

**REGION 5 INTERCLUB COMPETITION**

**RIDEAU SKATING CLUB**

**FRED BARRETT ARENA**

**FEBRUARY 21, 2015**



Sanctioned by



# REGION 5 INTERCLUB

Saturday, February 21, 2015

HOSTED BY RIDEAU SKATING CLUB

**SANCTIONED BY SKATE CANADA-EASTERN ONTARIO**

FRED BARRETT ARENA

3280 Leitrim Road

613-822-2175

## General

Skate Canada rules and regulations will apply throughout the competition except where otherwise provided in this Announcement. Rule amendments passed at Skate Canada ACGM as well as changes which may be made in ISU regulations and which are applicable to Skate Canada sanctioned competitions shall also apply. See Rule 1602 (8) (a) & (b). Rule numbers throughout are from the 2002 Rulebook using 2001 through to 2014 amendments. The nature of the Event is defined in the Skate Canada Technical Handbook. The Host Committee reserves the right to alter the overall procedures to be followed during any part of the competition, if such alteration is considered to be in the best interest of the skaters or the Association. The Technical Representative, Chief Referee, or Senior Referee present will be the agent of the Association in such an instance.

## Eligibility

- All skaters must be eligible persons as defined in Skate Canada Rule Book Section 2100.
- All Skaters must be Associate registrants in good standing of the Association.
- All Skaters must be a member of one of the following skating clubs:

Almonte FSC	Canton de Clarence CPA	Carleton Place SC	West Carleton SC
Casselman SC	Embrun SC	Glen Cairn SC	Gloucester SC
Goulbourn SC	March Kanata SC	Metcalfe FSC	Minto SC
Nepean FSC	Ontario Russell FSC	Rideau SC	Rockland FSC

- Competitors wishing to enter shall have passed the appropriate badges/test qualifications for relevant events by **15 November 2014**.
- Skaters must be 18 years age or younger by **15 November 2014**.
- Current certified Skate Canada Coaches are not permitted to compete at Interclub Events; with the exception, of CanSkate or Level 1 NCCP Trained/Certified coaches who meet the following criteria:
  - age criteria above,
  - are registered as a Skater with Skate Canada as their primary activity,
  - currently registered in a Skating Club program within the Interclub grouping.
- Skaters registered for Sectionals held in November 2014 at the Pre-Novice Level or higher must default to Open Level events. Pre-Juvenile and Juvenile competitors must default to their test equivalency or STARSkate test level passed, whichever is higher.

## Accidents/Liability

Skate Canada, the Section and the Host Committee accept no liability for bodily or personal injury, or for property loss or damage incurred by participants and officials. As a condition of and in consideration of their entries in the competition, all participants and their parents or guardians, shall be deemed to agree to assume all risks or injuries to the competitor's person and property resulting from, or caused by, or connected with, the conduct and management of the competition and to release any and all claims they may have against the officials, Skate Canada, the Section and the Volunteer Team and their officers and their entries shall be accepted on these conditions.

### Use of an Individuals Likeness or Performance

Any person who enters competitions, either sanctioned by the Association or under the control and/or supervision of the Association, or who takes Association tests, by entering such competitions or by taking such tests, grants to the Association the right to use, in such form and for such time period as the Association may, in its sole discretion choose, without payment of any fee or charge, any photographs, images, likenesses, videotapes or any other recordings or reproductions of the person or his/her performance for the purpose of furthering the objectives of the Association, including, without limiting the generality of the foregoing:

- For the training, education and development of skaters, coaches and officials; and
- For Association promotional purposes.

