

2010 Western Regional Adult Championships

Announcement



Friday January 15, 2010

Father David Bauer Arena
Calgary Alberta

Hosted by  Glacier
SCHOOL OF SKATING

Sanctioned by Skate Canada
#4912

HOST CLUB INFORMATION

Event Name – 2010 Western Regional Adult Championships

Event Dates – Friday January 15th, 2010

Host Club Name – Glacier School of Skating

Competition Chairperson

Name: Pamela Giangualano-Roberts

Phone / Email address: 403-247-3084 / pamela@glacierschoolofskating.ca

Technical Representative

Name: Kristen Belcourt

Phone / Email address: 403-690-4360 / kristen.belcourt@bp.com

Arena Details

Name: Father David Bauer Arena

Address: 2424 University Drive NW, Calgary, Alberta

Phone Number: 403-268-3800

Ice Surface Dimensions: 200' x 100'

Registration Times – a registration desk will be set up at Father David Bauer Arena on Friday January 15th, 2010 and will run throughout the duration of the competition.

Accommodation Information

Host Hotel: Best Western Village Park Inn

Address: 1804 Crowchild Trail NW, Calgary, AB

Phone: 403-289-0241 1-888-774-7716 Fax: 1-403-289-4645

www.villageparkinn.com

Room Rates: \$119/night + taxes Standard Single Queens or Double Queen rooms

On Site Restaurant

Indoor Pool and Hot Tub, Heated Underground Parking, Wireless Internet, Business Centre

Mention: WRAC 2010 – Glacier School of Skating #75950

Reservation Cut-Off Date: December 11, 2009

GENERAL INFORMATION

1. The Event is being held under the current rules of the Association Official Rulebook (revised 2000) and any amendments thereto which became effective after that date. The nature of the Event is defined in the Skate Canada Technical Handbook, 5000 Competitive Program. The Association reserves the right to alter the overall procedures to be followed during any part of the Event, if such alteration is considered to be in the best interest of 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.

2. **CATEGORIES:** The following Categories are to be held:
 - Canskate: Canskate and Canskate Dance

 - Free Skate: Introductory, Primary, Pre-Bronze, Bronze, Silver, Gold, Masters
Competitive Freeskate: Adult Open (short program & free skate)

 - Similar or Mixed Pairs: Introductory, Bronze, Silver, and Gold
Adult National Pairs

 - Interpretive: Pre-Introductory, Introductory, Bronze, Silver, Gold and Couples Interpretive

 - Dance:
Solo Dance: Pre-Preliminary, Preliminary, Jr. Bronze, Sr. Bronze, Jr. Silver, Sr. Silver, and Gold
Couples Dance: Preliminary, Jr. Bronze, Sr. Bronze, Jr. Silver, Sr. Silver, Gold, Diamond and Adult National Free Dance

 - Skills: Pre-Preliminary, Preliminary, Jr. Bronze, Sr. Bronze, Jr. Silver, Sr. Silver, and Gold

 - Team: Adult Canskate, Adult Bronze, Adult Silver, Adult Gold, Adult Masters, Adult Competitive, Social Team

 - Creative: Introductory, Bronze, Open

 - CollegiateSkate: available in all categories with the adult skaters.

3. **SYSTEM OF MARKING:**

Closed marking (OBO) will be used for all Categories.

4. **PRACTICE ICE:** Limited practice ice may be available. There will be a charge for practice ice. Skaters will be notified of practice ice schedule once entries close and ice needs are finalized. Please refer to the practice ice request sheet.

5. **SCHEDULE OF PRACTICE TIMES AND EVENT SCHEDULE:** Will be posted online and emailed if an email address is provided.

6. **ENTRIES:** Entrants in Events shall be:
 - a) Eligible persons as defined in Skate Canada Rule Book Section 2100.
 - b) Be Associate members in good standing of the Association.
 - c) Eighteen years of age or older as of close of entries.

Registration forms **must be completed in FULL** or they may not be processed!

Restriction of Entries – IF NECESSARY ENTRIES MUST BE LIMITED TO ADHERE TO THE GUIDELINES FOR HOURS OF COMPETITION – see Interclub Manual for specific details

Skaters entering multiple events do so with the understanding that there may be conflicts that cannot be resolved.

7. **CLOSING DATE OF ENTRIES:** All entries must be received no later than December 10, 2009. In the event of a postal disruption it is the responsibility of the competitor to ensure that their entry is in to the Host Committee Registration person by the closing date, at their own expense. **ALL QUALIFYING TESTS MUST BE PASSED BY DECEMBER 10, 2009.**

8. **ENTRY FEES:**

First Solo Event	\$60.00 each
CanSkate Event	\$40.00 each
Additional Solo Events	\$40.00 each
First Couples Event	\$60.00 per couple
Additional Couples Event	\$40.00 per couple
Team Event	\$50.00 per team

A separate entry form must be completed for each event entered.

Cheques or money orders should be made payable to: Glacier School of Skating

Cheques must be dated on or before the date of close of entries.

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

THERE WILL BE A \$35.00 CHARGE FOR ANY NSF CHEQUES RECEIVED

9. **MUSIC REGISTRATION: (Rule 5705).**

Each skater or pair will provide **2 cassettes or 2 CDs (+ 1 back up cassette) TWO COPIES MUST BE COLLECTED AT REGISTRATION** for the competition upon registration. One for competition (marked as 'Master') and one for back up marked 'copy'). The competition copy will be played during the competition.

