

**2010 LYNN HETHERINGTON MEMORIAL COMPETITION
(STARSkate Qualifying)**

BC/YT SECTION

Please check this announcement carefully and enter events accordingly

Please print (in black ink) all information on entry forms and complete all blanks

This competition is sanctioned by Skate Canada and shall be conducted in accordance with current Skate Canada rules except where modified in this announcement.

- Open to Vancouver Island Region home club skaters only except Special Olympic Events which are open to all skaters from British Columbia.

DATE: January 29, 30 & 31, 2010

HOST CLUB: Fuller Lake Skating Club

CHAIRPERSON:

Luisa Shillingford 401 Ashwell Place Ladysmith, B.C. V9G 1W8 Phone 250-245-1415 E-mail cleve@telus.net	Connie Buckner 3217 Cook Street Chemainus, B.C. V0R 1K2 Phone 250-246-4326 E-mail mbuckner@shaw.ca
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VENUE: Fuller Lake Arena
2876 Fuller Lake Road, Chemainus, B.C.

REGISTRATION: Registration will commence at least one hour prior to the first scheduled event of each day. The registration desk will remain open for the duration of each day's events and, where possible, competitors are encouraged to register a minimum of one hour prior to their first event.

NOTE: **Scheduling times may fluctuate and competitors should be aware that events COULD BEGIN UP TO ONE HALF HOUR BEFORE those posted on the official bulletin board. A schedule of events will be provided to participating clubs as soon as it is available.**

REGISTRATION VENUE: Downstairs Warm Room

MUSIC REGISTRATION: **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 2 CDs for the competition upon registration. One for competition marked "Master" and one for backup marked "Copy".

Standard Specifications for Cassettes and CDs

- Only one (1) program shall be recorded on each CD.
- The start of the music shall be recorded on the 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.
- 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 CDs but will take every precaution to safeguard them.

ICE SURFACE: 85' x 210'

PRACTICE ICE: NO OFFICIAL ICE

Upon registration, competitors are not permitted to skate on any ice surface other than the official practice ice (if held) or competition ice as is scheduled for the event. This rule takes effect as soon as a skater has registered for any Pacific STARSkate Qualifying event. Therefore, a registered skater competing in more than one event may not practice for the subsequent event even if they have not yet registered for the second event.

EVENT MARKING: All events will be CLOSED marking
Note: CPC will be used for all Competitive Events

ADMISSION: Admission by donation

ENTRIES:

1. All entries **must** be completed in triplicate and in the hands of the competition registrar **BEFORE MIDNIGHT** of Friday, **December 18, 2009** (closing date of entries).
2. Should there be only one entry in any non-qualifying event, the competitor **may** choose to be evaluated by one judge, skate up one level or withdraw and the entry fee will be refunded. If there is a last minute withdrawal in an event that had only 2 entries, the same options apply for the remaining skater. 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.
3. **NO COLLECT** telephone calls will be accepted.
4. Late entries may be accepted only at the discretion of the competition committee. If accepted, late entries will be charged a **DOUBLE REGISTRATION FEE. NOTE: A \$20.00 processing fee will be assessed for each entry if contact with the Test Chairperson is required to clarify incomplete/incorrect registration forms (including missing Planned Program Forms.**
5. For pair and dance events, both competitors **must** complete separate entry forms in triplicate.
6. Skaters may enter only one event in each discipline of singles, pairs, dance, interpretive. Local Organizing Committee events may also be entered as added events in any discipline. Skaters choosing to enter more than one event do so with the understanding that there may be scheduling conflicts that are unable to be resolved.
7. **EVENT COMPOSITION:** In normal circumstances, each category at the competition must be held for women and men separately. It is permissible for events that do not progress skaters on to a subsequent level of STARSkate Interclub competition to combine events as follows:
 - a) Combine two or more categories in the same event when each category has fewer than three entries.
 - b) Combine two or more categories in the same event when one category has insufficient entries to hold the event.

The decision to combine events is at the discretion of the Technical Representative/Chief Referee 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. Note that in BC/YT Section competitions, men and women will compete against one another in Interpretive events.
8. Competitors may skate up one category higher than they are qualified in non-qualifying events; exception the Team of 4 event. **Skaters may skate up in the qualifying freeskate events.** Skating up is not permitted in the Triathlon, Biathlon and Interpretive events. Please be sure to note on the entry form if moving up.
9. **Entry fees shall be refunded only if the competition/event is not held or if the entry is withdrawn before the closing date of entry. 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).**
10. All STARSkate and Competitive entries will be accepted (if submitted on time). If entries need to be limited (time constraints), this will be done in the Local Organizing Committee Events.
11. **Club protocols must be pre-ordered.** See the form at the back of this announcement.