### Club Contacts:

Almonte FSC <a href="mailto:almonteskatingclub@sympatico.com">almonteskatingclub@sympatico.com</a>	Canton de Clarence CPA <a href="mailto:cpacc_org@yahoo.ca">cpacc_org@yahoo.ca</a>	Carleton Place SC <a href="mailto:competition@cpskate.ca">competition@cpskate.ca</a>
Casselman SC	Embrun SC <a href="mailto:cpembrunsc@rogers.com">cpembrunsc@rogers.com</a>	Glen Cairn SC <a href="mailto:president@glencairn.ca">president@glencairn.ca</a>
Gloucester SC <a href="mailto:info@gloucesterskatingclub.ca">info@gloucesterskatingclub.ca</a>	Goulbourn SC <a href="mailto:info@goulbournskatingclub.com">info@goulbournskatingclub.com</a>	March Kanata SC <a href="mailto:president@marchkanataskatingclub.com">president@marchkanataskatingclub.com</a>
Metcalf FSC <a href="mailto:president@metcalfeskatingclub.ca">president@metcalfeskatingclub.ca</a>	Minto SC <a href="http://www.mintoskatingclub.com">www.mintoskatingclub.com</a>	Nepean FSC <a href="mailto:office@nepeanskatingclub.com">office@nepeanskatingclub.com</a>
Ontario Russell FSC <a href="mailto:onrussselfsc@yahoo.ca">onrussselfsc@yahoo.ca</a>	Rideau SC <a href="mailto:rideauskating@gmail.com">rideauskating@gmail.com</a>	Rockland FSC <a href="mailto:rocklandskatingclub@hotmail.ca">rocklandskatingclub@hotmail.ca</a>
	West Carleton SC <a href="mailto:info@wcskatingclub.ca">info@wcskatingclub.ca</a>	

### Entry Forms

- Entry forms, including all required supporting documentation, must be completed in FULL or they will be returned unprocessed.
- Individual entry forms are to be accumulated by one point of contact designated by the participating club and submitted to:

**Rideau Skating Club**  
**c/o Donna Johnston**  
**P.O. Box 422**  
**Manotick, ON**  
**K4M 1A4**  
**613-692-2804**  
**[rideauinterclub2015@gmail.com](mailto:rideauinterclub2015@gmail.com)**

- All club entry packages must be received by Donna Johnston, [rideauinterclub2015@gmail.com](mailto:rideauinterclub2015@gmail.com) with entry fees and supporting documentation where required, no later than January 21, 2015 regardless of postmark or courier date.
- Faxed or telephone entries will NOT be accepted.

### Entry Fees

- **1<sup>st</sup> event \$30 per skater**
- **All additional events, \$20 per skater**
- Entry fees are payable with the entry form.
- Post-dated cheques will NOT be accepted.

- Entry form(s) and entry fees must be received no later than January 21, 2015 regardless of postmark or courier date.
- Please make cheques payable to **Rideau Skating Club** and mail it with completed entry forms to:

**Rideau Skating Club**  
**c/o Donna Johnston**  
**P.O. Box 422**  
**Manotick, ON**  
**K4M 1A4**  
**613-692-2804**  
**rideauinterclub2015@gmail.com**

**Returned Cheques:** A \$ 30.00 administration fee will be applied to cheques returned by your bank. The amount of the returned cheque and the \$30.00 administration fee must be paid in cash or by a certified cheque, bank draft, money order or similar form of guaranteed payment prior to the skater being permitted to compete.

NOTE: No skater will be permitted to skate until all money owing, including fees for NSF cheques, are properly paid upon registration at the arena on the day of the competition.

**Refunds and Withdrawals:** Refunds will be given for any cancelled event(s). If an entry is withdrawn before, the closing date of entry, a refund of the full entry fee less a \$25.00 administration fee will be given. No refunds will be given after the closing date of entry.

#### **Event Specifications**

- Skaters are permitted to “skate up” one level – they may enter an event one level above the level for which they are currently qualified, except where prohibited by category description. **Skaters may enter one of these levels but not both.**
- Skaters who registered for Sectionals in Pairs or Dance (Pre-Juvenile or higher may not enter Shadow Pairs or Shadow Dance categories with the same partner.
- Entries will be accepted on a first come, first serve basis once all required information and fees have been received.
- Late entries will be accepted at the discretion of the Host Committee and the Technical Representative.
- The Technical Representative reserves the right to categorize flights & limit the number of entries in any event.

#### **Cancellation of Events**

- An event will be cancelled if only one skater has entered. Entry fees will be refunded if an event is cancelled.
- The Technical Representative may combine two or more categories in the same event when each category has fewer than three entries or one category has insufficient entries to hold the event. In each case, the categories may only be combined with full prior knowledge and agreement of all competitors affected. However, male and female categories **cannot** be combined.

#### **Protective Equipment – Helmet Policy**

As of July 1<sup>st</sup>, 2011 Skate Canada issued a policy statement as follows “All Skate Canada member clubs and skating schools **must** ensure that participants up to and including Stage 5 wear a CSA approved hockey helmet while on the ice – this policy **must** be enforced during competitions”. Skaters/teams will NOT be penalized for the use of helmets during competition. Regardless if the skater has passed Stage 5 at the time of competition, if the skater is participating in a Stage 5 category or lower the skater must wear a helmet.

