

**Sunset Country
Region
Interclub 2010**

Dream, Believe, Do

January 29, 30 and 31, 2010

**Keewatin Arena
Kenora, Ontario**



THE SUNSET COUNTRY 37TH ANNUAL INTERCLUB COMPETITION
JANUARY 29, 30 AND 31, 2010

The **KEEWATIN FIGURE SKATING CLUB** is pleased to invite you to **THE SUNSET COUNTRY REGIONAL INTERCLUB COMPETITION 2010**. 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

ELIGIBILITY

Entrants must be registered amateur skaters in good standing with Skate Canada and their home Club must be located in the Sunset Country Region of the Northern Ontario Section. Skaters may compete in the events as qualified for by their age and test levels as of **December 15, 2009**. Skaters are invited to “skate up” one event category.

ENTRY FORMS

Entry forms and fees must be submitted to the registrar together. All incomplete forms will be returned to the Club test chair. 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 Keewatin Figure Skating Club rather than individual entries. Please provide the attached master list of skaters' names and events with your entry. Skaters' names should be typed or printed in capital letters.

TESTING

Skaters may apply to be tested as they perform their programs. You must be competing in the event you wish to be tested for. Only Free Skate and interpretive events will be tested. Please complete the test application included in the package.

ENTRY FEES

STARSkaters	
1 st Regional Event	\$50.00 per competitor
2 nd Regional Event	\$15.00 per competitor
3 rd Regional Event	\$10.00 per competitor
4 th Regional Event	\$10.00 per competitor
CanSkaters	
CanSkate Event	\$25.00 per competitor
Show program	\$15.00 per competitor

Line Number (divide by number of skaters) \$50.00

Please make cheque or money orders payable to the **KEEWATIN FIGURE SKATING CLUB**. Entry fee must accompany the applications. There will be a \$25.00 administration fee on any NSF cheques. Entry fees shall be refunded only if the event is not held or if the competitor produces a Medical Certificate.

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 and the Host Committee. In any of the above cases, categories may be combined – only with full prior knowledge and agreement of all competitors affected.

2. **Grouping Skaters by Age:** For events that require grouping because of a large number of entries, it will be done according to age as closely as possible.
3. **Number of events:** Each competitor may not enter more than three events plus the line number.
4. **Demonstrations:** A demonstration fee of \$20.00 will apply.
5. **Previous First Place Finishers:** With the exception of the Open Events and the Dance Events, a skater must move up a level if that skater successfully won their event the previous year. This rule does not apply to events where there is more than one flight unless a final round is held.

ENTRY DEADLINE

All entries must be received no later than **December 22, 2009**. Late entries **MAY** be accepted only at the discretion of the host committee and a fee may apply.

ICE SURFACE 85' X 195'

MARKING SYSTEM Closed marking using OBO method with the Well-Balanced Program Criteria

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. NO LABELS ON CD'S – Please write directly on the CD
2. **Dance Music:** For the information of Dance competitors, 2001 Skate Canada Series 8 music (or ISU music when applicable) will be used for all compulsory dance events.
3. **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. Competitor's name and event, followed by music time (not skating time) and club shall be clearly printed on side one of the cassette or CD
5. Each cassette or CD shall be enclosed in its plastic container
6. Music recording levels shall be a maximum of OVU and a minimum of 8VU
7. Cassettes or CDs must be marked with the skater's name, event and total music time and enclosed in their integral container, also marked accordingly.
8. Be sure tapes are rewound.
9. 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.

AWARDS

Medals will be presented to the top 3 skaters in each flight. Ribbons will be presented for all fourth place finishers. All CanSkate skill event competitors will receive a memento of the competition in addition to the above.

ADMISSION

Skaters and Coaches listed on the registration form will be admitted free.

Weekend Pass –\$10.00 for Adults, \$7.00 for Seniors/Students

Daily Pass - \$5.00 per person

Children under 6 Admitted Free (must be accompanied by an adult)

COSTUMING

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

MISCELLANEOUS

Events will not run more than 30 minutes ahead of schedule. Competitors are therefore advised to be ready to skate at that time if the competition is running ahead of schedule. All skaters must report to the Ice Captain one half (1/2) hour before the scheduled event.

COACHES

All coaches must wear their Photo Identification at all times during the competition.

