to the fact that **the Skate Thunder Bay** 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 **Skate Thunder Bay** 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 _____

(Signature)

THUNDER COUNTRY REGION REGISTRATION FORM

(A copy of Skater's Birth Certificate and Test Proof must accompany entries)

SELECT COMPETITION WITH "X" - SKATE THUNDER BAY TCR INTERCLUB THUNDER BAY OPEN

NAME: _____ SKATE CANADA #: _____ M ___ F ___

ADDRESS: _____
Street or Box No. City/Town Province Postal Code

PHONE #: (____) _____ EMAIL ADDRESS: _____

DATE OF BIRTH (M/D/Y): ____/____/____ AGE AT TIME OF COMPETITION REGISTRATION: _____

HOME CLUB: _____ HOME CLUB NO.: _____

CLUB CONTACT: _____

	<i>Name</i>	<i>Phone</i>	<i>Email</i>
FREE SKATE	ELEMENTS	SPINS	JUMPS (N/A TBO)
<input type="checkbox"/> PRE-INTRODUCTORY	<input type="checkbox"/> PRE-INTRODUCTORY	<input type="checkbox"/> PRE-INTRODUCTORY	<input type="checkbox"/> PRE-INTRODUCTORY
<input type="checkbox"/> INTRODUCTORY	<input type="checkbox"/> INTRODUCTORY	<input type="checkbox"/> INTRODUCTORY	<input type="checkbox"/> INTRODUCTORY
<input type="checkbox"/> PRE-PRELIMINARY	<input type="checkbox"/> PRE-PRELIMINARY	<input type="checkbox"/> PRE-PRELIMINARY	<input type="checkbox"/> PRE-PRELIMINARY
<input type="checkbox"/> PRELIMINARY	<input type="checkbox"/> PRELIMINARY	<input type="checkbox"/> PRELIMINARY	<input type="checkbox"/> PRELIMINARY
<input type="checkbox"/> JUNIOR BRONZE	<input type="checkbox"/> JUNIOR BRONZE	<input type="checkbox"/> JUNIOR BRONZE	<input type="checkbox"/> JUNIOR BRONZE
<input type="checkbox"/> SENIOR BRONZE	<input type="checkbox"/> SENIOR BRONZE	<input type="checkbox"/> SENIOR BRONZE	<input type="checkbox"/> SENIOR BRONZE
<input type="checkbox"/> JUNIOR SILVER	<input type="checkbox"/> JUNIOR SILVER	<input type="checkbox"/> JUNIOR SILVER	<input type="checkbox"/> JUNIOR SILVER
<input type="checkbox"/> SENIOR SILVER	<input type="checkbox"/> SENIOR SILVER	<input type="checkbox"/> SENIOR SILVER	<input type="checkbox"/> SENIOR SILVER
<input type="checkbox"/> GOLD	<input type="checkbox"/> GOLD	<input type="checkbox"/> OPEN	<input type="checkbox"/> OPEN
<input type="checkbox"/> COMPETITIVE _____			

(JUV. PN. NOV. OR JR.)

INTERPRETIVE	SHOW	TEAM	CANSKATE (N/A SKATE TB)
<input type="checkbox"/> PRE-INTRODUCTORY	<input type="checkbox"/> JUNIOR	<input type="checkbox"/> PRE-PRELIMINARY	<input type="checkbox"/> BEGINNER
<input type="checkbox"/> INTRODUCTORY	<input type="checkbox"/> INTERMEDIATE	<input type="checkbox"/> PRELIMINARY	<input type="checkbox"/> STAGE ONE
<input type="checkbox"/> BRONZE	<input type="checkbox"/> SENIOR	<input type="checkbox"/> JUNIOR BRONZE	<input type="checkbox"/> STAGE TWO
<input type="checkbox"/> SILVER		<input type="checkbox"/> SENIOR BRONZE	<input type="checkbox"/> STAGE THREE
<input type="checkbox"/> GOLD		<input type="checkbox"/> OPEN	<input type="checkbox"/> STAGE FOUR
			<input type="checkbox"/> STAGE FIVE
			<input type="checkbox"/> STAGE SIX
			<input type="checkbox"/> STAGE SEVEN

TITLE OF INTERPRETIVE

SKATING SKILLS (ONLY SKATE TB)	TRIATHLON (N/A SKATE TB)	COMPETITIVE SHORT PROGRAM
<input type="checkbox"/> PRE-PRELIMINARY	<input type="checkbox"/> BRONZE	<input type="checkbox"/> PRE-NOVICE
<input type="checkbox"/> PRELIMINARY	<input type="checkbox"/> SILVER	<input type="checkbox"/> NOVICE
<input type="checkbox"/> JUNIOR BRONZE	<input type="checkbox"/> GOLD	<input type="checkbox"/> JUNIOR
<input type="checkbox"/> SENIOR BRONZE		
<input type="checkbox"/> JUNIOR SILVER		
<input type="checkbox"/> SENIOR SILVER		
<input type="checkbox"/> GOLD		

COACH: _____
Name Phone Email

I VERIFY THAT I REVIEWED ALL EVENT INFORMATION AND IT IS CORRECT

SIGNATURE OF COACH: _____

HIGHEST TEST/LEVELS: (put N/A if not applicable)

FREE SKATE: _____ **COMPETITIVE:** _____ **CANSKATE STAGE:** _____

INTERPRETIVE: _____ **SKILLS:** _____ **DANCE:** _____

SIGNATURE OF CLUB TEST CHAIRPERSON: _____ **PHONE #:** _____

I understand that the Host Club of the competition will assume no responsibility in the case of loss, theft, or personal injury suffered by myself/my child while participating in this competition.

Skater's Signature

Parent's/Guardian's Signature

*** PLEASE MAKE CHEQUES PAYABLE TO YOUR CLUB. CLUBS SUBMIT ONE (1) CHEQUE FOR ALL ENTRIES TO COMPETITION. ***