## Registration

- Skaters are to register at least one hour prior to the scheduled start of his/her event. Music (where applicable) must be registered at this time as well.
- The Host Committee reserves the right to start an event up to one-half hour prior to its' scheduled start time.

## Music

All Music used must be in the public domain or covered by the Performing Rights Society.

Teams that have music composed especially for their programs, either in whole or in part shall be responsible for obtaining a written release from the composer for the use of such music on radio and television, or appropriate clearance from the Performing Rights Society.

- Music **must be registered** at Music Registration **at least one hour before the event.**
- Each skater is required to supply his/her own music.
- If a skater wishes to supply his/her music on a CD, the following directions should be followed:
  - Two copies of the CD must be supplied, each clearly marked with the skater's name, category and whether it is the "master" or "copy".
  - The selection of music must be an entire track on the CD. The operator of the music equipment will NOT be responsible for fading a selection in or out. There must only be ONE track on the CD. In case of unforeseen mishaps, it is strongly recommended that a backup copy of the music be supplied on a cassette tape.
- Skaters may pick up their music at the music registration desk one-half hour after completion of the event.
- Optional background music for Team Elements/Team Spins/Spiral Sequence Events will be provided by the host committee.

## Coaches

In order to receive accreditation at the competition, all coaches must meet the standards for coaches set out in Rule 2402 and 2408 as outlined below. Coaches must wear their Professional Coach Membership Card at all times. Coaches must:

- Be NCCP Coach – Primary STARSkate Certified (Level 1) minimum
- Be a current coaching member of Skate Canada
- Hold a valid First Aid Certificate
- Register in person and show their Professional Coach Membership Card which includes their picture

## Marking

Results will be determined using the One by One [OBO] system. Result sheets will NOT be available for sale.

## Awards

- Medals and/or Ribbons will be presented in accordance with the regulations set out in the Skate Canada Event Management Handbook. Medals will NOT be awarded for exhibitions.
- CanSkate Challenge Events **will not** be awarded traditional podium presentations; they will be awarded Gold, Silver, Bronze or Merit Level certificates indicating their overall performance. Medals are **not** to be awarded and results are **not** to be announced or posted.
- Award presentations will take place in the arena upper hall. Presentation times will be posted on the day of the event.
- Skaters must be in skating attire for award presentations.

## Club Points

Club points will be awarded as follows: 3 points for 1<sup>st</sup> place, 2 points for 2<sup>nd</sup> place, and 1 point for 3<sup>rd</sup> place in each event. For CanSkate Challenge events: 3 points for Gold, 2 points for Silver, 1 point for Bronze and 0.5 points for Merit level achievement of each participating skater.

## General Admission

Tickets may be purchased at the event.

- Adult - **\$5.00**
- Senior/Student - **\$5.00**
- Children (6 and under) - **FREE**

## Camera & Video Policy

Skate Canada-Eastern Ontario adopts Skate Canada's policy on the use of cameras at Section skating competitions: Ticket holders are only permitted to use cameras or video cameras at an event for personal use only. Taping of athletes/teams other than family members without express written permission from the parent/guardian/age of majority athlete is prohibited. Taping of entire flights and/or events is not permitted. The camera's lens must not be larger than 200mm. No flash photography is allowed. Any resale of photography or video is strictly prohibited. Use of an unauthorized image on social media platforms is strictly prohibited.

- **Professional videotaping and photography may be available for a fee. Skaters and parents will be solely responsible for payment of the services of the photographer.**

## Media Policy

Individuals wishing to obtain appropriate accreditation should contact: Donna Johnston, [rideauinterclub2015@gmail.com](mailto:rideauinterclub2015@gmail.com) at least two (2) weeks prior to the event.

