

**2009 YUKON GOLD NUGGET INTERCLUB COMPETITION**  
**DECEMBER 4<sup>th</sup> & 5<sup>th</sup>, 2009**  
**Hosted by the INTERCLUB SKATING COMMITTEE**

**VENUE:**

**Takhini Arena**  
**345 Range Road**  
**Whitehorse, Y.T.**

Events are open to qualified male and female skaters who are registered members of Skate Canada in good standing.

The competition is sanctioned by Skate Canada and shall be conducted in accordance with the rules of the current Skate Canada Rule Book except where modified in this announcement. PLEASE READ THIS ANNOUNCEMENT CAREFULLY.

**ENTRIES:**

- (a) Closing date of entry is midnight **October 26, 2009** and all entry forms must be completed and in the hands of the registrar BEFORE MIDNIGHT of this date.
- (b) Eligibility for entries is governed by tests passed and age as of **October 26, 2009**. For Competitive events the age shall be as of July 1, 2009.
- (c) If an event has only one competitor, the skater will be informed and have the option of skating up an event, skating for an evaluation only, or withdrawing with a refund. For Local Organizing Committee events, there is only the option of skating up or withdrawing with a refund. No evaluation will be done for this type of event.
- (d) Late entries may be accepted at the discretion of the Competition Committee as per SC Rule #5108(c). Double entry fees will be imposed if late entry is accepted.
- (e) **NO REFUNDS WILL BE GIVEN AFTER THE CLOSING DATE OF ENTRIES OF THE COMPETITION FOR ANY REASON WHATSOEVER.**
- (f) Skaters may "skate-up" one category above their test qualifications. Please indicate on the registration form by checking the appropriate box.
- (g) Skaters may enter only one event in each discipline of Singles Freeskate, Creative or Interpretive.

**ENTRY FEES:**

All events are two-parts: Freeskate and elements, except CanSkate, Interpretive, Competitive, Creative and Special Olympic.

CanSkate and Special Olympic events	\$ 20.00
All two-part events	\$ 30.00
All Competitive events	\$ 30.00
All Interpretive and Creative events	\$ 20.00

**NOTE: YOUR ENTRY FEE MUST ACCOMPANY THE ENTRY FORM. Cheques must be dated no later than the closing date of October 26, 2009. Please make all cheques or money orders payable to INTERCLUB SKATING COMMITTEE and forward with your entry form to the Registrar.**

**REGISTRAR:**

**Val Neufeld**  
**31 Emerald Trail**  
**Whitehorse, YT Y1A 6B3**  
**e-mail: [val@northwestel.net](mailto:val@northwestel.net)**

## **GENERAL INFORMATION**

1. The skating order shall be drawn by lot and may be drawn by computer for the initial round for the first or only portion of an event. Except as noted, draws will be made in accordance with SC Rules.
2. Should entries in any competitive event be exceedingly large, the event will be divided into smaller groups drawn by lot, which may also be drawn by computer. STARSkate groupings will be divided according to age; interpretive events will be divided by freeskate test level first and then if further grouping is required, by age.
3. Each group will be a final event with medals awarded in each for 1st through 3rd place. Rosettes will be awarded 4<sup>th</sup> place onwards in the CanSkate, Elementary and Pre-Preliminary events.
4. The competition ice surface at Takhini Arena is 85' x 200' with slightly rounded corners.
5. **Attention All Coaches:** It is mandatory for all participating coaches to register at competitions and show their accreditation at all times during the competition in order to be at ice level during the events. Temporary accreditation for the competition will be issued for \$25 by showing current Skate Canada membership and First Aid information.
6. Coaches must be a minimum of NCCP level 1 Certified and must meet the following accreditation standards:
  - be a current Professional coaching member of Skate Canada
  - hold a valid First Aid Certificate

## **REGISTRATION:**

SKATERS MUST REGISTER PERSONALLY at least ONE HOUR before their scheduled event in the lobby of the arena. COACHES must register in person.

## **MUSIC:**

Music will not be accepted unless it complies with this announcement. Music must be turned in at least one hour prior to the start of the event. Each entry must provide either 2 CD's, 1CD & 1 cassette tape, or 2 cassette tapes for the competition upon registration. One for competition marked "Master" and one for backup marked "Copy". All tapes must be rewound to the beginning.

Standard Specifications for Cassettes and CDs:

- Only one (1) program shall be recorded on each cassette (one side only) or CD.
- 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.
- Music shall be recorded at equal levels on both left and right channels in stereo.
- Music recording levels shall be a maximum of OVU and a minimum of SVU.
- Cassettes or CDs must be marked with the skater's name, home club, event and total music time (not skating time) and enclosed in their integral container, also marked accordingly.