AGE QUALIFICATIONS:

STARSkate - **Non-Qualifying events** - Closing date of entry Friday, December 18, 2009
 - **Qualifying events** - December 15, 2009

Competitive - July 1, 2009

TEST QUALIFICATIONS:

STARSkate - **Non-Qualifying events** - Tests passed shall be as of closing date of entry Friday,
 December 18, 2009
 - **Qualifying events** - December 15, 2009

Competitive - December 15, 2009

Eligibility for entries is governed by tests passed and/or age restriction as shown in the BC/YT Technical Package which is posted on the Technical page of the Skating In BC website: www.skatinginbc.com and on your club bulletin board.

ENTRY FEES:

Triathlon	-	Bronze, Silver & Gold	\$100.00
Biathlon	-	Bronze Dance, Silver Dance & Gold Dance	\$90.00
Freeskate	-	Elementary, Pre-Preliminary & Preliminary	\$50.00
	-	Junior Bronze, Pre-Juvenile, Juvenile, Senior Bronze, Junior Silver, Senior Silver and Gold	\$60.00
Pair (per couple)	-	Introductory & Open	\$60.00
Dance (per couple)	-	Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver, Gold & Diamond	\$60.00
Interpretive	-	Pre-Introductory, Introductory, Bronze, Silver, & Gold	\$60.00
Other Events	-	Special Olympic events	\$35.00
	-	CanSkate Solo	\$35.00
	-	Pre-Preliminary Dance	\$60.00
	-	Team of Four	\$60.00

HOST CLUB PLEASE NOTE: A portion of each entry fee is distributed as follows:

- \$1.00 per skater goes to the BC/YT Section Judges Committee (make cheque payable to the BC/YT Section and mail to the Section Office)
- \$2.00 per skater goes to the V.I. Region (payable to the V.I. Region and mail to the V.I. Region Treasurer)

NOTE: ALL ENTRY FEES MUST ACCOMPANY THE ENTRY FORMS. Please fill out a separate entry form for each event entered (in **triplicate**). Please make cheque or money order payable to your **Home Club** and submit to your Test/Competitions Chairperson who will forward the entry forms **BY COURIER** (not by regular mail) in **triplicate** along with the **CLUB CHEQUE** (in Canadian funds) made payable to the Fuller Lake Skating Club to:

Registrar: Luisa Shillingford Phone 250-245-1415
 401 Ashwell Place
 Ladysmith, B.C. V9G 1W8 E-mail cleve@telus.net

MARK COURIER ENVELOPE: "NO SIGNATURE REQUIRED"

NOTE:

1. Should entries in any non-qualifying event be exceedingly large, the event may be divided into smaller groups drawn by lot, which may also be drawn by computer.
2. To balance group sizes in the non-qualifying events, the Elementary and Pre-Preliminary Singles events will be broken into groups according to age. Pre-Introductory Interpretive skaters may be divided and grouped according to freeskate test level and then, if required, by age. Each resulting group shall be considered a final event.
3. In events where there is more than one group, ribbons will be presented to all skaters advancing to the finals.
4. 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 Skate Canada Rules.
5. **COSTUMING** The clothing for all competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Accessories and props are not permitted.
6. **AWARDS** Medals will be presented to First, Second and Third place finishers in final events. Medallions will be presented to Fourth, Fifth and Sixth place finishers in the following events: CanSkate Solo and Special Olympic events.
7. A tentative schedule of events will be e-mailed to each club with confirmation of entries. There will be an official bulletin board at the arena listing the starting time of all events. This schedule will supersede all other schedules. The posting of notices on this board will be considered sufficient notification upon registration.
8. **ARTISTIC AWARDS:** This will be organized by the Host Club Coaches. Where there are groups, judging of the Artistic Awards will be done in the preliminary rounds, not in the final events or technical programs.
9. **Ernest Fisher Plaque**
There will be a team award for the club accumulating the most points awarded. Points are not awarded for the synchronized skating events.
Point scoring: First place - 3 Second place - 2 Third place - 1
Note: In events where there are three or less competitors, points will be awarded as follows:
 First place - 2 Second place - 1 Third place - 0
10. Persons wishing to take photographs of on ice performances are reminded that use of flash cameras is forbidden. The use of video cameras must be restricted to areas that do not hamper the skaters or the judges. **PLEASE NOTE:** you may only take pictures or videos of your own skater.
11. **ATTENTION ALL COACHES:** It is now 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 will be issued by showing current Skate Canada membership and First Aid information for \$25.00 per day (payable to the V.I. Region Coaches Committee).
12. The host club will rope off an area at ice level for the accredited coaches.
13. Parents are not allowed in the dressing rooms. The competition host club should provide a “common area” where parents can be with their skaters before they compete.