- Individuals will need prior approval to attend and photograph skaters at Section Partnered events. Accredited individuals will be given access to the boards, the location to be at the discretion and under the direct supervision of the Technical Representative for the event. Accredited individuals will not interfere with coach skater communications during warm-up periods. Pictures of skaters and or coaches will not be allowed prior to or after the performance. Any written complaints of interference will result in the loss of accreditation for future events.
- The following is a guideline for appropriate accreditation:
  - Individuals from News media must submit appropriate accreditation for review
  - An individual representing skating club parents must submit written permission from these parents with request.
- Pictures of skaters will not be made available for sale

## General Information

- **Ice Dimensions:** West rink – 185' x 85'
- **Registrar for this event:** Donna Johnston, [rideauinterclub2015@gmail.com](mailto:rideauinterclub2015@gmail.com)
- **Directions to Arena:** Fred Barrett Arena, 3280 Leitrim Road.
  - Take Hunt Club exit off Highway 417, turn right onto Hunt Club Road, take the first left onto Hawthorne Road, turn Right onto Leitrim Road, arena is on the left. Arena is located at the intersection of Leitrim Road and Bank Street, south of Hunt Club Road.

## Hotel Accommodation:

- Southway Hotel, 2431 Bank Street, 613-737-0811

### **Competition Schedule**

The competition schedule will be emailed to the participating clubs two (2) weeks prior to the competition. A copy will also be posted on the host club website [www.rideauskatingclub.com](http://www.rideauskatingclub.com).

### **Amenities Available:**

- The canteen will be open throughout the competition.
- Flowers will be available for sale throughout the competition.
- Food will be for sale in the Upper Hall.

### **Addendum A: CanSkate Challenge**

- CanSkate Singles – Elements in Isolation
- Theatre-On-Ice (Showcase) CanSkate Category included in Addendum B Details

### **Addendum B: Events**

- Shadow Pairs
- Shadow Dance
- Team Spiral
- Team Spins
- Team Elements
- Theatre-On-Ice (Showcase)

# ADDENDUM “A” – CANSKATE CHALLENGE

## CANSKATE ELEMENTS

### General

In support of Skate Canada’s on-going implementation of the *Long Term Athlete Development Model*, the CanSkate element event has been formatted to introduce participants to the “competition” component of sport while providing them with the opportunity to showcase their skills in a fun and interactive environment. The focus of the event is on individual skill improvement and therefore performances are not ranked.

**Music:** Background music should be played throughout the entire event. Volume should be adjusted so that skaters and coaches are able to communicate without disruption.

**Category Specifications:** Results will be tabulated for each individual separately. Skaters do not compete against each other for a ranking since awards are based on performance standards alone.

**Technical Information:** The participants will complete elements according to their category. Each category will complete one round consisting for four elements. Within the round, skaters will execute each required element (in isolation) once. The required elements are defined as follows:

Event #	Level	Testing Prerequisites	Required Elements
1	Elements Stage 3	Must have passed Stage 2 but Not the complete Stage 3 badge.	-Fwd circle thrusts (CW or CCW – skater’s choice) -Bwd 2-ft jump -2-ft quick turn fwd to bwd & bwd to fwd (CW or CCW, skater’s choice) -Bwd 2-ft sculling
2	Elements Stage 4	Must have passed Stage 3 but not the complete Stage 4 badge.	-Bwd circle thrusts (CW or CCW – skater’s choice) -Bwd 360 step turn (CW or CCW – skater’s choice) -2-ft jump fwd to bwd & bwd to fwd (CW or CCW – Skater’s choice) -Fwd inside slalom
3	Elements Stage 5	Must have passed Stage 4 but not the complete Stage 5 badge.	-Fwd 2-ft side stop (CW or CCW – skater’s choice) -Bwd push/glide sequence, full perimeter (CW or CCW – skater’s choice. -Fwd power jump -Fwd crosscuts – figure 8
4	Elements Stage 6 Figure	Must have passed Stage 5 but not the complete Stage 6 badge.	-Fwd 1-ft side stop (L or R – skater’s choice) -Bwd perimeter skating with crosscuts (CW or CCW – determined by draw) -Fwd 180 step turn (Mohawk) (RFI-LBI or LFI-RBI – skater’s choice) -Fwd outside edges



**Standards of performance:** The desired performance standard for each element is defined by three levels: Gold, Silver and Bronze. Each performance level consists of three features. To achieve a Bronze, Silver or Gold award level on any element, the skater must demonstrate the first (bolded) feature at or above that level and they must demonstrate at least one other feature of the element at or above the award level. When at least a Bronze level is not achieved for an element, the skater is awarded a “merit” level. Performance standards are measured in proportion to the skater’s age, size, and physical strength. Example: A smaller 6-year old skater and a taller 8-year old skater may each receive “Excellent” for the speed demonstrated in an element even though the 8-year old performed the skill at a much faster speed.