Competitors are responsible for the recovery of their own cassettes or CDs at the completion of the Event.

Dance Music – 2001 Skate Canada Series 8 music will be used for all dance events. ISU music may be played but only if the competitors submits the ISU CDs and cassettes in the same manner as the Freeskate and Interpretive music and notifies the registrar of the request.

Standard Specifications for Cassettes and CDs:

SKATERS MUST HAVE A BACK UP CASSETTE FOR ALL EVENTS.

- 1) Only one (1) 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 followed by music time (not skating time) shall be clearly printed on side one of the cassette or CD.
- 5) Music recording levels shall be a maximum of 0VU and a minimum of -8VU.
- 6) Cassettes or CD's must be marked with the skater's name, Category and total music time and they must be enclosed in their integral container, also marked accordingly.

10. **ACCIDENTS:** The Association and Committee of the Host Club undertake no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in these Championships, 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. An agreement must also be deemed to release any and all claims they may have against the officials, the Association, the Host Club, and their officers. Entries shall be accepted only in accordance with these conditions.

11. **REFUND OF ENTRY FEES:**

Entry fees shall be refunded only if the event is not held or if the entry is withdrawn before the date of close of entries (Skate Canada Rule 7000 – 1.5 (2)).

12. **REGISTRATION:** Skaters must register at least one hour prior to their scheduled Category or practice. Music tapes must be turned in at the time of registration. (**2 copies of music must be registered**). Skaters must report to the Ice Captain one hour prior to their scheduled Category.

13. **FLIGHT SYSTEM:** Events will be further divided into age categories as outlined below. It may be necessary to combine more than one age category if numbers are low. If it is necessary to combine age categories, all competitors must be notified in advance.

14. **Age Categories- Proof of age is required for all events.** Copy of birth certificate, passport, driver's license or similar proof of age is considered acceptable, but the Competition Committee reserves the right to require additional documentation. Age is as of the date of close of entries. The following age categories will apply to all **Free Skating and Interpretive Events:**
Adult Introductory: 18-24 Years
Class I: 25-35 Years
Class II: 36-45 Years
Class III: 46-55 Years
Class IV: 56 Years and Over
Note: These are the same classes as used in Adult Nationals (excluding Adult Introductory)
15. **EVENT SPECIFICATIONS:** Each category offered at the competition will be held for men and women separately. It is permissible for events that do not progress skaters on to a subsequent level of 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;
 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. If a category is not held, due to a lack of competitors, the Host Committee will inform each registered participant and they will be offered the opportunity to skate an exhibition if scheduling permits, or if the skaters choose, they may be refunded their entry fee.
15. **CANCELLATION OF EVENTS:** The host club reserves the right to cancel events.
16. **SKATING UP:** Skating up one level is allowed. However, competitors must register in **ONLY ONE** level of the same Category (ie, one freeskate, one interpretive, etc). When skating up program must meet the criteria for the higher level.
17. **COACH ACCREDITATION:** All coaches must be minimally certified NCCP Level 1, Level 1 CanSkate Coach or Level 1 STARSkate Primary Coach and **carry their Photo ID card** indicating current membership within the Association and a valid First Aid certificate. A maximum of 5 Program Assistants may accompany a certified coach to assist with FunSkate competitions. Coaches must register at the registration desk.
18. **AWARDS:** It is the responsibility of any skater receiving a medal to wear their skates and skating attire for the medal presentation. Prizes shall be presented to the top 3 places in each event. In the case of only 2 entries, both entries shall be awarded a prize. Additional awards giving by the host committee include:
Collegiate Championships Award – top post-secondary institution with the most Collegiate points
Triathlon Adult Awards – FreeSkate + Interpretive + Dance/Skating Skills
Pentathlon Adult Awards – FreeSkate + Interpretive + Dance + Skating Skills + 1 event(ie. Team)
19. **WARM UP TIMES:** Skate Canada has standardized warm up times for all events. They are as follows:
- | | |
|--------------------------------|---|
| Team Events | 3 minutes |
| Skating Skills | 3 minutes (with music) |
| Canskate Events | 3 minutes |
| Interpretive, Element Programs | 4 minutes |
| STARSkate Freeskate | 5 minutes |
| All Competitive Events | 6 minutes |
| Dance Events | |
| Compulsory Dance | 1 minute without music/3 minutes with music |
| Original/Free Dance | 5 minutes |

All other events as specified in the Skate Canada Rulebook.

WARM UP TIMES MAY BE ADJUSTED FOR ENTRY LEVEL EVENTS, AT THE DISCRETION OF THE TECHNICAL REPRESENTATIVE, TO A MINIMUM OF 3 MINUTES

20. **CollegiateSkate Scores** – Collegiate skaters will compete in the adult categories. When collegiate skaters are competing for points for their post-secondary institution, they must be a current student in that post-secondary institution. Points will be awarded as follows: 6 or more entries – for 1st through 6th – 10, 7 5, 3, 2, 1 points and 5 or less entries – for 1st through 5th 7, 5, 3, 2, 1 points.

In the event of a tie in total team championships points, the institution with the greatest number of 1st place (considering only institutions ties) shall place higher in the overall standings. If it still ties, the greatest number of second place finishes and so on.