The Competition Committee will accept no responsibility against damaged or lost tapes or CDs, but will take every precaution to safeguard them.

## **ADMISSION:**

The competition will be free of charge to all.

## **TENTATIVE SCHEDULE OF EVENTS**

A list of competitors with their groupings and event, along with a tentative competition time schedule will be posted on the arena bulletin board and e-mailed to all competitors.

## **EVENT MARKING:**

Closed marking will be used at this competition. As per Skate Canada Regulation Change 9, April 2003, only the final result will be posted.

## **PRACTICE ICE:**

There will be no official practice ice available.

## **PRESENTATIONS:**

The Awards presentation will take place after completion of the final event. All awards presented off-ice.

### **WARM-UP TIMES WILL BE AS FOLLOWS:**

CanSkate, Elementary, Pre-Preliminary FreeSkate	3 minutes
Preliminary to Senior Bronze FreeSkate	4 minutes
Pre-Juvenile, Junior Silver to Gold FreeSkate	5 minutes
Juvenile to Senior Competitive FreeSkate	6 minutes
All Interpretive events	3 minutes
All Elements events	3 minutes
All Skills events	
All Creative events	3 minutes
Special Olympics	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.

### **NOTE:**

- (1) In the event of a large entry in any category, groups may be determined by the Interclub Committee. The groups shall be made according to age at the discretion of the Competition Committee. Each group shall be considered a final event.
- (2) Medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place for all events. CanSkate, Elementary and Pre-Preliminary competitors placing 4<sup>th</sup> onwards will receive a rosette.

## **EVENTS TO BE SKATED:**

For event requirements and specifications, please refer to the 2009-2010 BC/YT Section Technical Packages for STARSkate and Competitive, posted on your club bulletin board and also on the Technical page of the Skating in BC website. [www.skatinginbc.com](http://www.skatinginbc.com)

### **STARSkate Freeskate Events**

EVENT #1	ELEMENTARY LADIES
EVENT #2	PRE-PRELIMINARY LADIES
EVENT #3	PRELIMINARY LADIES
EVENT #4	JUNIOR BRONZE LADIES
EVENT #5	SENIOR BRONZE LADIES
EVENT #6	JUNIOR SILVER LADIES
EVENT #7	SENIOR SILVER LADIES
EVENT #8	GOLD LADIES

### **Interpretive Events**

EVENT #9	PRE-INTRODUCTORY INTERPRETIVE
EVENT #10	INTRODUCTORY INTERPRETIVE
EVENT #11	BRONZE INTERPRETIVE
EVENT #12	SILVER INTERPRETIVE
EVENT #13	GOLD INTERPRETIVE

### **Skating Skills Events**

EVENT #14	PRE-PRELIMINARY SKATING SKILLS
EVENT #15	PRELIMINARY SKATING SKILLS
EVENT #16	JUNIOR BRONZE SKATING SKILLS
EVENT #17	SENIOR BRONZE SKATING SKILLS

EVENT #18 JUNIOR SILVER SKATING SKILLS  
EVENT #19 SENIOR SILVER SKATING SKILLS

### **Competitive Freeskate Events**

EVENT #21 PRE-JUVENILE LADIES  
EVENT #22 JUVENILE LADIES  
EVENT #23 PRE-NOVICE LADIES – short program  
EVENT #24 PRE-NOVICE LADIES – long program  
EVENT #25 NOVICE LADIES – short program  
EVENT #26 NOVICE LADIES – long program  
EVENT #27 JUNIOR LADIES – short program  
EVENT #28 JUNIOR LADIES – long program  
EVENT #29 SENIOR LADIES – short program  
EVENT #30 SENIOR LADIES – long program

## **SPECIAL OLYMPICS**

The Official Special Olympics Canada (SOC) Sports Rules shall govern all SOC Figure Skating Competitions. As a national sports program, SOC has created these rules based upon International Skating Union (ISU) and the Skate Canada (SC) rules for Figure Skating. ISU or the SC rules shall be employed except when they are in conflict with the Official SOC Sports Rules. In such cases, the Official SOC Figure Skating Rules shall apply.

For program requirements please refer to the 2005-2008 National Special Olympic Rules.  
[www.bcsso.bc.ca](http://www.bcsso.bc.ca).