All entries should be forwarded to:

SUNSET COUNTRY REGIONAL INTERCLUB 2010
Kathleen Novak
Keewatin Figure Skating Club
Box 62
Keewatin, ON P0X 1C0
807-548-4240 dknovak@hotmail.com

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 **Sunset Region Interclub 2010** registration forms on *white* paper
2. Please check form thoroughly.
3. Complete the Sunset Region Interclub Registration List.
4. Complete test applications.
5. Make sure all competitors have included their photo with name and Club clearly printed with ink on the back.
6. Make sure all competitors have signed the Skate Canada Northern Ontario waiver.
7. Send all the registration forms together by courier or mail, complete with a copy of the Sunset Country Regional Interclub Registration List and **one club cheque** payable to **THE KEEWATIN FIGURE SKATING CLUB** by **December 22, 2009** to:

SUNSET COUNTRY REGIONAL INTERCLUB 2010
Kathleen Novak
Keewatin Figure Skating Club
Box 62
Keewatin, ON P0X 1C0
807-548-4240 dknovak@hotmail.com

THE EVENTS

FREE SKATE EVENTS

- 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 2008 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 2009/10 STARSkate Well Balanced Program Requirements. The WBP will be strictly enforced, and deductions will be given for any elements that are not specified.

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

PRE-INTRODUCTORY -

TEST REQUIREMENTS: **Must NOT have passed ANY Skate Canada tests.**

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

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

INTRODUCTORY FREE SKATE

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

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

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

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

PRE-PRELIMINARY FREE SKATE

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

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

1. Maximum 6 jump elements
 - No jump higher than 1Lutz
 - Must include at least 1 waltz jump
 - Maximum 2 combinations or sequences. Jump combinations may contain no more than two jumps.
 - No jump included more than twice. Repeated jumps must be in combo or sequence.
2. Maximum 2 spins
 - No flying spins permitted
 - 1 spin must be in one position, not in combination, no change of foot
 - Maximum 1 may be a combination spin, no change of foot
3. Maximum 1 step sequence or spiral sequence.

PRELIMINARY FREE SKATE

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

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

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

JUNIOR BRONZE FREE SKATE

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

All elements will be called no higher than Level 1.

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

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

SENIOR BRONZE FREE SKATE

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

All elements will be called no higher than Level 1.

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

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

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

JUNIOR SILVER FREE SKATE

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

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

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

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

SENIOR SILVER FREE SKATE

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

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

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

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

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

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

3. Women:

- Maximum 1 step sequence or spiral sequence.

Men:

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

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

GOLD FREE SKATE

TEST REQUIREMENTS: May have passed the Gold Free Skate test

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

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

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

3. Women:

- Maximum 1 step sequence or spiral sequence.

Men:

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

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

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

TEST REQUIREMENTS: Must have passed Gold Free Skate test

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

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

NOTE: Skaters may skate up in the Free Skate events

OPEN COMPETITIVE SHORT PROGRAM

TEST: Must have passed Pre-Novice Competitive test

SPECIFICATIONS FOR EVENT: Pre-Novice Short Program of the 2009-10 Pre-Event Technical Package

OPEN COMPETITIVE FREE SKATE

For skaters not eligible to compete in any other singles event

TEST: Must have passed Juvenile Competitive Test

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

ELEMENT EVENTS

- Elements will be skated in isolation (**per LTAD philosophy**) (background music may be played).
- Elements must be skated in the order specified.
- 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 ½ 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**

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,**

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.

SPECIFICATIONS FOR EVENT:

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

PRELIMINARY ELEMENTS

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

SPECIFICATIONS FOR EVENT:

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

JUNIOR BRONZE ELEMENTS

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

SPECIFICATIONS FOR EVENT:

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

SENIOR BRONZE ELEMENTS

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

SPECIFICATIONS FOR EVENT:

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

JUNIOR SILVER ELEMENTS

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

SPECIFICATIONS FOR EVENT:

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

SENIOR SILVER ELEMENTS

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

SPECIFICATIONS FOR EVENT:

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

GOLD ELEMENTS

TEST: May have passed the Gold Free Skate test

SPECIFICATIONS FOR EVENT:

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

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

If possible each level will be divided according to age and skill level. No props!

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 PROGRAMS

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.

SOLO DANCE EVENT

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

PRELIMINARY DANCE

TEST: Skater must have passed the complete Preliminary Dance test and not the complete Junior Bronze Dance test.

SPECIFICATIONS FOR EVENT:

- Dutch Waltz
- Baby Blues

JUNIOR BRONZE DANCE

TEST: Skater must have passed the complete Junior Bronze Dance test and not the complete Senior Bronze Dance test.

SPECIFICATIONS FOR EVENT:

- Swing
- Fiesta Tango

SENIOR BRONZE DANCE

TEST: Skater must have passed the complete Senior Bronze Dance test and not the complete Junior Silver Dance test.