21. Only Host WRAC 2010 Committee approved vendors, official photographer and videographer will be permitted on the premises during the duration of the practices and competition. Non-approved vendors or services seeking financial reimbursement from competitors will be asked to cease and desist.

ELIGIBILITY AND CATEGORIES

COMPETITIVE SINGLES CATEGORIES

Please note Competitive events are not a combined event.

ADULT OPEN COMPETITIVE SHORT PROGRAM:

- (i) TEST: Must have passed the Novice Competitive Singles Test or higher.
- (ii) AGE: Must be 18 years of age or older.
- (iii) SPECIFICATIONS FOR SHORT PROGRAM: One short program to music MAXIMUM of 2:50 minutes in length containing the group of elements listed below. **Adult Skating programs have no minimum program time assigned. Skaters will not be subject to timing violation or penalty.**

WOMEN: A short program of maximum 2:50

- (a) Axel or double Axel
- (b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements* (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double axel)
- (d) Layback or sideways leaning spin
- (e) Spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof).
- (f) Spiral Sequence
- (g) Step Sequence

MEN: A short program of maximum 2:50

- (a) Axel or double Axel
- (b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements* (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double axel)
- (d) Camel or sit spin. Change of foot is optional. No flying entrance.
- (e) Spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof).
- (f) Two different step sequences of a different nature (straight line, circular or serpentine).

ADULT COMPETITIVE FREE PROGRAM:

- (i) TEST: Must have passed a complete Competitive Singles Free Skate test..
- (ii) AGE: Must be 18 years of age or older.

SPECIFICATIONS FOR EVENT: One free program to music MAXIMUM of 4:10 minutes in length. **Program time may be shorter.**

Maximum of 7 jumps elements, 3 spin elements and 1 step/spiral sequence.

Competitors must perform a well balanced program that may contain:

- Maximum seven (7) jump elements.
 - All jumps are permitted..
 - One must be an Axel-type take off.
 - No jump can be included more than twice and there can be a maximum of three (3) different jumps repeated.
 - Any repeated jump must be in combination or sequence.
 - At least one jump combination or sequence of jumps must be included up to a maximum of three (3) combinations or sequences. Jump combinations may contain no more than two jumps.
- Maximum three (3) spins of a different nature (ie. upright spin, sit spin, camel spin).
 - One spin must be a combination (change of foot mandatory).
 - One spin must be a flying spin.
 - One spin may be of any nature.
- Maximum one step or spiral sequence (eg. circular, straight line, serpentine)

STARSkate CATEGORIES

FREESKATE CATEGORIES

Program Times

Adult Free Skating programs have no minimum program time assigned. The maximum program time has been placed at the equivalent STARSkate test level. Skaters will not be subject to timing violation or penalty.

ADULT INTRODUCTORY FREESKATE

- (i) TEST: Must not have passed **any** portion of the Preliminary Freeskate test.
- (ii) SPECIFICATIONS FOR EVENT: Freeskate Program to music of 1 or 1.5 minutes in length (+/- 10 seconds) **MAY INCLUDE JUMPS; WALTZ JUMP, SALCHOW AND TOE LOOP BUT NO HIGHER JUMP OF ONE OR MORE REVOLUTIONS. HIGHER JUMPS IF ATTEMPTED WILL BE GIVEN NO CREDIT. IN ADDITION A DEDUCTION OF 0.1 WILL BE TAKEN FOR EACH FORBIDDEN ELEMENT.**
Maximum of 4 jumps elements, 2 spin elements and 1 step/spiral sequence.

ADULT PRIMARY FREESKATE

- (i) TEST: Must not have passed **any** portion of the Preliminary Freeskate test.
- (ii) SPECIFICATIONS FOR EVENT: Freeskate Program to music of 1 or 1.5 minutes in length (+/- 10 seconds) **MAY INCLUDE JUMPS; LOOP AND FLIP BUT NO HIGHER JUMP OF ONE OR MORE REVOLUTIONS HIGHER JUMPS IF ATTEMPTED WILL BE GIVEN NO CREDIT. IN ADDITION A DEDUCTION OF 0.1 WILL BE TAKEN FOR EACH FORBIDDEN ELEMENT.**
Maximum of 4 jumps elements, 2 spin elements and 1 step/spiral sequence.

ADULT PRE-BRONZE FREESKATE

- (i) TEST: Must not have passed any complete Skate Canada Freeskate test
- (ii) SPECIFICATIONS FOR EVENT: Freeskate program to music MAXIMUM of 2:40 minutes in length. **MAY INCLUDE JUMPS; LOOP, FLIP AND LUTZ BUT NO HIGHER JUMP OF MORE THAN ONE REVOLUTIONS. HIGHER JUMPS IF ATTEMPTED WILL BE GIVEN NO CREDIT. IN ADDITION A DEDUCTION OF 0.1 WILL BE TAKEN FOR EACH FORBIDDEN ELEMENT.**
Maximum of 4 jumps elements, 2 spin elements and 1 step/spiral sequence.

EVENTS BELOW WILL BE JUDGED ACCORDING TO THE ADULT WELL BALANCED PROGRAM CRITERIA as of September 20, 2009 (subject to change if the 2009/2010 Adult WBP requirements are revised.)