SINGLES WARM UP TIMES WILL BE AS FOLLOWS:

Elementary, Pre-Preliminary	3 minutes
Preliminary, Junior Bronze & Senior Bronze	4 minutes
Junior Silver, Senior Silver & Gold	5 minutes
Pre-Juvenile	5 minutes
Juvenile	6 minutes
STARskate Pairs	3 minutes
Interpretive events	3 minutes
CanSkate Solo	3 minutes
Special Olympic	6 minutes

All dance events will be governed by Skate Canada Rules.

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.

IMPORTANT INFORMATION RE: REGION STARSkate CHAMPIONSHIPS

1. Skaters may skate up in the qualifying freeskate events (and the non-qualifying events). Skating up is not permitted in the Triathlon, Biathlon and Interpretive events.
2. Skaters entering the Triathlon categories may not enter individual freeskate or interpretive categories (as per the chart below).
3. **NEW:** Skaters may enter all events for which they qualify. Category quotas will be filled to the maximum with alternates, should places become available.
4. Upon registration, competitors are not permitted to skate on any ice surface other than the official practice ice (if held) or competition ice as is scheduled for the event. This rule takes effect as soon as a skater has registered for any Pacific STARSkate Qualifying event. Therefore, a registered skater competing in more than one event may not practice for the subsequent event even if they have not yet registered for the second event.
5. Tests passed as of December 15, 2009 shall qualify the competitor for each event.
6. Age restrictions, if any, shall be as of December 15, 2009 for STARSkate events. For Pre-Juvenile and Juvenile freeskate events the age shall be as of July 1, 2009.
7. **COMPETITIVE SKATERS:** Skaters registered* to compete in any event at the Novice or higher level at a Sectional or Sectional qualifying competition, do not qualify to compete in the STARSkate Championships in any category at any level. Skaters registered to compete in the Pre-Novice level at a Sectional or Sectional qualifying competition may register to compete in event categories at the STARSkate qualifying other than those competed in at a Sectional or Sectional qualifying competition. Please see the table below for the qualifications for entry.

Competitive Category (competed in at Sectionals or Sectional qualifying event)	Events that may be competed in at the Pacific Skate STARSkate Championships
Novice and higher in Singles, Pairs and Dance	No events
Juvenile/Pre-Novice Competitive Dance	Freeskate, Pairs, Interpretive, Triathlon
Pre-Juvenile/Juvenile/Pre-Novice Competitive Singles	Pairs, Dance, Interpretive, Biathlon
Juvenile/Pre-Novice Competitive Pairs	Freeskate, Dance, Interpretive, Biathlon, Triathlon
Competitive Synchronized Skater	All events

6. **COMPETITIVE SINGLES TEST EQUIVALENCIES IN THE STARSkate PROGRAM:**
As regulation 4000-E-3.1 states, skaters passing freeskating tests in the competitive test system are granted equivalencies for regular freeskating tests as follows:
 - Juvenile Competitive Singles Test = Senior Bronze Freeskating Test
 - Pre-Novice Competitive Singles Test = Junior Silver Freeskating Test
 - Novice Competitive Singles Test = Senior Silver Freeskating Test
 - Junior Competitive Singles Test = Gold Freeskating Test

Skaters who have passed any of the competitive test equivalencies must enter the STARSkate Championships at the level corresponding to their highest STARSkate test passed or at the level which they received the equivalency in the STARSkate Program, whichever is higher.
7. With the exception of Triathlon, Biathlon and Gold events, the winners of events at the Pacific STARSkate Championships may not enter the same event in subsequent seasons. They must advance to a higher test category regardless of age.
8. Should entries in qualifying events be exceedingly large, the event will be divided into smaller groups, grouped by random draw, and the competitors shall skate an elimination round(s). All

events that qualify a competitor to the Section STARSSkate Championships will have a final round.

