



**2010 POWER SMART MANITOBA WINTER GAMES
FIGURE SKATING
TECHNICAL PACKAGE**

CATEGORIES / AGE

There will be six separate singles categories.

Competitive Women Level I:	Open to skaters 12 years of age and under but not younger than 10 years of age as of July 1, 2009
Competitive Women Level II:	Open to skaters 17 years of age and under but not younger than 10 years of age as of July 1, 2009
STARSkate Women:	Open to skaters 11 to 16 years of age as of Oct 1, 2009
Combined Men:	Open to skaters 10 to 17 years of age as of Oct 1, 2009
Special Olympics Levels 1, 2 & 3:	Women & Men - no age limit

ELIGIBILITY

Participants must meet eligibility rules as outlined in the [General Rules of the 2010 Power Smart Manitoba Games](#)

AND

Open to all eligible STARSkate and Competitive skaters. Skaters must be registered members of Skate Canada.

Competitive Women Level I:	Open to all skaters meeting the applicable age requirement. Skaters must have passed a minimum the Jr. Bronze test and have competed at the 2010 BMO Skate Canada Manitoba Sectional Championships in either the Pre-Juvenile or Juvenile Category
Competitive Women Level II:	Open to all skaters meeting the applicable age requirements. Skaters must have passed a minimum of the Pre-Novice Competitive Singles Test or higher and have competed at the 2010 BMO Skate Canada Sectional Manitoba Championships in either the Pre-Novice or Novice category.
STARSkate Women:	Open to all skaters meeting the applicable age requirement. Skaters MAY have passed a minimum of the complete Skate Canada Junior Bronze Free Skate Test but no higher complete Test as of Nov. 15, 2009.
Combined Men:	Open to all skaters meeting the applicable age requirement. Skaters MAY have passed a minimum of the complete Skate Canada Junior Bronze Free Skate Test but no higher than the Junior Silver Free Skate Test, as of Nov. 15, 2009. Skaters must not have competed in the BMO Skate Canada Sectional Manitoba Championships at a Novice qualifying level or higher in the current competitive season.
Special Olympics Level 1:	A Skater competing in Level 1 must be able to complete the skills required for Can Skate Stage 1 but no higher than Stage 3

Special Olympics Level 2: A Skater competing in Level 2 must be able to complete the skills required for CanSkate Stage 4 but no higher than Stage 5

Special Olympics Level 3: A Skater competing in Level 3 must be able to complete the skills required for CanSkate Stage 6 but no higher than Stage 7

TEAM COMPOSITION SIZE FOR PROVINCIAL FINALS

From each Region:

Singles	Competitive Women Level I	2**
	Competitive Women Level II	2**
	STARSkate Women	3
	Combined Men	3
	Special Olympics Level I Women	1
	Special Olympics Level I Men	1
	Special Olympics Level 2 Women	1
	Special Olympics Level 2 Men	1
	Special Olympics Level 3 Women	1
	Special Olympics Level 3 Men	1

TOTAL TEAM SIZE not including coaches/managers 16** (plus 4-6 "wild card spots" - see note below as a particular region team size may increase)

Coach/Manager **Total for entire event would be 35-40** (depending upon 7 or 8 "regional teams")
Will recommend each Region names one (1) Head Coach.
 (If there is a male member on the team 1 coach / manager must be a male)

PLUS

There must be one Certified Special Olympics Coach and one chaperone/team manager **if** there is a Special Olympics athlete on the Region Team. (The number of Special Olympic coaches is over and above the coach numbers listed above).

Skate Canada Manitoba's Manitoba Games Committee will work with the coaches to ensure that the 35-40 coaches maximum is not exceeded.

We will work with the Coaches to ensure that each "Region" will have an assigned Chaperone/Manager.

**The Top 2 skaters from each region will be eligible plus the next highest scores regardless of region until a maximum of 20 skaters is reached based on results from the 2010 BMO Skate Canada Sectional Manitoba Championships.

RULES AND REGULATIONS

The official rules of Skate Canada will be followed in the 2010 Manitoba Winter Games. Code of Points system of judging and accounting will be used for the Competitive Women Level I; Competitive Women Level II; **Combined Men and STARSkate Women**. The Special O events will use the 6.0 system of judging (OBO) and accounting. (Competitive Women Level I & II; **Combined Men & STARSkate Women** must complete the Planned Program Content form – sample included at the back of the Technical Package).

MUSIC

All music used must be in the public domain or covered by the performing rights societies.

Competitors, who have music composed especially for their program either wholly or in part, shall be responsible for obtaining a written release from the composer for the use of such music on radio and television or appropriate clearance from the performing rights societies.