### **Conduct of the event**

**Warm-up groups:** Skaters will complete the competition in warm-up groups of no more than six skaters. The skating order within each warm-up will be the order in which each skater will complete the four elements.

**Warm-up Time:** Each group is awarded a three-minute warm-up at the beginning of the competition. Between each element, skaters will return to the area designated as a warm-up space to work on the required elements on a circuit.

**Execution of each element:** Within each warm-up group, skaters execute one attempt at each element. All skaters in the group must complete their attempt at the element before the next element in the round is started for any skater.

Each warm-up group of competitors must complete all elements of the stage before the next warm-up group can begin.

**Progression through the event:** After each element attempt the skater must return to the designated warm-up area to practice elements on the circuit.

\*Note: Two to three additional coaches or PAs should be stationed in the designated warm-up area to facilitate practice on the circuit and help move traffic in and out of the competition area ensuring the correct skating order is maintained. These individuals must remain conscious of the event schedule while rotating the skaters in and out of the practice area.

**Event Schedule:** Any two warm-up groups can compete at the same time with different judging panels. Every six attempts at an element for a group of six skaters takes approximately six minutes. Allowing for full warm-up time (three-minute initial warm-up), the time required for a six participant group is approximately 20 minutes.

**Start Orders:** Start Orders are to be available for the Ice Captain/Dressing Room Attendant, Assessment Panel and one on-ice Coach per group.

**Results Calculation:** For each category, the overall performance award given is the total of the individual element award levels defined as follows:

GOLD: At least two elements at the Gold level and no element lower than the Silver level,

SILVER: At least two elements at the Silver level and no element lower than the Bronze level,

BRONZE: At least two elements at the Bronze level.

**Off-Ice Requirements:** Two volunteers should be designated as ice captain and dressing room attendant to oversee the traffic between warm-up groups and help ensure the schedule remains on time. One additional volunteer is required to act as “data specialist”. This individual must collect the individual scoring standards sheets after each warm-up group has finished. The overall achievement level must be confirmed based on the feature levels and resulting performance standards awarded for each element (as described in the “Results Calculation” section above”).

**Event Officials:** The event is officiated using a collaborative assessment panel (i.e. decisions are made based on discussion and consensus of the group). The determination of an award level for each element is determined by consensus of the assessors and based on each element's three performance factors.

Each assessment panel will include three "assessors" (Note: It is not necessary to bring in certified officials for this type of event. Coaches and PAs may take on the role of "assessor" for the purpose of the CanSkate competition). The panel must include at least one NCCP CanSkate certified coach or higher. One member of the panel is indicated as the referee and the other the scribe (see duties below). The individual identified as the referee must be a minimum of NCCP CanSkate coach certified or where a certified official might be utilized, an official.

**Duties of Officials:** In addition to the general duties of officials for all events, the following outlines the duties of the assessors in an element event:

***Referee:***

- Manage the communication with participants to ensure that the flow of element execution is maintained, lead any necessary discussion with other official(s) to determine the consensus decision on the success of the element
- Provide visual indication (where applicable) as to the success of the element attempted, verify and authorize the calculation of the interim and final results
- Be available to answer any questions following the event as to the assessment of the officiating panel

***Scribe:***

- Maintain written record of each element attempt and its assessment on each skater's performance standards sheet.

**Publication of Results:** The final results should be documented on each skater's individual scoring standards sheet. A certificate indicating the award level achieved is provided to each participant along with their individual scoring standards sheet. \*Result page set-up front to back: certificate of achievement on the front and individual scoring standards sheet used by the officials on-ice on the back. Certificates should be filled in electronically by the event organizers prior to the start of the event with the skater's name, event date and location. Upon completion of the event, the individual acting as "data specialist" will handwrite the award achieved on the certificate.

# ADDENDUM B – EVENTS

## SHADOW PAIRS

Shadow Pair teams may consist of either two females or two males or one male and one female. Skaters may choose their own music, instrumental or vocal. Program should contain Free Skating elements. Judges will be looking for unison, timing, and difficulty of moves, close position of partners, footwork, and flow and ice usage. Skaters may skate in one category only. Both skaters must be of the same test criteria or one skater of the pair may be one test lower. Vocal music is encouraged. Skaters registered in a pairs discipline for Sectionals at Pre-juvenile or higher may not enter this event with the same partner.