Adult Well Balanced Program Requirements

Maximum jump requirements have been established. Note that these are identified as maximum requirements, but there are no minimum requirements. These maximums have been put in place to allow adult skaters to test and compete domestically and internationally with basically the same program with as minimal change as possible. As with the introduction of the CPC System at the Competitive level for Singles, Pairs and Dance it is expected that there will be varying degrees of meeting these requirements depending on the age classes.

ADULT BRONZE FREESKATE

- (i) TEST: Must not have passed the complete Junior Bronze Freeskate test.
- SPECIFICATIONS FOR EVENT: A MAXIMUM program time of 2:40 minutes. Program time may be shorter.
Maximum of 4 jumps elements, 2 spin elements and 1 step/spiral sequence.

Competitors must perform a well balanced program that may contain:

- Maximum four (4) jump elements composed of single jumps.
 - Axels, double or triple jumps are not permitted.
 - No jump can be included more than twice and there can be a maximum of two (2) different jumps repeated.
 - These jumps may be repeated as individual jumps and in jump combinations and sequences.
 - Maximum of two (2) jump combinations or sequences included. Jump combinations may contain no more than two jumps.
- Maximum two (2) spins.
 - One spin must be a one-position spin (ie. upright spin, sit spin, camel spin)
 - One spin may be a spin combination (change of foot optional).
 - Flying spins are not permitted.
- Maximum one step or spiral sequence (eg. circular, straight line, serpentine).

ADULT SILVER FREESKATE

- (i) TEST: Must have passed the complete Junior Bronze Freeskate test, but not the complete Senior Bronze Freeskate test.
SPECIFICATIONS FOR EVENT: A MAXIMUM program time of 3:10 minutes. Program time may be shorter.
Maximum of 5 jumps elements, 3 spin elements and 1 step/spiral sequence.

Competitors must perform a well balanced program that may contain:

- Maximum five (5) different jump elements.
 - May include a single Axel jump. No double or triple jumps are not permitted.
 - No jump can be included more than twice and there can be a maximum of two (2) different jumps repeated.
 - Any repeated jump must be in combination or sequence.
 - At least one jump combination or sequence must be included up to a maximum of three combinations and/or sequences. Jump combinations may contain no more than two jumps.
- Maximum three (3) spins of a different nature (ie. upright spin, sit spin, camel spin, flying spins).
 - One must be a spin combination (change of foot mandatory).
 - One may be a flying spin one position no change of foot.
- Maximum one step or spiral sequence (eg. circular, straight line, serpentine).

ADULT GOLD FREESKATE

- (i) TEST: Must have passed the complete Senior Bronze Freeskate test, but not the complete Junior Silver Freeskate test.
SPECIFICATIONS FOR EVENT: A MAXIMUM program time of 3:40 minutes. Program may be shorter.
Maximum of 6 jumps elements, 3 spin elements and 1 step/spiral sequence.

Competitors must perform a well balanced program that may contain:

- Maximum six (6) jump elements.
 - May include an Axel jump, single and double jumps.
 - No jump higher than a double loop is permitted.
 - No jump can be included more than twice and there can be a maximum of two (2) different jumps repeated.
 - Any repeated jump must be in combination or sequence.
 - At least one jump combination or sequence of jumps must be included up to a maximum of three combinations or sequences. Jump combinations may contain no more than two jumps.
- Maximum three (3) spins of a different nature (ie. upright spin, sit spin, camel spin).
 - One spin must be a combination (change of foot mandatory).
 - One spin must be a flying spin.
 - One spin may be of any nature.
- Maximum one step or spiral sequence (eg. circular, straight line, serpentine).

ADULT MASTERS FREESKATE

- (i) TEST: Must have passed the complete Junior Silver Freeskate test or higher, but no competitive Singles test.
SPECIFICATIONS FOR EVENT: A MAXIMUM program time of 4:10 minutes. Program may be shorter.
Maximum of 7 jumps elements, 3 spin elements and 1 step/spiral sequence.

Competitors must perform a well balanced program that may contain:

- Maximum seven (7) jump elements.
 - All jumps are permitted.
 - One must be an Axel-type take off.
 - No jump can be included more than twice and there can be a maximum of three (3) different jumps repeated.
 - Any repeated jump must be in combination or sequence.
 - At least one jump combination or sequence of jumps must be included up to a maximum of three combinations and/or sequences. Jump combinations may contain no more than two jumps.
- Maximum three (3) spins of a different nature (ie. upright spin, sit spin, camel spin).
 - One spin must be a combination (change of foot mandatory).
 - One spin must be a flying spin.
 - One spin may be of any nature.
- Maximum one step or spiral sequence (eg. circular, straight line, serpentine).

INTERPRETIVE CATEGORIES

Adult Interpretive programs are a maximum time and no minimum time, skaters will not be subject to timing violations or penalties for programs under 2 minutes. This will allow the Adult skaters to meet their various goals for the season whether that is to pass a STARSkate test, compete at an ISU or a USFSA event, or compete at a Skate Canada invitational competition.

COMPOSITION OF THE INTERPRETIVE PROGRAM:

This program shall contain a variety of skating moves - and should be joined with connecting steps demonstrating edges, turns and creativity.

These moves should be selected for their value in enhancing the choreographic interpretation of the music rather than for their technical difficulty. Jumps may be included, but credit will not be given for their technical difficulty.