EVENT #31 LEVEL 1 - WOMEN  
LEVEL 1 - MEN

---

**Eligibility:** A skater competing in Level 1 must have passed CanSkate Stage 1 but no higher than Stage 3.

### **Level 1 Freeskate Program**

The Level 1 Freeskate Program will not exceed a time limit of 1 minute (+ or – 10 seconds). The music will be instrumental.

The program must be well balanced and include:

- Four (4) out of six (6) CanSkate Fundamental Movements from Stage 1 through Stage 3
- Maximum of 2 jumps
- Maximum of 2 spins

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

EVENT #32 LEVEL 2 - WOMEN  
LEVEL 2 - MEN

---

**Eligibility:** A skater competing in Level 2 must have passed CanSkate Stage 4 but no higher than Stage 5.

### **Level 2 Freeskate Program**

The Level 2 Freeskate Program will not exceed a time limit of 1 minute 30 seconds (+ or – 10 Seconds). The music will be instrumental.

The program must be well balanced and include:

- Fundamental Movements from CanSkate Stage 1 through 5 Must include 4 of 6 Fundamental Movements from CanSkate Stage 4 and 5
- Choice of Challenge Skills from Stages 1 through 3 may also be included

- Maximum of 3 jumps
- Maximum of 2 spins
- 1 jump sequence or combination can be included and will be counted as one of the allowable jumps

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

**EVENT #33      LEVEL 3 - WOMEN**  
**LEVEL 3 - MEN**

---

**Eligibility:** A skater competing in Level 3 must have passed CanSkate Stage 6 but no higher than Stage 7.

**Level 3 Freeskate Program**

The Level 3 Freeskate Program will not exceed the time limit of 1 minute 30 seconds (+ or – 10 Seconds). The music will be instrumental.

The program must be well balanced and include:

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

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

**EVENT #34      LEVEL 4 - WOMEN**  
**LEVEL 4 - MEN**

---

**Eligibility:** A skater competing in Level 4 must have passed CanSkate Stage 7 but not completed Skate Canada Preliminary Freeskate.

**Level 4 Freeskate Program**

The Level 4 Freeskate Program will not exceed 2 minutes (+ or – 10 seconds). The music must be instrumental.

The program must be well balanced and include:

- Preliminary Freeskate Test Elements
- Maximum of 6 jump elements including 1 jump combination and 1 jump sequence
- Maximum of 2 spins, no more than one of the spins may be in combination
- 1 step sequence (Circle, Straight line or Serpentine)
- No flying spins
- No jump higher than a flip
- Any forward entry or Axel type jump which may be a Waltz jump

Skaters are not to perform any elements above Preliminary Freeskate. Points will only be awarded for allowable elements.

**EVENT #35      LEVEL 5 - WOMEN**  
**LEVEL 5 - MEN**

---

**Eligibility:** A skater competing in Level 5 must have completed the Skate Canada Preliminary Freeskate

Test but not have completed the Junior Bronze Test.

### **Level 5 Freeskate Program**

The Level 5 Freeskate Program will not exceed 2 minutes 30 seconds (+ or – 10 seconds). The music must be instrumental.

The program must be well balanced and include:

- Junior Bronze Freeskate Test Elements
- 6 jumps of which 2 may be in combination or a sequence
- 2 spins
- 1 step sequence
- No jump greater than a single Axel
- Any forward entry or Axel type jump which may be a Waltz jump

Skaters are not to perform any elements above Junior Bronze Level. Points will only be awarded for allowable elements.

---

### **EVENT #36      LEVEL 6 - WOMEN                           LEVEL 6 - MEN**

---

**Eligibility:** A skater competing in Level 6 must have completed the Skate Canada Junior Bronze Freeskate Test or higher.

### **Level 6 Freeskate Program**

The Level 6 Freeskate Program will not exceed 3 minutes (+ or – 10 seconds). The music must be instrumental.

The program must be well balanced and include:

- Senior Bronze Freeskate Elements or higher
- 7 jumps – including an Axel and 2 jump sequence or combinations
- 3 spins – including 1 combo spin and one flying spin
- 1 step sequence (Straight, Circle or Serpentine)
- No jumps of more than 2 ½ revolutions

### **LOC EVENTS:**

#### **EVENT #37      CANSKATE LADIES**

#### **EVENT #38      CANSKATE MEN**

Competitors must be working on their CanSkate Program Badges. They **must not** have taken **any** STARSkate Tests. Must be First Year Competitor; first year competitor means that a skater may compete in this category event for a 12-month period starting with the first competition in which they compete.