<b>Event #</b>	<b>Event Name</b>	<b>Description</b>	<b>Program Length (+/- 10 sec)</b>
<b>5</b>	Introductory Shadow Pairs	Both skaters must have passed a minimum of CanSkate Stage 5. No Skate Canada test passed. No lifts permitted.	1.5 minutes
<b>6</b>	Pre-Preliminary Shadow Pairs	Neither of the two skaters to have passed the complete Preliminary FreeSkate test. No lifts permitted.	1.5 minutes
<b>7</b>	Preliminary Shadow Pairs	Both skaters must have passed the complete Preliminary FreeSkate test. No lifts permitted.	1.5 minutes
<b>8</b>	Jr. Bronze Shadow Pairs	Both skaters must have passed the complete Jr. Bronze FreeSkate test. No lifts permitted.	1.5 minutes
<b>9</b>	Sr. Bronze Shadow Pairs	Both skaters must have passed the complete Sr. Bronze FreeSkate test. Dance lifts & simple Pairs throws are permitted.	2 minutes
<b>10</b>	Jr. Silver Shadow Pairs	Both skaters must have passed the complete Jr. Silver FreeSkate test. Dance lifts & simple Pairs throws are permitted.	2 minutes
<b>11</b>	Open Shadow Pairs	Both skaters must have passed Sr. Silver Freeskate test or higher. Dance lifts & simple Pairs throws are permitted.	2 minutes

**NOTE:** *Single throws permitted. Simple dance lifts permitted. No overhead lifts, no lifts where either partner is held upside down or illegal movements i.e., backflips, somersaults, laying on the ice. Show movements/ movements that result in spinning movement of one skater while the other skater does not have any blades on the ice is not permitted. Teams may be disqualified for the noted violations.*

## SHADOW DANCE

Shadow Dance is a team event consisting of either two females, two males or one male and one female. Two skaters per team skating side by side with no contact (synchronized dancing). Both must skate either the ladies or man's steps – their choice. No holds permitted. Each team will complete only 2 sequences. Skaters may choreograph a beginning and an end. Skaters may use Skate Canada Series 8, ISU or Contemporary Music Selections. Music Selection MUST be indicated on the Registration Form. Where different music selections occur for a flight of skaters, Series 8 music will be used on the warm up. Where more than one flight of a category is required like music selection will not determine flight placement. Skaters registered in a Dance discipline for Sectionals at Pre-juvenile or higher may not enter this event with the same partner. A skater may skate on only one team.

<b>Event #</b>	<b>Event Name</b>	<b>Description</b>	<b>Dance</b>
<b>12</b>	Pre-Preliminary Shadow Dance	Neither two skaters to have passed the complete Preliminary Dance Test.	Canasta Tango
<b>13</b>	Preliminary Shadow Dance	Two skaters must have passed the complete Preliminary Dance Test but no higher complete dance test.	Fiesta Tango
<b>14</b>	Jr. Bronze Shadow Dance	Two skaters must have passed the complete Jr. Bronze Dance Test but no higher complete dance test.	Fourteen Step
<b>15</b>	Sr. Bronze Shadow Dance	Two skaters must have passed the complete Sr. Bronze Dance Test but no higher complete dance test.	Keats Foxtrot
<b>16</b>	Jr. Silver Shadow Dance	Skaters must have passed the complete Jr. Silver Dance Test but no higher complete dance test.	Paso Doble
<b>17</b>	Sr. Silver Shadow Dance	Skaters must have passed the complete Sr. Silver Dance Test but no higher complete dance test.	Silver Samba
<b>18</b>	Gold Shadow Dance	Skaters must have passed one Gold Dance test.	Argentine Tango

## TEAM SPIRAL

Team Spiral consists of four skaters (no more, no less) performing a spiral as a team. Skaters must be joined together by some kind of hold. Points will be awarded for length of time in spiral position, position, originality, speed, ice coverage and style. Props are NOT allowed; no re-skates after position has been attempted. Spirals may be on any edge, forwards or backwards and a variety of spirals among skaters is permitted; however, changes to position are NOT permitted.

Background music may be played at low volume. Teams may be comprised of male and female skaters. Clubs may enter a maximum of two teams per category. A skater may skate on only one team.