ILLEGAL ELEMENTS/MOVEMENTS IN ANY ADULT PROGRAM:

- Somersault type elements including cartwheels, back flips, and rolling on the ice
- Lying and/or prolonged stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (2 knees, legs or combination of body parts) or supporting oneself on the ice with a hand(s).
- **PROPS** - Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but becomes one if it is intentionally removed during the performance. If an item falls off on its own, it is not a prop.

The safety of the skater must be a major consideration in the selection of clothing. Tails, boot covers, and trailing fabric that could trip the skater should be avoided.

There will be a 2.0 point deduction for every illegal element/movement included in the program in the CPC judging system or a 0.2 deduction under the 6.0 system.

Skaters may enter only one Interpretive Category.

PRE- INTRODUCTORY INTERPRETIVE

- (i) TEST: Must not have passed any Skate Canada Interpretive Skating test.
- (ii) SPECIFICATIONS FOR EVENT: A MAXIMUM program time of 3:10 minutes. Program may be shorter.

INTRODUCTORY INTERPRETIVE

- (i) TEST: Must have passed the Introductory Interpretive test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: A MAXIMUM program time of 3:10 minutes. Program may be shorter.

BRONZE INTERPRETIVE

- (i) TEST: Must have passed the Bronze Interpretive, Adult Artistic, or Bronze Artistic test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: A MAXIMUM program time of 3:10 minutes. Program may be shorter.

SILVER INTERPRETIVE

- (i) TEST: Must have passed the Silver Interpretive or Silver Artistic test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: A MAXIMUM program time of 3:10 minutes. Program may be shorter.

GOLD INTERPRETIVE

- (i) TEST: Must have passed the Gold Interpretive or Gold Artistic test.
- (ii) SPECIFICATIONS FOR EVENT: A MAXIMUM program time of 3:10 minutes. Program may be shorter.

OPEN COUPLES INTERPRETIVE

- (I) TEST: No test requirements.
- (ii) SPECIFICATIONS FOR EVENT: A MAXIMUM program time of 3:10 minutes. Program may be shorter.

SKATING SKILLS CATEGORIES

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. NOTE: Skating Skills exercises will NOT be performed to music. Components of each mark are outlined below:

Technique: Edge Quality, Ice Coverage, Correctness of Steps

Pacing/Performance: Ease of Motion, Pacing, Posture

PRE-PRELIMINARY SKATING SKILLS

- (i) TEST: Must not have passed the Preliminary Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: Preliminary Waltzing Mohawks

PRELIMINARY SKATING SKILLS

- (i) TEST: Must have passed Preliminary Skating Skills test, but not the Jr. Bronze Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: Change Threes

JUNIOR BRONZE SKATING SKILLS

- (i) TEST: Must have passed the Junior Bronze Skating Skills test but not the Sr. Bronze Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: Power Circles

SENIOR BRONZE SKATING SKILLS

- (i) TEST: Must have passed Sr. Bronze Skating Skills but not the Jr. Silver Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: Snakes and Ladders

JUNIOR SILVER SKATING SKILLS

- (i) TEST: Must have passed the Jr. Silver Skating Skills test but not the Sr. Silver Skating Skills test
- (ii) SPECIFICATIONS FOR EVENT: Multi-Circle Threes and Brackets

SENIOR SILVER SKATING SKILLS

- (i) TEST: Must have passed the Sr. Silver Skating Skills test but not the Gold Skating Skills test
- (ii) SPECIFICATIONS FOR EVENT: Multi-Circle Double Threes and Mohawks

GOLD SKATING SKILLS

- (i) TEST: Must have passed Gold Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: Skaters will perform an exercise of their own creation as per the Creative Exercise specifications (see attached specifications):

SKATING SKILLS **CREATIVE EXERCISE SPECIFICATIONS**

Tempo: minimum 112 beats per minute

Duration: not to exceed 2 minutes

Music: Skater's choice

- Can be vocal
- Can be a selection from the Skating Skill Program music

Required Content:

- Three step sequences:
 - 1 Straight line shape
 - 1 Circular shape
 - 1 Serpentine shape
- Turns and field movements may be used anywhere within the shapes.
- More than one example of each shape may be included provided that the music time does not exceed 2 minutes

Judges will focus on the following when assessing "Technique":

- Changes of direction using a variety of turns
- Changes of level, hop, jump, tucks, etc.
- Changes of step length, speed
- Power, edge quality (on one foot)

SPECIALTY CATEGORIES

CANSKATE – The competitor has not passed any STARSkate test. Elements to be skated:

1. Forward Crosscuts
2. One foot stop (ie. snowplow, T-stop)
3. Forward lunge
4. Forward spiral on an edge

CANSKATE DANCE – The competitor has not passed any STARSkate test. The elements shall be skated to 6 beats and to the Dutch Waltz music. There will be no introductory steps. Elements to be skated:

1. Forward Progressive on a line the width of the ice
2. Forward Chassés on a line the width of the ice
3. Forward Swing Rolls on a line the width of the ice
4. Backward Chassés on a line the width of the ice

PAIRS CATEGORIES (Mixed and Similar)

Composition of Partners: Pairs events may be comprised of two women or two men, or one woman and one man. Similar and mixed pairs may compete against each other.