9. All skaters must qualify through their Region in order to proceed to the BC/YT Section Pacific STARSSkate Championships. **Elementary, Pre-Preliminary, Pre-Introductory Interpretive and Introductory Pairs** events are **non-qualifying** STARSSkate events and skaters entered in these events will not advance to the Section STARSSkate Championships. Elementary and Pre-Preliminary groups will be determined by the number of entries and divided by age, if necessary, by the Chief Referee, Chief Data Specialist or the Local Organizing Committee. If entries are large in the Pre-Introductory Interpretive Event, skaters may be divided and grouped according to freeskate test level and then by age. Each resulting group shall be considered a final event.
10. In events that progress skaters on to a subsequent competition (**Preliminary & up**) or when a final round is held, skaters in the same category must be divided and grouped by random draw.
11. The number of skaters qualifying from each Region for the Pacific STARSSkate Championships are as follows:
 - NEW** - Pre-Juvenile and Juvenile FreeSkate – 4 per Region to a maximum of 20
 - NEW** - Preliminary to Gold FreeSkate – 4 per Region to a maximum of 20
 - All Interpretive events – 3 per Region to a maximum of 15
 - Triathlon – 3 per Region to a maximum of 15
 - **All male skaters competing in freeskate and triathlon events will qualify for Pacific Skate.**
12. Where there are only the minimum eligible entries or less allotted in the Region STARSSkate events, skaters must skate in order to qualify to advance to the Section STARSSkate Championships.
13. In the event of only one entry in any of the categories, the skater(s) may apply to the Region Executive Board for a “Bye” directly to the BC/YT Section Pacific STARSSkate Championships.
14. **ENTRY FORMS FOR BC/YT SECTION PACIFIC STARSSkate CHAMPIONSHIPS**
 - **SKATERS WHO QUALIFY FOR THE BC/YT SECTION PACIFIC STARSSkate CHAMPIONSHIPS, PLEASE LOOK FOR NOTICES POSTED IN THE ARENA FOR THE TIME AND PLACE TO MEET WITH YOUR TEAM LEADER RE THE FILING OF ENTRIES AND OTHER INFORMATION.**
 - For further information regarding the BC/YT Section Pacific STARSSkate Championships, please contact:

BC/YT Section, Skate Canada #2 – 6501 Sprott Street Burnaby, B.C. V5B 3B8 Phone 604-205-6960 Fax 604-205-6962 E-mail bcytsection@attglobal.net	or	YOUR TEAM LEADER Debbie Murphy R.R. #1, 2369 Larson Road Shawnigan Lake, B.C. V0R 2W0 Phone 250-743-5476 E-mail dmurphy@golffbc.com
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For event requirements and specifications, please refer to the 2009-2010 BC/YT Section Technical Packages for STARSkate which are posted on the Technical page of the Skating in BC website: www.skatinginbc.com and on your club bulletin board.

- **Planned Program Sheets** must be submitted with entry.

Stream	Category	Disciplines
COMPETITIVE	Pre-Juvenile	Women, Men
	Juvenile	Women, Men
STARSkate	Elementary	Women, Men
	Pre-Preliminary	Women, Men
	Preliminary	Women (10 and under), Women (11 and over), Men, Dance
	Junior Bronze	Women (12 and under), Women (13 and over), Men, Dance
	Senior Bronze	Women, Men, Dance
	Junior Silver	Women, Men, Dance
	Senior Silver	Women, Men, Dance
	Gold	Women, Men, Dance
	Diamond	Dance
	Pre-Introductory	Interpretive
	Introductory	Pair, Interpretive
	Bronze	Interpretive, Dance Biathlon, Triathlon (Women and Men)
	Silver	Interpretive, Dance Biathlon, Triathlon (Women and Men)
	Gold	Interpretive, Dance Biathlon, Triathlon (Women and Men)
Open	Pair	

SPECIAL OLYMPICS EVENTS

(Open to all British Columbia skaters)

Article XII **Figure Skating**

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.

Section A **Official Events**

Special Olympics offers three (3) official figure skating events: Singles Competition, Pairs Skating and Ice Dancing.

1. Singles Competitions (Singles Level 1-6)
2. Pairs Skating (Pairs Level 1-3)
3. Ice Dancing (Level 1 - 4)

Singles events Level 1 – 3 are comprised of elements in isolation and a freeskate program.
 Singles events Level 4 – 6 are comprised of a technical program (no music) and a freeskate program.
 Pairs events Levels 1 – 3 are comprised of a technical program (no music) and a freeskate program.
 Ice Dance (Solo and Couples) events are comprised of two dances as determined by the competitive schedule.