Note: A skater may not enter the same competition in this category more than once. This one year restriction does not apply to skaters who are seven years of age or younger as of the closing date for entries nor to skaters who are registered in a Special Olympic program. Must not have any jump higher than a toe loop (this means no loop, flip, lutz or axle) If attempted, these Jumps will receive NO credit. In addition, a deduction of 0.4 will be taken in the Technical Mark for each forbidden jump. Open to women and men who may compete together. Program Time: 1.0 minutes (+/- 10 seconds) to music.

### **ELEMENTS EVENTS**

Elements programs will not be skated to music. The program consists of required elements and may be skated in any order. Programs must have a beginning and ending pose. Field movements and connecting steps are permitted to link the elements. Additional elements or repetition of elements that have failed are not permitted. Rotational movements of more than one full rotation shall be considered extra elements. Small jumps of not more than half a turn may be included in the step sequence. Deductions will be taken for any added or repeated elements. CanSkate to Preliminary elements will be skated on ½ the ice surface. All other elements events will use full ice.

**Please Note:** The events listed below are open to women and men who will compete together.

**EVENT #39 CANSKATE ELEMENTS** (skating time 45 seconds maximum)

Competitors must not have passed any part of any Skate Canada test and must be 1st year competitors.  
Elements: Waltz Jump, One-Foot Spin, Forward Spiral - No Blade Hold, Series Of 2 Bunny Hops Followed By A Drag

**EVENT #40 ELEMENTARY ELEMENTS** (skating time 45 seconds maximum)

Competitors must not have passed the Preliminary Freeskate Test or any portion thereof and must be 1st year competitors.  
Elements: Salchow, One-Foot Spin, Waltz Jump/Toe Loop-Jump Combination, Toe-Loop

**EVENT #41 PRE-PRELIMINARY ELEMENTS** (skating time 1 minute maximum)

Competitors must not have passed the complete Preliminary Freeskate test or higher.  
Elements: Loop Jump, Sit Spin, Salchow/Toe-Loop, Backward Spiral - No Blade Hold, Toe Loop/Toe Loop

**EVENT #42 PRELIMINARY ELEMENTS** (skating time 1 minute maximum)

Competitors must have passed the complete Preliminary Freeskate test but no higher.  
Elements: Lutz Jump, Loop/Loop, Camel Spin, Flip/Toe Loop, Forward Spiral/Back Spiral Sequence - No Variations Of Basic Spiral Position Allowed

**EVENT #43 JR. BRONZE ELEMENTS** (skating time 1 minute and 45 seconds maximum)

Competitors must have passed the complete Jr. Bronze Freeskate test but no higher.  
Elements: Axel, Ina Bauer, Lutz/Loop, Layback Spin, Flip/Toe Loop/Loop Jump

**EVENT #44 SR. BRONZE ELEMENTS** (skating time 2 minutes seconds maximum)

Competitors must have passed the complete Sr. Bronze Freeskate test but no higher.  
Elements: Double Salchow/Single Loop, Flying Camel, Footwork Sequence, Double Toe Loop, Combo Spin

**EVENT #45 JR. SILVER ELEMENTS** (skating time 2 minutes 15 seconds maximum)

Competitors must have passed the complete Jr. Silver Freeskate test but no higher.  
Elements: Double Loop, Double Salchow/Double Toe, Flying Sit Spin, Double Toe/Double Toe, Change Of Edge Spiral - No Variations Of Basic Spiral Position Allowed

**EVENT #46 SR. SILVER ELEMENTS** (skating time 2 minutes 40 seconds maximum)

Competitors must have passed the complete Sr. Silver Freeskate test but no higher.  
Elements: Axel, Any Double Jump, Jump sequence – three or more jumps including at least 2 double jumps, Camel Change Camel (minimum 5 rotations on each foot), Any flying spin (minimum 5 rotations), Combination of 3 field moves in sequence, Footwork sequence (any pattern using the full ice surface)

**EVENT #47 GOLD ELEMENTS** (skating time 2 minutes 40 seconds maximum)

Competitors must have passed the complete Jr. Silver Freeskate test but no higher.  
Elements: Axel or Double Axel, Any other double jump, Jump combination – two double jumps or a double and a triple jump (attempted in any order), any flying spin (minimum 5 rotations), Combination spin – at least two changes of position with one change of foot (minimum 2 rotations in each position and minimum 5 rotations on each foot), Combination of three field moves in sequence, Footwork sequence (any pattern using the full ice surface)

**SKILLS EVENTS**

No music will be played.