INTRODUCTORY PAIRS

- (i) TEST: Each of the partners must not have passed any pair test but each must have passed the complete Preliminary Free Skate Test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One program 2.0 minutes in length

BRONZE PAIRS

- (i) TEST: Each of the partners must not have passed any pair test but each must have passed the complete Junior Bronze Free Skate Test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One program 2.0 minutes in length

SILVER PAIRS

- (i) TEST: Either or both of the partners may have passed a pair test but each must have passed the complete Senior Bronze Free Skate Test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One program 2.0 minutes in length

GOLD PAIRS

- (i) TEST: Either or both of the partners may have passed a pair test but each must have passed the complete Junior Silver Free Skate or higher.
- (ii) SPECIFICATIONS FOR EVENT: One program 2.5 minutes in length

ADULT PAIR (Please refer to the Skate Canada Technical Package for the Elements that year)

COMPOSITION OF PARTNERS: Pair events must be comprised of one woman and one man.

A MAXIMUM program time of 3:10 minutes. Program time may be shorter.

Competitors must perform a well balanced program that must contain:

- Maximum of three (3) different lifts, one of which may be a twist lift. All lifts will be called Level 1 regardless of content.
- Maximum of two (2) throw jumps (single or double).
- Maximum of two (2) solo jumps. Single, double or triple jumps are permitted. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
- Maximum of one (1) solo jump combination or sequence.
- Maximum of two (2) different pair spins (may be in combination).
- Maximum of one (1) solo spin (may be in combination).
- Maximum of one (1) spiral figure or death spiral.
- Maximum of one (1) step sequence (straight line, circular or serpentine).

DANCE CATEGORIES

Solo Dance

Skaters in this Category perform the prescribed dance as a solo. The number of sequences shall be the same as the test requirements.

INTRODUCTORY

- (i) TEST: Skaters must not have passed **any** Skate Canada Dance Test.
- (ii) SPECIFICATIONS FOR EVENT: Dutch Waltz (3 sequences)

PRE-PRELIMINARY

- (i) TEST: Skaters must not have passed the complete Preliminary Dance test
- (ii) SPECIFICATIONS FOR EVENT: Baby Blues (3 sequences)

PRELIMINARY

- (i) TEST: Skaters must not have passed the complete Junior Bronze Dance test
- (ii) SPECIFICATIONS FOR EVENT: Willow Waltz (3 sequences)

JUNIOR BRONZE

- (i) TEST: Skaters must not have passed the complete Senior Bronze Dance test
- (ii) SPECIFICATIONS FOR EVENT: Fourteenstep (4 sequences)

SENIOR BRONZE

- (i) TEST: Skaters must not have passed the complete Junior Silver Dance test
- (ii) SPECIFICATIONS FOR EVENT: American Waltz (2 sequences)

JUNIOR SILVER

- (i) TEST: Skaters must not have passed the complete Senior Silver Dance test
- (ii) SPECIFICATIONS FOR EVENT: Killian (4 sequences)

SENIOR SILVER

- (i) TEST: Skaters must not have passed the complete Gold Dance test
- (ii) SPECIFICATIONS FOR EVENT: Quickstep (4 sequences)

GOLD

- (i) TEST: Skaters must not have passed the complete Diamond Dance test
- (ii) SPECIFICATIONS FOR EVENT: Rhumba (4 sequences)

Mixed and Similar Couples Dance may compete against one another.

Adult Nationals Compulsory Couples Dance – as set out in the Technical Package for the Adult Championships.

PRELIMINARY DANCE

- (i) TEST: At least one partner must not have passed the complete Jr. Bronze Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Baby Blues (3 sequences) and Canasta (3 sequences)

JUNIOR BRONZE DANCE

- (i) TEST: At least one partner must not have passed the complete Sr. Bronze Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Swing (2 sequences) and Fiesta Tango (4 sequences)

Note: Same as Jr Bronze Dances for 2010 Adult Nationals

SENIOR BRONZE DANCE

- (i) TEST: At least one partner must not have passed the complete Jr. Silver Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Fourteenstep (3 sequences) and Keats Foxtrot (3 sequences)

Note: Same as Bronze Dances for 2010 ISU Adult Competition (not 2010 Adult Nationals)

JUNIOR SILVER DANCE

- (i) TEST: At least one partner must not have passed the complete Sr. Silver Dance test.
- (ii) SPECIFICATIONS FOR EVENT: European Waltz (2 sequences) and Harris Tango (2 sequences)

Note: Same as Silver Dances for 2010 ISU Adult Competition and Sr Silver Dances for 2010 Adult Nationals

SENIOR SILVER DANCE

- (i) TEST: At least one partner must not have passed the complete Gold Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Rocker Foxtrot (3 sequences) and Starlight Waltz (2 sequences)

Note: Same as Sr Silver Dance for 2010 Adult Nationals

GOLD DANCE

- (i) TEST: At least one partner must have passed the complete Gold Dance test
- (ii) SPECIFICATIONS FOR EVENT: Paso Doble (3 sequences) and Westminster Waltz (2 sequences)

Note: same as Gold Dances for 2010 ISU Adult Competition and Gold Dances for 2010 Adult Nationals

DIAMOND DANCE

- (j) TEST: At least one partner must have passed the complete Gold Dance test
- (ii) SPECIFICATIONS FOR EVENT: Paso Doble (3 sequences) and Westminster Waltz (2 sequences)

Note: same as Master Dances for 2010 ISU Adult Competition and Diamond Dances for 2010 Adult Nationals

PRO/AM DANCE – In this event the skaters will perform the **Rocker Foxtrot** with a Professional Dance Partner. The event will be judged like a test day in that the partner may skate with several adult skaters but only the candidate will be judged. Only offer this event if you have secured a dance partner. There is no test level required.