<i>Event #</i>	<i>Name of Event</i>	<i>Qualifications</i>
19	Preliminary Team Spiral	All skaters must have passed at least part of the Preliminary FreeSkate test.
20	Junior Bronze Team Spiral	All skaters must have passed the compete Junior Bronze FreeSkate test but no higher
21	Open Team Spiral	All skaters must have passed the complete Senior Bronze FreeSkate test or above.

## TEAM SPINS

- A team is composed of **two to four** members, teams may be comprised of male and female skaters.
- Skaters are allowed to skate up one level.
- Clubs may enter a maximum of two teams per category. A skater may skate on only one team.
- Each member of the team executes his/her designated spin only once. For a team with two to three skaters, some skaters will need to execute two or more spins.
- Elements will be executed in the order listed.
- Spin Variations are permitted provided the variation maintains the basic position. i.e, in a Pancake variation the Sit position (skating leg parallel with the ice) must be maintained and must be in position to be considered. Intermediate or non-basic positions are not permitted and will not be considered by the judging panel. Basic positions are Camel, Sit, Upright. A layback or sideways position is considered to be an Upright.

Warm Up Procedure: Five minute warm-up

- Announcer – Directs one-minute warm-up with the command “The following teams may take the ice for a one minute Stroking Only warm-up” At the conclusion of the first minute directs the skaters to “Skaters - please return to the boards in your teams”.
- Announcer directs warm-up of each element, one at a time by announcing as an example, “Warm-Up” --name the first element i.e. “Forward upright spin”. At the conclusion of one minute states, “Warm-Up” --name the second element. At the conclusion of one minute, repeats process for the third and fourth elements.

Competition Procedure: Competition

- Announcer: At the conclusion of the Warm-up Period, announces “The Competition will begin.”
- Announcer announces the first element and then announces the team listed first in the Start Order and so on until start order is completed. Repeated until all elements have been completed one at a time by each Team in the order listed according to the Start Order.

<b>Event #</b>	<b>Name of Event</b>	<b>Qualifications</b>	<b>Spins</b>
<b>22</b>	Pre-Preliminary	Skaters must NOT have passed the complete Preliminary FreeSkate Test.	<ol style="list-style-type: none"> <li>1. Forward one foot upright spin</li> <li>2. Backward one foot upright spin</li> <li>3. Sit spin</li> <li>4. Camel spin</li> </ol>
<b>23</b>	Preliminary	Skaters must have passed the complete Preliminary FreeSkate Test. No higher test passed	<ol style="list-style-type: none"> <li>1. Forward one foot upright spin</li> <li>2. Backward one foot upright spin</li> <li>3. Sit spin</li> <li>4. Camel/sit spin</li> </ol>
<b>24</b>	Junior Bronze	Skaters must have passed the complete Junior Bronze FreeSkate Test. No higher test passed	<p><i>NOTE: Min. of 3 rotations total</i></p> <ol style="list-style-type: none"> <li>1. Forward one foot upright spin</li> <li>2. Sit spin</li> <li>3. Camel/sit spin</li> <li>4. Flying camel spin</li> </ol>
<b>25</b>	Senior Bronze	Skaters must have passed the complete Senior Bronze FreeSkate Test. No higher test passed	<p><i>NOTE: Min. of 3 rotations total</i></p> <ol style="list-style-type: none"> <li>1. Backward one foot upright spin</li> <li>2. Camel spin</li> <li>3. Sit change sit spin (min. 3 rot. on ea. Foot)</li> <li>4. Flying Camel/back sit spin</li> </ol>
<b>26</b>	Open	For skaters who have passed the complete Junior Silver FreeSkate Test or higher.	<ol style="list-style-type: none"> <li>1. Change Combination spin - (min. 5 rotations on ea. foot, min.2 rotations in ea. Position. All 3 basic positions. No flying entry)</li> <li>2. Spin in one position (Change of foot optional - min.5 rotations total. No flying entry)</li> <li>3. Flying Spin in one position(min. 3 rotations, no change of foot)</li> <li>4. Layback or sideways leaning spin (min. 4 rotations)</li> </ol>

## TEAM ELEMENTS

- A team is composed of **two to four** members, teams may be mixed (male and female skaters). Clubs who cannot field a team of three members may be permitted one team of two.
- Skaters are allowed to skate up one level.
- Clubs may enter a maximum of two teams per category. A skater may skate on only one team.
- Each member of the team executes his/her designated element only once. For a team with two to three skaters, some skaters will need to execute two or more elements.
- Background music may be played at low volume.