**EVENT #14 PRE-PRELIMINARY SKATING SKILLS**

Competitors must not have passed any Skate Canada Skating Skills Test. Two skating skills shall be skated from the Preliminary test:

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

#### **EVENT #15 PRELIMINARY SKATING SKILLS**

Competitors must have passed the complete Preliminary Skills test but no higher. Two skating skills shall be skated from the Jr. Bronze test:

- Change Threes
- Jr. Bronze Power Circles

#### **EVENT #16 JR. BRONZE SKATING SKILLS**

Competitors must have passed the complete Jr. Bronze Skills test but no higher. Two skating skills shall be skated from the Sr. Bronze test:

- Sr. Bronze Forward Brackets
- Sr. Bronze Expanding Exercise

#### **EVENT #17 SR. BRONZE SKATING SKILLS**

Competitors must have passed the complete Sr. Bronze Skills test but no higher. Two skating skills shall be skated from the Jr. Silver test:

- Jr. Silver Snakes and Ladders
- Jr. Silver Flying Choctaws

#### **EVENT #18 JR. SILVER SKATING SKILLS**

Competitors must have passed the complete Jr. Silver Skills test but no higher. Two skating skills shall be skated from the Sr. Silver test:

- Sr. Silver Rockers and Choctaws
- Sr. Silver Expanding Exercise

#### **EVENT #19 SR. SILVER SKATING SKILLS**

Competitors must have passed the complete Sr. Silver Skills test but no higher. Two skating skills shall be skated from the Gold test:

- Gold Counters and Three Change Threes
- Gold Expanding Exercise

### **CREATIVE**

**Please Note:** The events listed below are open to ladies and men who will compete together.

In the creative events, the host competition 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 skate 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 room to wait their turn. Groups must be small enough that all skaters can warm-up together so as not to disadvantage early skaters.

**EVENT #52 PRE-PRELIMINARY CREATIVE:** Competitors must not have passed any Freeskate Test. **Skating Time: 45 seconds**

**EVENT #53 PRELIMINARY CREATIVE:** Competitors must have passed the complete Preliminary Freeskate Test but no higher. **Skating Time: 45 seconds**

**EVENT #54 JUNIOR BRONZE CREATIVE:** Competitors must have passed the complete Jr. Bronze Freeskate Test but no higher.  
**Skating Time: 1.0 minutes**

**EVENT #55 SENIOR BRONZE & UP CREATIVE:** Competitors must have passed the complete Senior Bronze Freeskate Test or higher.  
**Skating Time: 1.5 minutes**

**2009 YUKON GOLD NUGGET INTERCLUB COMPETITION**  
**December 4<sup>th</sup> & 5th, 2009**      **Whitehorse, Yukon**  
**Skate Canada Sanctioned**

**PLEASE COMPLETE ONE ENTRY FORM PER EVENT**

**Closing date of entry is October 26, 2009. Make cheques payable to Interclub Committee.** Your cancelled cheque is your receipt. Mail or deliver application and entry fee to the Registrar:

**Val Neufeld**  
**31 Emerald Trail**  
**Whitehorse, YT Y1A 6B3**  
**e-mail: [val@northwestel.net](mailto:val@northwestel.net)**

Entry Fee:	CanSkate and Special Olympic events	\$ 20.00
	All two-part events	\$ 30.00 (FreeSkate/Elements)
	All Competitive events	\$ 30.00
	Interpretive and Creative events	\$ 20.00

**NOTE: NO REFUNDS WILL BE GIVEN AFTER THE CLOSING DATE OF ENTRIES OF THE COMPETITION FOR ANY REASON WHATSOEVER – SC RULE 7000 B 1.5 (2).**

NAME \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

SC# (10 numbers please) \_\_\_\_\_ HOME CLUB \_\_\_\_\_

ARE YOU SKATING UP? YES \_\_\_\_\_ NO \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ (mm/dd/yy)

ARE YOU A REGISTERED SPECIAL OLYMPICS ATHLETE? \_\_\_\_\_ YES \_\_\_\_\_ NO

EVENT NAME \_\_\_\_\_ EVENT# \_\_\_\_\_

AGE: \_\_\_\_\_ As of Oct 26/09 (July 1/09 for Competitive Events) EMAIL: \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROV/TERR \_\_\_\_\_ POSTAL CODE \_\_\_\_\_ TEL \_\_\_\_\_

COACH \_\_\_\_\_ TEL \_\_\_\_\_

HIGHEST TEST PASSED: Freeskate Test \_\_\_\_\_

Competitive Test \_\_\_\_\_ Interpretive Test \_\_\_\_\_

TITLE OF INTERPRETIVE PROGRAM \_\_\_\_\_ PROGRAM TIME \_\_\_\_\_

**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.

DATED: \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF TEST CHAIRMAN

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN