

**2010 ARCTIC WINTER GAMES TRIALS
DECEMBER 5-6, 2009
Hosted by the INTERCLUB SKATING COMMITTEE & Arctic Edge
Skating Club**

VENUE: Takhini Arena
345 Range Road
Whitehorse, Y.T.

Sanctioned by Skate Canada and held under the Rules of Skate Canada.

REGISTRATION:

Events are open to qualified female skaters who are registered members of Skate Canada in good standing. Competitors must have been born between 1992 and 1999. Skaters in the Preliminary events (Ladies 1) must be born 1997 or later. A competitor may register and compete in only one (1) category.

Competitors must meet the minimum and maximum test and age requirements for this competition as stated within the Test Qualifications Section (Attachment A) on this Technical Package as of November 15, 2009. Test qualification forms must be completed in accordance with Arctic Winter Games rules.

Canadian athletes who have qualified for Western Challenge or Junior Nationals or higher in 2009 or 2010 are considered elite and therefore not eligible to compete in the Arctic Winter Games.

Skaters may only register and compete in one category. **SKATERS MUST REGISTER PERSONALLY** at least ONE HOUR before their scheduled event.

MUSIC:

2 CD's or 1CD and 1cassette must be turned in at the time of registration or your entry may be cancelled and no refund given. Skaters must have a second cassette or CD as a back up at ice level. Skaters submitting music on CD's should also provide a back-up cassette tape as there have been problems with some CD's not playing in cold arenas.

Music must conform to standard specifications for cassettes or CDs as listed below. The Competition Committee will accept NO responsibility for breakage or damage but will take every precaution to safeguard each cassette or CD.

STANDARD SPECIFICATIONS FOR CASSETTES AND CD's:

1. Only one (1) program shall be recorded on each cassette or CD.
2. The start of the music shall be recorded a maximum of three (3) seconds following the head leader.
3. All tapes must be rewind.
4. Competitor's name, event and home club followed by **MUSIC TIMING** (not skating time) shall be clearly printed on one side of the cassette or CD.
5. Cassette or CD shall be enclosed in its plastic container.
6. Maximum length of cassette shall be C-30 or less.
7. Music shall be recorded at equal levels on both left and right channels in stereo
8. Music recordings levels shall be a maximum of 0 Volume Units (0VU) and a minimum of -8 Volume Units (-8VU)

ICE SURFACE:

The Takhini Arena ice surface is 85 feet x 200 feet with slightly rounded corners.

ADMISSION:

Will be free of charge to all.

EVENT MARKING:

Events will be judged using the 6.0 marking system for the trials. Closed marking will be used for all categories. The Skate Canada, STARSkate Well Balanced Program Criteria in effect as of November 15, 2009 will be used for all events. The criteria can be found at the end of this announcement.

ENTRIES:

- a. Skaters must meet the following minimum and must not exceed the following maximum qualifications for each competition category as of November 15, 2009. Skaters exceeding the maximum standards after this date are still eligible to compete.
- b. Closing date of entry is midnight **November 15, 2009** and all entry forms must be completed and in the hands of the registrar BEFORE MIDNIGHT of this date.
- c. Late entries will not be accepted.
- d. **NO REFUNDS WILL BE GIVEN AFTER THE CLOSING DATE OF ENTRIES OF THE COMPETITION FOR ANY REASON WHATSOEVER.**
- e. No "skating up" is permitted.
- f. Skaters may not be selected solely on the basis of their abilities in the Short Program competition.
- g. Where there are only the minimum eligible entries or less in an event, skaters must still skate, in order to qualify for the Arctic Winter Games team.

COMPETITIVE SINGLES TEST EQUIVALENCIES TO STAR SKATE TESTS:

As regulation 4000-E-3.1 states, skaters passing freeskate tests in the competitive test system are granted equivalencies for regular freeskate tests as follows:

- Juvenile Competitive Singles Test = Senior Bronze Freeskate Test
- Pre-Novice Competitive Singles Test = Junior Silver Freeskate Test
- Novice Competitive Singles Test = Senior Silver Freeskate Test
- Junior Competitive Singles Test = Gold Freeskate Test

Skaters who have passed any of the competitive test equivalencies must enter the event at the level corresponding to their highest STAR Skate test passed or at the level which they received the equivalency in the STAR Skate Program, whichever is higher.