### Warm Up Procedure: Five minute warm-up

- Announcer – Directs one-minute warm-up with the command : “The following teams may take the ice for a one minute Stroking only warm-up” At the conclusion of the first minute directs the skaters to “Skaters - please return to the boards in your teams”.
- Announcer directs warm-up of each element, one at a time by announcing as an example, “Warm-Up” –name the first element i.e. “Waltz jump”. At the conclusion of one minute states, “Warm-Up” --name the second element. At the conclusion of one minute, repeats process for the third and fourth elements.

### Competition Procedure: Competition

- Announcer: At the conclusion of the Warm-up Period, announces “The Competition will begin.”
- Announcer announces the first element and then announces the team listed first in the Start Order and so on until start order is completed. Repeated until all elements have been completed one at a time by each Team in the order listed according to the Start Order.

<b>Event #</b>	<b>Name of Event</b>	<b>Qualifications</b>	<b>Elements</b>
<b>27</b>	Introductory	Skaters must have passed a minimum of CanSkate Stage 5.	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. Salchow</li> <li>3. Toe-loop/Toe-loop combination</li> <li>4. Forward spiral (unassisted position)</li> </ol>
<b>28</b>	Pre-Preliminary	Skaters must NOT have passed the complete Preliminary FreeSkate Test.	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. Salchow</li> <li>3. Toe-loop/toe-loop combination</li> <li>4. Forward spiral (unassisted position)</li> </ol>
<b>29</b>	Preliminary	Skater must have passed the complete Preliminary FreeSkate Test. No higher test passed	<ol style="list-style-type: none"> <li>1. Loop</li> <li>2. Flip</li> <li>3. Salchow/Toe-loop combination</li> <li>4. Forward spiral (unassisted position)</li> </ol>
<b>30</b>	Junior Bronze	Skaters must have passed the complete Junior Bronze FreeSkate Test. No higher test passed.	<ol style="list-style-type: none"> <li>1. Spiral</li> <li>2. Single Loop/Single Loop combination</li> <li>3. Single Lutz</li> <li>4. Single Axel</li> </ol>
<b>31</b>	Senior Bronze	Skaters must have passed the complete Senior Bronze FreeSkate Test. No higher test passed.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double Salchow</li> <li>3. Lutz/loop combination</li> <li>4. Field Movement sequence (a sequence of 2 moves chosen by the skater, one of which must be a spiral but not both)</li> </ol>

32	Open	For skaters who have passed the complete Junior Silver FreeSkate Test or higher.	<ol style="list-style-type: none"> <li>1. Double Toe Loop or Double Salchow</li> <li>2. Double Loop or Double Flip</li> <li>3. Jump combination (2 jumps of at least one rotation, one jump must be a double)</li> <li>4. Step sequence (one step sequence using full length or width of ice – optional pattern)</li> </ol>
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## THEATRE ON ICE (SHOWCASE)

- Group routines are intended to be entertaining, illustrate a theme, tell a story or interpret the music. Skating throughout the program is encouraged and is not intended to be a Synchronized Skating routine. Programs consisting of primarily Synchronized Skating Team content may face deductions.
- Groups must have a minimum of 4 skaters and a maximum of 10 skaters.
- Clubs may enter a maximum of one team per category.
- A skater may skate on only one team. Skaters are allowed to skate up one level.
- All participants must wear skates.
- Groups must provide their own music. Vocal music is permitted.
- Costumes and hand props are permitted.
- Warm-up will be 1 minute for each team to allow prop set up/skater warm up.
- This event is judged on its entertainment value.
- **No jumps of more than one rotation. No Lifts. No Throws!**

Event #	Name of Event	Qualifications	Program Length (+/-- 10 sec.)
33	Level 1	CanSkate – skaters must have passed Stage 5.	2 minutes
34	Level 2	Introductory up to and including Preliminary Freeskate	2 minutes
35	Level 3	Junior Bronze Freeskate or Senior Bronze Freeskate.	2.5 minutes
36	Level 4	Junior Silver Freeskate or Gold Freeskate.	2.5 minutes