Cassettes or 1 compact disc and 1 cassette must be handed in at the time of registration and will not be returned until after the completion of the competition concerned. Competitors are responsible for recovering their own music.

All cassettes and compact discs must be labeled with competitor's name, event and music playing time.

Standard Specifications for Cassettes & CDs

1. Only one (1) program shall be recorded on each cassette or compact disc.
2. The start of the music shall be recorded a maximum of three (3) seconds following the head leader.
3. Music shall be recorded on both left and right channels in Monaural mode simultaneously.
4. Competitors name followed by music time (not skating time) shall be clearly printed on side one of cassette or compact disc.
5. Cassette or compact disc shall be enclosed in its integral container.
6. Music recording levels shall be a maximum of 0VU and a minimum of -8VU.
7. Maximum length of cassette shall be C-60 or less.

ACCIDENTS

Skate Canada and Committee of the Host under take no responsibility for damages or injuries suffered by skaters. As condition of and in consideration of their entries in these Games, all competitors and their parents or guardians shall be deemed to agree to assume all risk of injury to the competitor's person or property resulting from or caused by or connected with the conduct and management of the competitions, and to release any and all claims they may have against the officials, Skate Canada and the committee of the host, and against their officers. Entries shall be accepted only on these conditions.

EQUIPMENT

Game Site

Ice size -no smaller than 56m x 26m (185 feet x 85 feet)
 -not larger than 61m x 30m (200 feet x 97 feet)
Ice quality -suitable for figure skating

Game Site Sound Equipment

Operated by trained officials of Skate Canada Manitoba.
Cassette player with amplifiers adequate for full volume sound.
Complete back-up system which may be provided by Skate Canada Manitoba.

Regional Games Sound Equipment

Cassette and CD player with amplifiers adequate for full volume sound.
Complete back-up system.

OFFICIALS

SINGLES EVENTS AT PROVINCIAL FINALS

6 Certified Skate Canada Judges (1 to be named as Technical Representative); 2 Technical Specialist; 1 Technical Controller.

4 Data Specialists -1 Chief Data Specialist
 -1 Data Systems Manager
 -2 Data Specialists

ANNOUNCERS AND MUSIC TECHNICIANS

Announcers and Music Technicians are required for all events including each Regional Competition and the Provincial Final. Announcers and Music Technicians at the Provincial final will be appointed by Skate Canada Manitoba. A combined total of 2 persons shall be required for the Provincial final.

COACHES

All coaches must be registered Skate Canada Coaching members in good standing.

All coaches for the Manitoba Winter Games Final must be NCCP Level 1 Certified and hold a current first aid certificate; have completed the Respect in Sport program and have completed "Making Ethical Decision" program.

All Skate Canada Coaches coaching at Regional Games or the Manitoba Winter Games Final must display a valid Skate Canada Photo ID Card during all competitions.

COMPETITION FORMAT

Singles Events Shall consist of two parts the scores for both parts will be added together for the final results.

Competitive Women Level I: Free Skating Program – The Free Program will be skated twice, (the first skate will account for 33 $\frac{1}{3}$ of the total marks and the Final skate 66 $\frac{2}{3}$ of the total marks; in the event of a tie the final skate will be the tie-breaker)

A free skating program that meets the requirements of a Juvenile Free Program for qualifying competitors.

A 2.5 minute (+ or – 10 seconds) free skating program to music. Free skating music must not contain vocals.

Competitive Women Level II: Short Program

A short program to music which shall not exceed 2 minutes, 30 seconds in duration containing the **Pre-Novice** group of elements announced by Skate Canada for the current season. The groups and requirements shall be as listed on the Members Only section of the Skate Canada website.

Free Program

A free skating program that meets the requirements of a Pre-Novice Free Program for qualifying competitors.

A free skating program to music of 3.0 minutes (+ or – 10 seconds) in duration. The composition of the free program and the requirements for a well-balanced program are available on the Members Only section of the Skate Canada website.

STARSkate Women:

Bronze Creative Skating Skill Program

A 2.0 minute (Maximum) program to music. Composition of the Bronze Creative Skills Program are on the Members Only section of the Skate Canada website.

Free Skating Program

A free skating program that meets the requirements of a **Junior Bronze** Free Program for STARSkate competitors. The composition of the free program and the requirements for a well-balanced program are:

Jump Elements :

All Elements not higher than Level 1

- Maximum **seven (7)** jump elements
- All single jumps permitted and two double jumps from up to and including 2Lo
- Must include at least one (1) Axel type jump (waltz or singleAxel)
- Maximum two (2) combinations or sequences. **Jump elements may contain no more than 2 jumps.**
- **No jump included more than twice. If repeated must be in combination or sequence.** The double jump may not be repeated.