Section B **Rules of Competition**

1. Singles Competition

Elements in Isolation Protocol – Levels 1 – 3

After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements.

Performance of Elements

- Coaches are allowed to stand with the Referee and assist as needed while their skater is performing their elements (if an athlete starts an element on the wrong foot, they can be stopped and asked to start on the right foot)
- Skaters may come to the referee/coach between elements but may not go back to the warm-up area.

Level 1

Eligibility: A Skater competing in Level 1 must be working on Can Skate Stage 2 and/or Stage 3.

Level 1 Elements in Isolation

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

- Forward skating across the width of the ice surface using alternating feet
- Forward glide on one foot (left or right)
- Forward half snowplow to a stop – (right or left foot)
- Backward skating any form – equivalent to ½ the width of the ice surface

Level 1 Freeskate Program

The freeskate program will not exceed a time limit of one minute plus or minus 10 seconds. The music will be instrumental.

The program must be well balanced and include:

- Four (4) out of Six (6) Can Skate fundamental movements from Stage 1 through Stage 3
- Maximum of 2 jumps
- Maximum of 2 spins
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

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.

Level 2

Eligibility: A Skater competing in Level 2 must working on Can Skate Stage 4 and/or Stage 5.

Level 2 Elements in Isolation

Skaters shall skate all elements of either option one or two in isolation. The elements must be performed in the order as listed. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements. The option will be drawn for the group.

Option 1

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

Option 2

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

Level 2 Freeski Program

The Level 2 Freeski program will not exceed a time limit of 1 minute 30 seconds plus or minus 10 seconds. The music will be instrumental.

The program must be well balanced and include

- Fundamental Movements from Can Skate Stage 1 through 5
- **Must** include 4 of 6 Fundamental Movements from Can Skate Stage 4 and 5.
- Choice of Challenge skills from Stages 1 through 3 may also be included.
- Maximum of 3 jumps
- Maximum of 2 spins (starting only from a front entry)
- 1 jump sequence or combination can be included and will be counted as one of the allowable jumps Variations on the forward spiral are allowed
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

Note:

- A two (2) foot jump back and forth with no step in between would be considered a combination jump (1 element), if a step is put in between it would be considered two (2) jumps.
- (single Bunny Hop is a jump, Bunny Hop – Bunny Hop is considered a combination jump)

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.

Level 3

Eligibility: A Skater competing in Level 3 must be working on Can Skate Stage 6 and/or Stage 7

Level 3 Elements in Isolation

Skaters shall skate all elements of either option one or two in isolation. The elements must be performed in the order as listed. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements. The option will be drawn for the group.

Option 1

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

Option 2

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

Preliminary Circles

Preliminary Circles start with crossovers. If a skater uses pushes not crossovers this would be considered incorrect performance of the element and a penalty would occur.

Level 3 Freeski Program

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

The program must be well balanced and include

- Fundamental Movements from Can Skate Stages 1 through 7
- Must include 4 out of the 6 Fundamental Movements from Can Skate Stages 6 and 7
- Choice of Challenge skills from Stages 1 through 5
- Maximum of 5 jump elements which may include one combination or sequence
- Maximum of 2 spins
- 1 step sequence
- Variations on the backward spiral are allowed
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

Note:

- A two (2) foot jump back and forth with no step in between would be considered a combination jump (1 element), if a step is put in between it would be considered two (2) jumps.
- (single Bunny Hop is a jump, Bunny Hop – Bunny Hop is considered a combination jump)

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.

Level 4

Eligibility: A Skater competing in Level 4 must be working on Skate Canada Preliminary Freeskate.

Level 4 Technical Program

The technical program shall be 1 minute 30 seconds in length and include the following. The elements may be completed in any order. No music shall be used.

- Stroking forwards half perimeter and stroking backwards half perimeter of ice direction optional (patterns from the Preliminary Freeskate Test)
- Loop Jump
- Sit spin
- Straight line step sequence that includes 3 turns and mohawks

There will be no points awarded for elements performed after the 1 minute 30 seconds time limit.

Level 4 Freeskate Program

The Level 4 Freeskate program will not exceed 2 minutes plus or minus 10 seconds. The music must be instrumental.

The program must be well balanced and include:

- Preliminary Freeskate Test Elements
- Maximum of 6 jumps elements including 1 jump combination and 1 jump sequence Maximum 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
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.
- **Note:** (Bunny Hop is considered a connecting step)

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

Level 5

Eligibility: A Skater competing in Level 5 must be able to complete the skills required for the Skate Canada Preliminary Freeskate Test and be working on the skills for the Junior Bronze test.

Level 5 Technical Program

The technical program shall be 1 minute 30 seconds in length and include the following. No music shall be used.

- 1/2 perimeter Forward Outside edge connected in any manner to 1/2 the perimeter Backward outside edges (Jr. Bronze Stoking)
- Step sequence – back 3 turns, backward or forward change of edge 3 turns (straight, circle or serpentine)
- Lutz Jump
- Combination camel/sit spin

Level 5 Freeskate Program

The Level 5 Freeskate program will not exceed 2 minutes 30 seconds plus or minus 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
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

- **Note:** (Bunny Hop is considered a connecting step)

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

Level 6

Eligibility: A Skater competing in Level 6 must be working on the skills required for the Skate Canada Senior Bronze Freeskate test or higher.

Level 6 Technical Program

The technical program shall be no longer than 2 minutes 15 seconds in length and include the following. No music shall be used.

- Flying spin
- Forward Russian stroking
- 2 step sequences (one must include brackets) 2 different patterns
- Axel Jump
- 1 jump combination of 2 jumps of 1 rotation
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

No points will be awarded for elements done outside the 2 minute 15 seconds time limit.

Level 6 Freeskate Program

The Level 6 Freeskate program will not exceed 3 minutes plus or minus 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

Note: (Bunny Hop is considered a connecting step)

2. Pairs Competition

The pair team shall consist of 2 Special Olympics athletes, one male and one female.

Level 1

Eligibility: Each pair member must be in Level 2 Freeskate

Level 1 Technical Program

1. Skaters start at point designated by referee.
2. Skaters begin when so instructed by the referee.
3. Compulsory Pairs Level 1 will be skated as a continuous move. Skaters have a maximum of 1 minute, 30 seconds to perform without music, using the following skills. Beginning in the hockey goal crease at the end of the rink, the couple will skate hand in hand forward stroking to the middle of the rink, skate into a forward crossover figure eight pattern (one sequence clockwise and counter clockwise) than continue forward stroking to the other end of the rink and at the goal crease execute a stop than a side by side two foot spin.
4. Skaters will skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.

Level 1 Pairs Freeskate Program

The Level 1 Pairs Freeskate program will not exceed 1 minute 30 seconds plus or minus 10 seconds. The music will be instrumental.

The program must include 8 of the following 10 elements:

- Forward stroking in unison, hand in hand
- Forward crossovers in unison, hand in hand - clockwise
- Forward crossovers in unison, hand in hand - counterclockwise
- Synchronized two foot spin
- Side by side forward pivot Pair spin, position optional
- Pair spiral, position optional
- Synchronized bunny hop, hand in hand
- Straight line step sequence
- Backward stroking, hand in hand
- Stationary lift (not above the man's shoulders)

Level 2

Eligibility: One pair member must be in Level 3 or Level 4 Freeskate.

Level 2 Technical Program

1. Skaters may start at any point on the ice surface.
2. Skaters begin when so instructed by the referee.
3. Skaters have a maximum of 1 minute 30 seconds to perform without music, using the following skills. The skills may be done in any order, but no additional skills may be added. No points will be given for any added elements. Required skills: backward crossovers in a figure eight pattern (one sequence clockwise and one sequence counter clockwise) Side by side waltz jumps, Pair spin – position optional, minimum of two revolutions, step sequence (pattern optional) straight line, circular or serpentine.
4. Skaters skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.

Level 2 Freeskate Program

The Level 2 Pairs Freeskate Program will not exceed 2 minutes plus or minus 10 seconds. The music must be instrumental.

The program must include 8 of the following 10 elements:

- Backward crossovers, position optional - clockwise
- Backward crossovers, position optional - counterclockwise
- Lunge in a holding position (position optional)
- Spirals in a holding position (position optional)
- Bunny Hop Lift
- Lift limited to 1 ½ turns by the man and 2 turns by the lady - no full extension of the man's arms
- Step Sequence (pattern optional – minimum of 8 steps) straight line, circular, serpentine
- Synchronized Jump (jump optional)
- One foot synchronized spin, 3 rotations
- 1 foot Pair Spin, position optional, 3 rotations
- No overhead lifts that require full extension of both of the man's arms
- No death spiral
- No throws

Level 3

Eligibility: One pair member must be in Level 5 or higher.

Level 3 Technical Program

The Level 3 Pairs Technical Program will not exceed 2 minutes. The program will be skated without music.