SPECIFICATIONS FOR EVENT:

- Ten Fox
- Fourteenstep

JUNIOR SILVER DANCE

TEST: Skater must have passed the complete Junior Silver Dance test and not the complete Senior Silver Dance test.

SPECIFICATIONS FOR EVENT:

- Harris Tango
- Rocker Foxtrot

SENIOR SILVER DANCE

TEST: Skater must have passed the complete Senior Silver Dance test and not the complete Gold Dance test.

SPECIFICATIONS FOR EVENT:

- Starlight Waltz
- Kilian

GOLD DANCE

TEST: Skater must have passed the complete Gold Dance test and not the complete Diamond Dance test.

SPECIFICATIONS FOR EVENT:

- Blues
- Quickstep

DIAMOND DANCE

TEST: Skater must have passed the complete Diamond Dance test.

SPECIFICATIONS FOR EVENT:

- Viennese Waltz
- Argentine Tango

LINE NUMBER

This Region event will help encourage skaters to work as a team showing creativity and fun as the most important feature of the program. This is a fun event, not judged by Skate Canada officials. Medals will be awarded. Synchronized Skating moves are encouraged to be incorporated however; the routine is not to be as technical as a synchronized skating team.

These Line Skating events will include teams with **at least 5 members** and will be divided as follows:

PRELIMINARY LINE SKATING

Teammates may not have passed any of the Junior Bronze Free Skate.

Minimum Required Elements

1. A **CIRCLE**
2. A **LINE**

Program Length: 2 to 2.5 minutes. May contain vocals.

JUNIOR LINE SKATING

The majority of teammates may not have passed the complete Senior Bronze Free Skate.

Minimum Required Elements

1. A **CIRCLE**
2. A **LINE**
3. A **WHEEL**

Program Length: 2.5 to 3 minutes. May contain vocals.

SENIOR LINE SKATING

All the teammates must have passed entire Senior Bronze Free Skate.

Minimum Required Elements

1. A **CIRCLE**
2. A **LINE**
3. A **WHEEL**
4. An **INTERSECTION**

Program Length: 2.5 to 3 minutes. May contain vocals.

The registration fee is \$50.00 per team.

CREATIVE SKATING SKILLS EVENTS

BRONZE CREATIVE SKATING SKILLS

TEST: Must have passed the following test: Junior Silver Skating Skills test (and no higher)

SPECIFICATIONS FOR EVENT: The Bronze Creative Skating Skills shall consist of one Skating Skills Creative Exercise (See appendix for Well Balanced Program Requirements) of 2.0 (+/- 10 seconds) in length.

SILVER CREATIVE SKATING SKILLS

TEST: Must have passed the following test: Senior Silver Skating Skills test (and no higher)

SPECIFICATIONS FOR EVENT: The Silver Creative Skating Skills shall consist of one Skating Skills Creative Exercise (See appendix for Well Balanced Program Requirements) of 2.0 (+/- 10 seconds) in length.

GOLD CREATIVE SKATING SKILLS

TEST: Must have passed the following test: Gold Skating Skills test

SPECIFICATIONS FOR EVENT: The Gold Creative Skating Skills shall consist of one Skating Skills Creative Exercise (See appendix for Well Balanced Program Requirements) of 2.0 (+/- 10 seconds) in length.

CANSKATE

⇒ All skaters must be registered in the CanSkate OR CanPower Program.

⇒ CanSkate events will run as an element event with elements skated in isolation.

CANSKATE BEGINNER

BADGE LEVEL: Must not have passed any CanSkate badge.

SPECIFICATIONS FOR EVENT:

- 1/2 sit glide – forward or backwards
- Backward skating
- 1/2 or 1/4 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
- One foot turn from forward to backward (outside edge entry)
- 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
- One foot spin
- One foot jump forward to backward – optional to change feet
- 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
- Rotating power jump (waltz jumps)
- Backward outside development (step/ step/ step and hold on alternating curves)
- One foot turn from forward to backward, inside edge entry

CANSKATE 6

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

SPECIFICATIONS FOR EVENT:

- Backward outside edges
- Rotating power jump (waltz jump) with backward crosscuts entry
- Forward chasses
- Forward one-foot spin with backward crosscut entry.
- Toe Loop or Salchow

ONTARIO SPECIAL OLYMPICS (OSO)

SINGLES LEVEL 1

Eligibility: A Skater competing in Level 1 must be able to complete the skills required for Can Skate Stage 1 but no higher than Can Skate Stage 3.

LEVEL 1 ELEMENTS IN ISOLATION

Skaters shall skate all of the following elements in isolation. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements.