Spin Elements

- Maximum three (3) Spin Elements
- One (1) Spin must be a flying spin
- One (1) spin must be a combination (change of foot **mandatory**)
- Third spin of any nature

Step Sequences

- Maximum one (1) step sequence **OR one (1) spiral sequence**

A 2.5 (+ or – 10 seconds) free skating program to music. Free skating music must not contain vocals.

Combined Men:

Bronze Creative Skating Skill Program

A 2.0 minute (Maximum) program to music. Composition of the Bronze Creative Skills Program are on the Members Only section of the Skate Canada website.

Free Skating Program

A free skating program that meets the requirements of a Pre-Novice Free Program or Senior Bronze Free Program.

A 2.5 or 3.0 minute (+ or – 10 seconds) free skating program to music. Free skating music must not contain vocals.

Special Olympics Level I Women and Men

Level 1 Elements in Isolation

Skaters shall skate all of the following elements in isolation. 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 left foot (skaters choice of entry)
- · Forward glide on right foot (skaters choice of entry)
- · Forward half snowplow stop - right foot
- · Forward half snowplow stop - left foot
- · Backward skating any form – equivalent to 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

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.

Special Olympics Level 2 Women and Men

Level 2 Elements in Isolation

Skaters shall skate all elements of either option one or two in isolation. 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 Freeskate Program

The Level 2 Freeskate 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
- 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.

Special Olympics Level 3 Women and Men

Level 3 Elements in Isolation

Skaters shall skate all elements of either option one or two in isolation. 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

TIE BREAKING FORMAT

Official Skate Canada accounting procedures will be followed to decide the winner.

RESOURCE INFORMATION

For further technical information contact Skate Canada Manitoba, 200 Main Street, Winnipeg, MB, R3C 4M2. Telephone 925-5709. E-mail: programcoordinator@mbskates.ca

REGIONAL TEAM SELECTION FORMAT

Competitive Women Levels I & II - Selection will be based on results of the 2010 BMO Skate Canada Sectional Manitoba Championships. **NOTE – For Novice Competitors, at the end of the competition the judges scores will be re-entered in as a Pre-Novice Program to equalize the Program Components Factoring prior to team selection.**

STARSkate Women - Selection will be based on results of a **Qualifying** event at all Regional Competitions.

Combined Men – Selection will be based on results of the 2010 BMO Skate Canada Sectional Manitoba Championships and the 2010 Regional Competitions, final selection will be done by the selection committee.

Special Olympic Athletes selection will be based on results from Regional Competition.

COMPETITIVE UNIFORM/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

PROVINCIAL TECHNICAL ADVISOR ROLES AND RESPONSIBILITIES

1. Provide sport technical knowledge to all aspects of the Manitoba Games.
2. Assist in the development and understanding of the 2010 Power Smart Manitoba Winter Games Sport Technical Package and sport schedules.
3. Meet with all Games partners as required.
4. Work with Sport Manitoba Regional staff and the Provincial Host Committee Sport Chairs to ensure successful competitions (i.e. officials, facilities etc.) at the regional and provincial level.
5. Conduct or facilitate athlete, coach and officials development clinics.
6. Be available to attend regional qualifying or team selection events, attend the Provincial Finals, participate in the coaches meeting prior to the final competition and act as the chairperson of the Sport Appeal Committee at the Provincial Finals.
7. Provide a written evaluation following the Provincial Finals.

MEDALS

Medals will be presented to the top 3 placements at the finals.

REGIONAL POINT SCORING

Sport points will be awarded as follows:

1 st place – 8 points	5 th place – 4 points
2 nd place – 7 points	6 th place – 3 points
3 rd place – 6 points	7 th place – 2 points
4 th place – 5 points	8 th place – 1 point

- Note: 1. Only the top three athlete's placements from each region will count towards Sport points.
2. Special Olympic Events are non point gathering events.

Regional points will be determined by adding the total cumulative sport points and ranking the total.

Regions for 2010 Power Smart Manitoba Winter Games

Eastman	
Interlake	
Winnipeg – Gold	(Qualifying Placements: 1 st , 3 rd , & 6 th)
Winnipeg – Blue	(Qualifying Placements: 2 nd , 4 th , & 5 th)
Central	(Pembina Valley & Central Plains)
Westman	(North Westman & South Westman)
Parkland	
Norman	