ENTRY FEES:

All events \$50.00

NOTE: YOUR ENTRY FEE MUST ACCOMPANY THE ENTRY FORM. Please make all cheques or money orders payable to INTERCLUB SKATING COMMITTEE and forward with your entry form to: REGISTRAR:

Cheryl Van Blaricom
28 Thompson Road
Whitehorse, YT Y1A 0C4
(867) 633-5984 e-mail: cheryl.vanblaricom@northwestel.net

Entries must be received by midnight November 15, 2009

TEAM COMPOSITION:

The team will be comprised of a maximum of eight (8) skaters: the top two skaters from each of the four categories will be assigned to the Arctic Winter Games team. The third place skater in an event may be named as a team member should there be less than two entries in another event.

Warm-up times are as follows:

Ladies 1 and Ladies 2 4 minutes
Ladies 3 and Ladies 4 6 minutes

The duration of the warm-up periods may be reduced at the discretion of the referee to a minimum of three minutes. All warm-up periods for one event must be equal.

EVENTS TO BE SKATED:

Ladies 1: Entrants in this category must have passed their:

- a. Complete Skate Canada Preliminary Free Skate Test but no higher
- b. Complete United States Figure Skating Associations (USFSA) Preliminary Freeskate Tests but no higher
- c. Russian 2nd Youth Class but no higher

Ladies 2: Entrants in this category must have passed their:

- a. Complete Skate Canada Junior Bronze Free Skate Tests but no higher
- b. Complete USFSA Pre-Juvenile Free Skate Test but no higher
- c. Russian 1st Youth Class but no higher

Ladies 3: Entrants in this category must have passed their:

- a. Complete Skate Canada Senior Bronze Free Skate Test or Juvenile Competitive test but no higher
- b. Complete USFSA Juvenile Freeskate Test but no higher
- c. Russian 2nd Sport Class but no higher

Ladies 4: Entrants in these categories must have passed their:

- a. Complete Skate Canada Junior Silver or Senior Silver Free Skate Test or Pre-Novice or Novice Competitive test but no higher
- b. Complete USFSA Intermediate or Novice Free Skate Tests but no higher
- c. Russian 1st Sport Class but no higher

EVENTS

Ladies 1

Short Program – One (1) minute 30 seconds (1:30) maximum that must be skated to music. The program must include:

- 1) One Lutz jump
- 2) Axel type jump (axel or waltz jump)
- 3) Single jump / loop combination (lutz or axel may not be repeated)
- 4) Camel spin (minimum 3 rotations)
- 5) Layback or sideways leaning spin (minimum 3 rotations)
- 6) Combination spin minimum 2 positions (change of foot optional)-minimum 4 rotations
- 7) Straight line step sequence; must use full ice

Free Skate Competition: One (1) minute 30 seconds (1:30) or two (2) minute program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria (Canadian STARSkate – Preliminary Level)

All elements will be called no higher than Level 1.

- 1) Maximum six jump elements.
 - a) All single jumps permitted and maximum one double jump which may be a double Salchow or a double toe loop.
 - b) Must include at least one Axel type jump (waltz or single Axel).
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated.
- 2) Maximum of two spins of any nature.
 - a) Maximum one may be a flying spin.
 - b) One spin of any nature.
- 3) Maximum one step sequence or spiral sequence

Ladies 2

Short Program – 1 minute and 45 seconds (1:45) maximum that must be skated to music. The program must include:

1. Axel
2. One other single or double jump
3. Jump combination. May include 1 double jump. The jumps in the jump combination cannot be the same as the solo jump, nor can the Axel be repeated. For example- if the solo jump is a double toe loop, the jump combination cannot include a double toe loop. It could include a single toe loop as a single and a double are different jumps.
4. Combination spin, minimum 2 positions (may change foot) - minimum 4 rotations
5. Any flying spin, minimum 3 rotations
6. A spiral sequence, one on each foot (not required to use full ice)
7. A straight line step sequence, must use full ice surface

Free Skate Competition - Two minute (2:00) or two minute and 30 second (2:30) program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria (Canadian STARSkate – Junior Bronze Level)

All elements will be called no higher than Level 1.