1. Skaters may start at any point on the ice surface.
2. Skaters begin when so instructed by the referee.
3. Skaters have a maximum of two minutes to perform without music, using the following skills. The skills may be done in any order, but no additional skills may be added. No points will be given for any added elements. Required skills: a side by side flip jump, side by side sit spin, shadow stroking (Russian) reverse sides, step sequence, field moves sequence (minimum 2 positions per partner)
4. Skaters skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.

Level 3 Freeskate Program

The Level 3 Pairs Freeskate Program will not exceed 2 minutes 30 seconds plus or minus 10 seconds. The music must be instrumental.

The program must include the following elements:

- 1 pair spin
- 1 solo spin
- 1 solo jump
- 1 step sequence
- 1 lift
- 1 throw jump
- 1 death spiral (modified)

3. Dance

Each of the Levels of Dance has a specific requirement that must be met.

Level 1 - skater(s) must not have the skills required to pass the Skate Canada Preliminary Dances.

Level 2- skater(s) may have the skills required to pass the Skate Canada Preliminary Dances but no higher.

Level 3 - skater(s) may have the skills required to pass the Skate Canada Senior Bronze Dances but no higher.

Level 4 - skater(s) may have the skills required to pass the Skate Canada Junior Silver Dances or higher.

- a) Dance team members must skate up to the level of the highest test passed by either of the two members of the team.
- b) All levels of Dance can be skated solo, as a male and female Special Olympics athlete dance team or as a similar Special Olympics athlete dance team.
- c) All Dances will be skated to music allocated by Skate Canada
- d) Introduction may include a maximum of 7 steps.
- e) Each solo or team will be required to perform both dances listed for their Level at all competitions.
- f) All dances will be two (2) sequences (patterns), except the swing which will be one (1) sequence (pattern). This is one full rotation of the ice for each dance.
- g) First and second round dance Level 1 – 4, will receive a technical and presentation mark.

Rotation of Dances

<u>Level</u>	<u>2009 – 2012</u>	<u>2013 - 2016</u>
Level 1	Canasta Tango & Baby Blues	Baby Blues & Dutch Waltz
Level 2	Fiesta & Willow Waltz	Willow Waltz & Swing
Level 3	Fourteen Step & European	European & Ten Fox
Level 4	Tango & Rocker	Rocker & American

SECTION F Advancing To the Next Level of Competition

- 1) If a skater /team meets the following criteria they are required to advance to the next level of competition for any Canadian event (local, regional, provincial or National):
 - competed and won against at least one (1) other athlete / team at Special Olympics Canada National Games
 - won their event at Special Olympics Canada National Games
- 2) If a skater /team becomes the National Champion by competing in a category in which they are the sole competitor at a National Games they have the option of remaining in the same level for further Canadian competition. It will be up to the discretion of the coach to put enter the athlete in the appropriate category.
- 3) If a member of a National gold medal winning pair / dance team returns to competition with a new partner, they are still required to move up a level.
- 4) If a singles skater is in a Level that is divided into different ability groups only the gold medal winner of the highest ability level must move up.

SECTION G Divisioning

1. Flights
If there are more than eight (8) skaters in a Level divisioning must take place. If there are less than eight (8) skaters they will all skate in the same flight.
2. Divisioning Process
 - a) Athletes will be divided into two (2) or more warm-up groups. (minimum of 3, maximum of 8 skaters per group)
 - b) Group 1 skates and is marked
 - c) Group 2 skates and is marked
 - d) The two groups' marks are combined and are divisioned into flights of no less than three (3) and no more than eight (8) skaters using the mark spread as criteria for flight placement.
 - e) Skaters will be divided into flights after a freeskate divisioning round. The marks from the divisioning round will not count towards the final standings.
 - f) The competition for final standing will consist of elements and freeskate. The marks for each will be combined to determine the final standings.

SECTION H Scoring

1. Total Score Qualifications
 - a) Skaters must skate both Elements in Isolation/Technical and Freeskate programs to qualify for a total score in the final rounds.
 - b) Ice dancing competitors must skate both dances to qualify for a total score in both preliminary and final rounds.
2. Skaters must skate both preliminary (when needed) and final rounds to qualify in the official competition.
3. In all Special Olympics Figure skating competitions the judges' marks will be valued in the following manner:
 - a. Singles Free Style Competition.
 - 1) Elements in Isolation/Technical Program - 33.3 percent (33.3%)
 - 2) Freeskate Program - 66.7 percent (66.7%)
 - Levels 1 – 3 will receive a technical mark only for the elements portion of the competition.
 - Level 4 – 6 will receive both a technical and presentation mark for the element portion of the competition.
 - b. Pair Skating
 - 1) Technical Program - 33.3 percent (33.3%)
 - 2) Freeskate Program - 66.7 percent (66.7%)
 - c. Ice Dancing
 - 1) Dance 1 – 50 percent (50%)
 - 2) Dance 2 – 50 percent (50%)
4. Field Moves:
Field Moves are awarded marks for presentation only unless they are listed as a required element in which case they will receive a technical mark.