ADULT SILVER and GOLD FREEDANCE (as set out in the Skate Canada adult technical package)

Time: A Maximum program time of 3 minutes 10 seconds. Program time may be shorter.

Rhythm – free choice

Music – must have audible rhythmic beat or beat and melody, but not melody alone (vocal is allowed)

- Notes – must not have the character of a pair program
- athletic aspect of dance as a competitive sport must prevail
 - ISU deductions for required elements will apply.

CREATIVE CATEGORIES

In the Creative Categories, the Host Committee (or Technical Representative) will select a piece of music of the appropriate length to be played. The skaters will hear the music selection for the first time in warm-up and will perform a creative, improvisational program in the competition. The warm up will be one minute without music followed by the music selection being played twice. After the warm-up the skaters will be escorted to a supervised, sound proof room to await their turn. Category groups must be small enough that all skaters can warm up together so as not to disadvantage early skaters.

INTRODUCTORY MENS/LADIES

- (i) TEST: Competitors must not have passed **ANY** Skate Canada Test.
- (ii) SPECIFICATIONS FOR EVENT: Program 1.0 minute in length.

BRONZE MENS/LADIES

- (i) TEST: Competitors must not have passed more than the complete Sr. Bronze Freeskate test.
- (ii) SPECIFICATIONS FOR EVENT: One program 1.0 minute in length

OPEN MENS/LADIES

- (i) TEST: Competitors must have passed more than the complete Sr. Bronze Freeskate test.
- (ii) SPECIFICATIONS FOR EVENT: One program 1.0 minute in length

TEAM EVENTS

This is intended as a fun event. Teams will consist of 4 skaters. Teams may be mixed or similar and may be from different clubs. Elements will be performed in isolation. Each team will complete their elements before the next team performs. Each team may decide in advance which skater will perform each element.

NOTE: Single skaters who do not have a designated team but wishes to participate in a team event can register for the team event, pay their portion of the entry fee. Given an adequate number of single entries, the host committee will allocate a team.

ADULT CANSKATE TEAM

For those skaters who are in the Canskate or group STARSkate Programs and have not yet passed any STARSkate Test.

1. Forward lunge
2. Forward spiral
3. Forward crossovers
4. Backward spiral

ADULT BRONZE TEAM

For those skaters who are in the Canskate or group STARSkate Programs and have not yet passed any portion of the Preliminary Free Skate Test.

1. Waltz Jump
2. Forward One Foot Spin
3. Forward Crossovers (direction optional)
4. Forward Spiral (edge and foot optional)

ADULT SILVER TEAM

Skaters must not have passed any portion of the Preliminary Free Skate test.

1. Flip Jump
2. Sit Spin
3. Salchow/Toe Loop Combination Jump
4. Backward Spiral

ADULT GOLD TEAM

Skaters must not have passed any higher than the Jr. Silver Freeskate test.

1. Lutz Jump
2. Layback Spin
3. Flip/Loop Jump Combination
4. Spiral Sequence consisting of at least one spiral on each foot

ADULT MASTERS TEAM

Skaters may be any skating level.

1. Axel Jump
2. Camel Spin
3. Lutz/Loop Combination Jump
4. Spiral Sequence consisting of at least one spiral on each foot

ADULT COMPETITIVE TEAM

Skaters must have passed any competitive test. Elements to be skated:

1. Double Loop Jump
2. Spin Combination with at least 3 positions and 1 change of foot
3. Jump Combination consisting of at least 2 double jumps
4. Combination of 3 Field Movements in Sequence

SOCIAL TEAM – The host committee shall randomly draw the names of the skaters and put them on a team together. This is meant as a way for skaters to get to know one another better. The skaters will decide amongst themselves who will skate which element. No restriction on test levels.

1. Straight line Step Sequence
2. Spread Eagle
3. Forward or backward spiral (skaters' choice)
4. Any spin

Skate Canada: Alberta - NWT/Nunavut
2010 Western Regional Adult Championships Event Entry Form
REGISTRATION FORMS NOT COMPLETED IN FULL WILL BE RETURNED UNPROCESSED!!!
ONE REGISTRATION FORM PER EVENT

Competitor's Name	Please circle: Male Female			
Home Address and Postal Code Email (schedules will be emailed)				
Home and Emergency Phone Number				
Skate Canada Number				
Date of Birth	Day	Month	Year	Age Category
Health Care Number				
Name of Home Club	Collegiate Post-Secondary School			
Signature of Home Club Officer				
Club Contact Person				
Home Club Email				
Category Entering (Men's, Ladies, Pairs, Interpretive, etc)	Age Class: Intro I II III IV			
Level (Preliminary, Pre-Novice)				
Name of Partner (if applicable)				
Title of Interpretive Program				
Music Time				
Test Qualifications (highest passed)	Freeskate:	Elements:	Skating Skills:	
<small>*Competitive test equivalencies must be taken into account when registering for Test Stream Events</small>	Dance:	Interpretive:	Competitive:	

NOTE: Competitors entering more than one Category must complete an entry form for EACH Category
For those Categories with an age restriction, a copy of the birth certificate or other proof of age must be submitted with the entry form.

RETURN FORM TO:	Kristen Belcourt WRAC 2010 Registrar 152 Covewood Green NE Calgary AB T3K 5G6	DEADLINE: Thursday, December 10, 2009
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ENTRY FEES:	\$60 – 1st event \$40 – Canskate events \$40 – additional solo events \$40 – additional couples events \$50 – per team	CHEQUES PAYABLE TO: Glacier School of Skating
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Participant's Release

By my participation in this event, I consent to the known and foreseeable physical risks inherent in the sport of figure skating. These risks include, but are not limited to: travel to and from the arena, ice conditions, equipment failure, falls, collisions with other participants and/or instructors, and facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs, and any person acting on my behalf, the Host club and Skate Canada: Alberta-NWT/Nunavut, and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, agents and sponsors, from any claim arising from any illness of injury to my person as a result of my participation in this activity.

Participant's Name (print):	Participant's Signature:
Date:	
Name of Coach (please print)	Coach's signature and verification of event entered

Forms may be returned if not completed in full and signed.

Team Events Entry Form

Submit one entry form (and payment) per team

NOTE: If registering as a single skater or social entry, please submit form and ¼ of entry fee.

Team Name			
Please Circle One: Full Team Entry Single Skater Entry Social Skater Entry			
Team Members 1.		2.	
3.		4.	
Emergency Phone #			
Name of Home Club			
Club Contact Person		Club Contact Phone #	
Club E mail address		Club Fax #	
Name of Coach		Coach Phone #	
Circle in which event the team is registering.	Adult Team Events		
	Adult CanSkate	Adult Competitive	
	Adult Bronze	Adult Silver	Adult Gold
	Adult Masters	Adult Social	
Test Qualifications (highest passed amongst the team)	Freestyle	Interpretive	Competitive

Return Forms by: Thursday, December 10, 2009

**To: Kristen Belcourt
WRAC 2010 Registrar
152 Covewood Green NE
Calgary AB T3K 5G6**

Cheques Payable to: Glacier School of Skating

Entry Fees: \$50/Team (if registering as a single skater entry or social skater entry, please submit \$12.50)

Participant's Release

By my participation in this event, I consent to the known and foreseeable physical risks inherent in the sport of figure skating. These risks include, but are not limited to: travel to and from the arena, ice conditions, equipment failure, falls, collisions with other participants and/or instructors, and facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs, and any person acting on my behalf, the Host club and Skate Canada: Alberta-NWT/Nunavut, and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, agents and sponsors, from any claim arising from any illness or injury to my person as a result of my participation in this activity.

Signature of Home Club Officer	Coach's signature verifying accuracy of entry
Participant's Name (print)	Participant's Signature
Participant's Name (print)	Participant's Signature
Participant's Name (print)	Participant's Signature
Participant's Name (print)	Participant's Signature
Date	

ATHLETE PROFILE

We would kindly ask that you complete the following information and submit it with your Competition entry forms. It will be used to assist us in publishing a souvenir program.

Name: _____

AdultSkate or CollegiateSkate skater? _____

Is this your first time competing as an adult? Y N

How many years did you skate as a child? _____

How many years have you skated as an adult? _____

Please complete the following sentence:

My favourite part of skating is _____

Thank you for taking the time to complete this form!

Happy skating.

WRAC 2010 Social Events

Will you be attending the Friday Jan 15th evening after-competition party? Y N
Number of Guests including you: _____

Will you be attending the Saturday Jan 16th brunch? Y N
Number of Guests including you: _____

2010 Western Regional Adult Championships

Calgary Alberta
January 15, 2010



PRACTICE ICE RESERVATION FORM

Practice ice will be available at a NW Calgary location on Thursday January 14th, 2010 and at Father David Bauer/Norma Bush Arenas on Friday January 15th, 2010. The costs per session are listed below. To reserve practice ice, email this form to pamela@glacierschoolofskating.ca or submit with entry forms. The updated practice schedule will be posted online at www.glacierschoolofskating.ca. Payment is due no later than January 5, 2010.

Name: _____

Email: _____

Circle/Highlight practice requests

Thursday January 14, 2010	10:30-12:00pm Open Skate @ Father David Bauer	\$15
	3:30-5:00pm Open Skate @ Father David Bauer	\$15
Friday January 15, 2010	*8:15-8:45am FS/INT @ Father David Bauer	\$10
	*8:45-9:15am Dance @ Father David Bauer	\$10
	8:30-9:00am FS/INT @ Norma Bush	\$10
	9:00-9:30am FS/INT @ Norma Bush	\$10
	9:30-10:00am Dance @ Norma Bush	\$10
	10:15-11:15am FS/INT @ Norma Bush	\$10
	11:15-11:45am FS/INT @ Norma Bush	\$10
Saturday January 16, 2010 (Extra ice for an open skate)	8:00-9:15am Open Skate @ Father David Bauer	\$15
*Reserved for non-Calgary skaters until January 5th, 2010.		

TOTAL: _____

Note: Times, Dates & Locations are subject to change. Schedule as of November 4, 2009.

Make cheques payable to **Glacier School of Skating**.
132 Tuscany Ridge View NW, Calgary AB T3L 2J5