- 1) Maximum of seven jump elements.
 - a) All single jumps permitted and maximum two double jumps which may be up to and including a double loop.
 - b) Must include at least one Axel type jump (waltz or single Axel).
 - c) Maximum two combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jumps may not be repeated.
- 2) Maximum of three spins.
 - a) One spin must be a combination spin (change of foot mandatory).
 - b) One spin must be a flying spin.
 - c) One spin of any nature.
- 3) Maximum one step sequence or spiral sequence.

Ladies 3

Short Program – Two minute (2:00) maximum that must be skated to music. The program must include:

1. Axel
2. Any double jump (excluding a double axel)
3. Jump combination. Any single jump followed by a double (axel may not be repeated). Same principle as Ladies 2- The jumps included in the jump combination should be different than the solo jump
4. Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)- minimum 3 rotations on each foot
5. Flying camel spin, minimum 4 rotations
6. A spiral sequence, one on each foot (not required to use full ice)
7. A straight line step sequence, must use full ice surface

Free Skate Competition – Two minute and thirty second (2:30) or three minute (3:00) program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria: (Canadian STARSkate – Senior Bronze Level)

All elements will be called no higher than Level 1.

- 1) Maximum of seven jump elements.
 - a) All single and double jumps permitted except double Axel.
 - b) Must include at least one Axel type jump (waltz or single Axel).
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence.
- 2) Maximum of three spins.
 - a) One spin must be a combination spin (change of foot mandatory).

- b) One spin must be a flying spin in one position with no change of foot.
- c) One spin of any nature.

3) Maximum one step sequence or spiral sequence.

Ladies 4

Short Program – 2 minutes and 15 seconds (2:15) maximum that must be skated to music. The program must include:

1. Axel or Double Axel
2. Double jump immediately preceded by steps (May not repeat Double axel)
3. Jump combination consisting of two Double jumps- May not repeat Double Axel or solo jump in #2 above. Same principle as Ladies 2- However, if the solo jump is double flip, then the combination can be a double loop/double loop or a double toe/double toe.
4. Layback or Sideways leaning spin, minimum 5 rotations
5. Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof) - minimum 4 rotations on each foot
6. Spiral sequence (3 spiral positions and at least one change of foot)
7. Any step sequence, must use full ice

Free Skate Competition – Three minute (3:00) or three and one half minute (3:30) program (plus or minus 10 seconds) to music.

Well Balanced Program Criteria: (Canadian STARSkate – Senior Silver Level)

- 1) Maximum of seven jump elements.
 - a) All jumps permitted.
 - b) Must include at least one Axel type jump (waltz or Axel type).
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence.
- 2) Maximum of three spins.
 - a) One spin must be a combination spin (change of foot mandatory).
 - b) One spin must be a flying spin one position with no change of foot.
 - c) One spin of any nature.
- 3) Maximum one step sequence or spiral sequence.

Note: for All Levels re: a spin of any nature, the skater cannot repeat a spin that has already been performed (CPC code must be different).

The following are some instructions to help in understanding the well balanced program. There is a lot of detail but it might answer some questions when constructing the program.

INSTRUCTIONS FOR UNDERSTANDING THE WELL BALANCED PROGRAM REQUIREMENTS:

Jump Elements: Jump elements include all jumps done alone, in combination and in Sequence

- When counting jump elements, a combination jump (two jumps) counts as one jump element and a jump sequence (two or more jumps) counts as one jump element
Example: Axel, 2toe loop and 2Salchow + 2toe loop combination is three jump elements even though there are four jumps
Example: Lutz-1/2-loop-flip sequence, loop/loop combination, Axel is three jump elements even though it is five jumps.
- In every program there must be a forward take-off jump (referred to as an “Axel type” jump). This typically will be either a waltz jump or one of the Axel jumps. If an Axel type jump is not included, but the skater performed the maximum allowed number of jumps, in CPC the last executed of the allowed number of jumps would not count for points
- In every case there is a maximum number of jump elements that may be included (jumps in excess of this maximum will receive no points (0.00 value) .
- Combinations or sequences in excess of the maximum will receive no points (0.00 value).
- No jump may be included more than twice. Further, if a jump is repeated (i.e., included twice in a program) one of the jumps must be in combination or sequence. (Note: Jumps of the same name but different rotations are considered as different jumps, i.e. 2loop and 1loop are considered as different jumps). If a repeated jump is not performed in combination or sequence, the repeated jump should be treated as a jump sequence with only one jump. It will count in the total number of combinations and sequences allowed. There is no other penalty.
- If a jump is executed that is of a higher level of difficulty than permitted for a given category (i.e. 2loop executed in a preliminary free skate program) then the jump will receive no points (0.00 value). If said jump is a part of a combination or sequence then the element will still be counted as a combination or sequence and the other jumps in the element will be scored as per combination or sequence principles of calculation.
- If a skater executes more double jumps than are permitted for a given category (i.e. two double jumps (the same or different) are executed in a preliminary free skate program) the skater shall receive no points (0.00 value) but still count in the total number of executed jump elements.

Spin Elements: Spin elements include any spin-like movement that has at least three rotations in total. Spin elements are categorized as spins of one position, combination spins and flying spins. In each case there are a maximum number of spins that may receive credit in any program. In addition, there is some content that is mandatory. Spins in excess of the maximum will receive no points (0.00 value).

- If a spin does not meet one of the requirements for a program and the maximum number of spins has been executed, then the spin not meeting requirements will be worth 0.00 points
Example: junior bronze free skate: three spins are executed, two combinations and a spin in one position. There is no spin with a flying entry. In CPC, the last executed spin will receive no points.

Step Sequences: Any step sequences beyond the maximum will receive no points (0.00 value).

- In order to be identified as a step sequence it must cover at least half of the ice surface.

Spiral Sequences: Any spiral sequences beyond the maximum will receive no points (0.00 value).

- In order to be identified as a spiral sequence there must be at least two spiral positions with the free leg (including knee and foot) higher than the hip level each held for a minimum of 3 seconds.

DEFINITION OF TERMS:

Jump Element: A solo jump, jump combination or jump sequence.

Jump Combination: A jump combination may consist of the same or another single, double, triple or quadruple jump. In a jump combination the landing foot of the first jump is the take off foot of the second. The element remains a jump combination (with an error) even when there are two (2) three turns in between jumps with a slight touch down (without weight transfer).

Jump Sequence: A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no **turns/steps***, crossovers or stroking during the sequence.

* *Turns: three turns, twizzles, brackets, loops, counters, rockers.*

* *Steps: running steps, toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls.*

Any kinds of hops and unlisted jumps inside the sequence are allowed.

From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called “name of the first jump(s) plus sequence”. In this case the GOE relates to the whole element. So in free skating judges always evaluate what they see independent of the call.

If an Axel type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), *it is considered as a jump sequence* and will be identified as one jump element.

Examples of acceptable jump sequences are as follows:

1A+1/2Lo+2S

1Lz+1/2Lo+1/2F+1A

Spin Combination: A spin combination must contain at least one change of position with at least two rotations before and after the change. A change of foot is optional unless stated in the requirements (minimum two+two revolutions).

Flying Spin: A flying spin is a spin that begins with a flying entry. A flying spin may also be a combination spin (minimum three revolutions).

Spin in One Position: A spin in one position may not contain a change of position. A change of foot is optional. A change of foot does not make the spin a combination (minimum three revolutions).

Illegal

Elements/Movements:

- 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 (two 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. 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.

2010 ARCTIC WINTER GAMES TRIALS

December 5-6, 2009
Registration Form

Closing date of entry is Nov 15, 2009. Make cheques payable to Interclub Committee. Your cancelled cheque is your receipt. Mail or deliver application and entry fee to: 4061 4th Avenue, Whitehorse, YT Y1A 1H1 or hand deliver to 28 Thompson Road, Whitehorse Yukon.

Entry Fee for all events: **\$50.00**

NAME _____

SC# _____ HOME CLUB _____ CLUB # _____

EVENT NAME _____ EVENT# _____

BIRTHDATE _____ (mm/dd/yy) AGE: _____
As of Nov 15, 2009

ADDRESS _____

CITY _____

POSTAL CODE _____ TELEPHONE _____

COACH _____ TELEPHONE _____

HIGHEST TEST PASSED - FREESKATE _____

COMPETITIVE TEST _____

CERTIFICATION OF CLUB OFFICER AND PARENT

I hereby approve the entry of the above named competitor and certify that:

1. He/she is a member of my club in good standing.
2. To the best of my knowledge, he/she is eligible to enter the specified events.
3. The Interclub Skating Committee will not be liable for loss or injury.

Date: _____

SIGNATURE OF TEST CHAIRMAN

SIGNATURE OF PARENT/GUARDIAN