5. Deductions:

- a. A deduction of .2 will occur when a skater adds an illegal move to their program. An illegal move would be an element that is not allowed at the level they are competing in. i.e. a Level 2 skater skates an element from Level 3.
- b. A .2 deduction will occur for each additional element a skater adds to their program over the allowed number of elements.

All events will be judged according to Skate Canada protocol.

SECTION I
Practice & Warm-up

1. Practice Ice

- a) Coaches will be allowed on the ice during practice.
- b) Practice sessions will be by level not Chapter.

2. Warm-ups

- a) Coaches can be no more than an arms length away from the boards during warm-ups for elements.
- b) Levels 1 – 3 will have a rotational warm-up.
- c) Levels 4 – 6 the skaters will be on the ice at the same time (maximum 8 skaters).

LOCAL ORGANIZING COMMITTEE EVENTS

CanSkate SOLO

- 1 minute solo (+ or – 10 seconds)
- Vocal music allowed
- Skaters must still be working on CanSkate badges. They **must not** have taken **any** STARSkate tests.
- Grouped by birthdate
- Maximum of 6 skaters in a group
- Jump restricted to below loop jump – therefore NO loop jump
- **No credit will be given if loop jump (or higher) is attempted. In addition, a deduction of .01 will be taken in the first mark for each forbidden jump**

PRE-PRELIMINARY DANCE

TEST: Each partner **must not** have passed the complete Preliminary Dance Test

SPECIFICATIONS FOR EVENT:

- Dutch Waltz
- Baby Blues

TEAM OF FOUR EVENT – Must have team name

This event is for teams of four (4) skaters. The team must skate at the highest level of test achieved by any member of the team. Each team member will execute one of the required elements from the list of elements and will have one chance to execute that element. Each team will decide among themselves which element each team member will perform and their skating order. Connecting steps preceding each element are permitted. No change of foot or turn is allowed between two jumps of a jump combination. Marks will be given for technical merit and presentation. The team will be permitted a one minute warm up. The Referee will signal when the warm up is over. Each team then will have 2.5 minutes to execute their routine. Substitution of team members may be made by notifying the Registrar. The teams can be mixed, i.e. men and Women together. Team can be made up of skaters from more than one Club. The event will be conducted on ½ of the ice surface.

If entries are exceedingly large, the event will be divided (by random draw) into smaller groups.

PRE-PRELIMINARY

TEST: Open to skaters who have passed no freeskate test.

SPECIFICATIONS FOR EVENT:

The four elements are:

1. One foot spin
2. Salchow/Toe Loop combination
3. Footwork into a Toe Loop
4. Forward spiral on a curve – edge optional

PRELIMINARY

TEST: Open to skaters who have passed no higher than their Preliminary Freeskate Test.

SPECIFICATIONS FOR EVENT:

The four elements are:

1. Back one foot spin
2. Camel sit spin
3. Footwork into a Flip
4. Forward spiral to backward spiral – same foot – edge optional

BRONZE

TEST: Open to skaters who have passed no higher than their Junior Bronze Freeskate Test.

SPECIFICATIONS FOR EVENT:

The four elements are:

1. Camel sit spin
2. Lutz
3. Footwork into an Axel
4. Forward inside spiral to backward outside spiral (foot change optional) ending with back pivot

SILVER

TEST: Open to skaters who have passed no higher than the Senior Bronze Freeskate Test.

SPECIFICATIONS FOR EVENT:

The four elements are:

1. Axel with single or double Toe Loop
2. Spin combination – Camel/Layback spin
3. Footwork into a Double Salchow
4. 2 field moves ending with any pivot

GOLD

TEST: Open to skaters who have passed the Junior Silver Freeskate Test or higher.

SPECIFICATIONS FOR EVENT:

The four elements are:

1. Combination spin – 3 positions and one change of foot
2. Double Loop
3. Footwork into a Split/Double Toe
4. Sequence of 3 field moves – one move must be an outside edge Spread Eagle or an Ina Bauer