- Forward skating across the width of the ice surface using alternating feet
- Forward glide on left foot (skaters choice of entry)
- Forward glide on right foot (skaters choice of entry)
- Forward half snowplow stop - right foot
- Forward half snowplow stop - left foot
- Backward skating any form – equivalent to 1/2 the width of the ice surface

LEVEL 1 FREE SKATE PROGRAM

The Free Skate program will not exceed a time limit of one minute plus or minus 10 seconds. The music will be instrumental. The program must be well balanced and include:

- Four (4) out of Six (6) Can Skate fundamental movements from Stage 1 through Stage 3
- Maximum of 2 jumps
- Maximum of 2 spins

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

SINGLES LEVEL 2

Eligibility: A Skater competing in Level 2 must be able to complete the skills required for Can Skate Stage 4 but no higher than Can Skate Stage 5.

LEVEL 2 ELEMENTS IN ISOLATION

Skaters shall skate all elements of either Option 1 or Option 2 in isolation. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements. The option will be drawn for the group.

Option 1

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

Option 2

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

LEVEL 2 FREE SKATE PROGRAM

The Level 2 Free Skate program will not exceed a time limit of 1 minute 30 seconds plus or minus 10 seconds. The music will be instrumental. The program must be well balanced and include

- Fundamental Movements from Can Skate Stage 1 through 5
- Must include 4 of 6 Fundamental Movements from Can Skate Stage 4 and 5.
- Choice of Challenge skills from Stages 1 through 3 may also be included.
- Maximum of 3 jumps
- Maximum of 2 spins
- 1 jump sequence or combination can be included and will be counted as one of the allowable jumps

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

SINGLES LEVEL 3

Eligibility: A Skater competing in Level 3 must be able to complete the skills required for Can Skate Stage 6 but no higher than Can Skate Stage 7.

LEVEL 3 ELEMENTS IN ISOLATION

Skaters shall skate all elements of either Option 1 or Option 2 in isolation. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements. The option will be drawn for the group.

Option 1

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

Option 2

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

LEVEL 3 FREE SKATE PROGRAM

The Level 3 Free Skate program will not exceed the time limit of 1 minute 30 seconds plus or minus 10 seconds. The music will be instrumental.

The program must be well balanced and include

- Fundamental Movements from Can Skate Stages 1 through 7
- Must include 4 out of the 6 Fundamental Movements from Can Skate Stages 6 and 7
- Choice of Challenge skills from Stages 1 through 5
- Maximum of 5 jump elements which may include one combination or sequence
- Maximum of 2 spins
- 1 step sequence

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

SUNSET REGION INTERCLUB COMPETITION ENTRY FORM

Entries must be postmarked no later than December 22, 2009

Name: _____ Male / Female

Address: _____ Telephone # _____

City: _____ Postal Code: _____

Skate Canada # _____ Club: _____

Age (as of December 15, 2009): _____ Birth Date: _____

** PLEASE INDICATE THE HIGHEST FULL OR PARTIAL TEST PASSED AS OF DECEMBER 15, 2008 **

CanSkate: _____ Skate Canada Free Skate Test: _____

Skate Canada Interpretive Test: _____ Skate Canada Dance Test: _____

Interpretive Title _____

EVENTS ENTERED:

Name of Event	Check List	Amount
#1		
#2		
#3		
#4		
Line Number		
School Picture 6 cm X 4 1/2 cm		
TOTAL AMOUNT ENCLOSED		

COACH(ES) NAME(S): _____

~ please include proof of certification ~

Signature of Base Coach

Signature of Test Chair

To Be Completed by the Competitor:

I, having received and read the Code of Conduct, hereby agree to be bound by this Code of Conduct for the 2009-2010 Season.

Signature of competitor _____

To Be Completed by the Parent/Legal Guardian of Competitor:

I, as parent/guardian of the above named skater, hereby give my permission for that skater to take part in the Sunset Regional Interclub Competition. I certify that the information contained in this application is correct. I also absolve the organizers, namely the Keewatin Figure Skating Club or any such person acting on their behalf from all responsibility in the event of injury and/or theft which may be sustained or occur while in attendance at said competition.

Signature of Parent/Guardian _____



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 **Sunset Country Regional InterClub Competition** 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 traveling to or from or during the **Sunset Country Regional InterClub Competition** nor shall Skate Canada, Skate Canada Northern Ontario or the Local Organizing Committee be responsible for any damages or losses caused by the Athlete during the same time. The Athlete and/or Athlete's parent(s)/legal guardian agrees to indemnify Skate Canada, Skate Canada Northern Ontario and the Local Organizing Committee and hold it harmless from any claims or demands in respect of such loss or damage.

DATE _____

Competitor's Signature

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