



2010 Manitoba Open
Free Skate Competition
February 13 – 14, 2009
Beausejour, MB

Hosted by Winnipeg Region and the Beausejour Skating Club
Sun Gro Centre
Sanctioned by Skate Canada and USFSA



ANNOUNCEMENT

2010 Manitoba Open Freeskate Competition

Dates, Host and Locations:

Winnipeg Region & Beausejour Skating Club
February 13-14, 2010
Sun Gro Centre

Sanctioned by: **Skate Canada**

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RULES

Competitions will be conducted in accordance with regulations as outlined by Skate Canada.

ELIGIBILITY TO COMPETE

Competitors must be eligible skaters as defined in Section 2100 of the Skate Canada Rule Book and be Associate Members in good standing of the Association.

OR

Competitors must be members in good standing of the United States Figure Skating Association.

Be Associate members in good standing of the Association (Rule 5401).

COACHES ELIGIBILITY

Coaches must be NCCP Level 1 certified or working on the Level 1 Phase 4 Practical, hold a valid First Aid Certificate, and must be registered professional coaching members in good standing with Skate Canada. Canadian Coaches must carry a valid Coach Photo ID card to be permitted to coach at any event. Coaches failing to provide the proper Coach Photo ID will not be permitted into any restricted or designated Coaching areas. US Coaches must be a member in good standing of the USFSA.

Coach Photo Identification Request Forms can be found on Skate Canada Manitoba's website. All Coach Photo ID requests must be submitted no later than 14 days prior to the start of the event.

Coaches MUST be NCCP Level 2 certified for skaters in the Competitive Events.

Music Requirements

CD's will be the only format used at Manitoba Competitions for the 2010 season

- (1) **REGISTRATION OF MUSIC:** Music must be turned in at the time of registration. CD's and their cases must have the competitor's name and event clearly printed on them. The music information as required on the Entry Form must be completed in detail (as applicable).

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 or television or appropriate clearance from the performing rights society.

- (2) **DANCE MUSIC:** For the information of Dance competitors, 2001 Skate Canada Series 8 music (or ISU music when applicable) will be used for all compulsory dance events.
- (3) **MUSIC REQUIREMENTS:** Each entry must provide 2 CD's or 1CD and one cassette for the Competition upon registration. One for competition (marked "Master") and one for back-up (marked "copy"). The Master copy MUST be a CD. It is recommended that a cassette backup be carried by the skater. Please place phonetic spelling of first and last name on the cassette or CD cases to aid the announcer with pronunciation.

Standard Specifications

1. Only one (1) program (using one track only) shall be recorded on each CD.
2. Music shall be recorded onto the CD so that it starts within no less than 0.5 seconds and not more than 2 seconds after the play button is pressed on the CD player.
3. CD recording level shall be normal consistent listening level. Music shall be recorded at equal levels on both left and right channels in **stereo**.

Each Compact Disc shall:

- ❖ Be on a standard CR-R and enclosed in a single transparent plastic case. **Do not use CD-RW**
- ❖ Have the music recorded in Compact disc audio (**CDA**) or **WAV** format. (**Not MP3, iTunes or DVD format**)
- ❖ Be in good clean playable condition.

Labeling

Skater's name, category name, total music time (not skating time) and Home Club shall be clearly printed on:

1. Label on the CD case back insert only. The CD must be visible in front of case.
2. Identify CD by writing on the front of the CD using a fine or medium Sharpie type marker. Do not use a ballpoint pen.
3. Do not apply stick on labels to the CD
4. Label disc with Master or Backup copy clearly on the front.

ACCIDENTS

Skate Canada, Skate Canada Manitoba, and the Host Committee undertake no responsibility for damages or injuries suffered by skaters. As a condition of, and in consideration of entry into the Competition, all competitors and their parents or guardians shall be deemed to agree to assume all risk of injury to the competitors' person or property resulting from, or caused by, or connected with the conduct and management of the competition. Any and all claims against the officials, Skate Canada, Skate Canada Manitoba, and its officers shall be released by the competitor and their parents or guardians. Entries shall be accepted only on these conditions.

COMPETITION HOST COMMITTEE

Competition Chairpersons

Rowan Smith-McCandless
Phone: 204-339-1743
Email: centurysk8termom@gmail.com

Char Szachlewicz
Phone : 204-452-7957
Email : charm44@mts.net

COMPETITION ARENA

Sun Gro Centre
360 Community Lane
Beausejour, MB
Phone: 204-268-9238

Ice Surface Dimensions:
200ft x 85 ft

QUALIFICATIONS FOR ENTRY

The eligibility of all entries must be verified by the Section in consultation with the Skate Canada National Office.

(1) **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 Events in any category at any level. Skaters registered to compete in the Juvenile and Pre-Novice level at a Sectional or Sectional qualifying competition may register to compete in event categories at the STARSkate level 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 <i>Skate Canada Manitoba</i> STARSkate Championships
Novice and higher in Singles, Pairs and Dance	No events
Juvenile / Pre-Novice Competitive Dance	Free Skate, Pairs, Interpretive, Skating Skills, Triathlon
Juvenile / Pre-Novice Competitive Singles	Pairs, Dance, Interpretive, Biathlon, Skating Skills
Juvenile/Pre-Novice Competitive Pairs	Free Skate, Dance, Interpretive, Skating Skills, Biathlon, Triathlon
Competitive Synchronized Skater	All events

- *The Pre-Juvenile category is not considered a competitive qualifying event nationally. Skaters competing in these events can register and compete in the STARSkate Events.*

(2) **TEST AND AGE PREREQUISITES:** Competitors wishing to enter the 2010 Manitoba Open Free Skate Competition shall meet the **test requirements as of November 15** and **age requirements are as of Oct 1, preceding the competition** for STARSkate Events. Competitive Skaters shall meet the **test requirements as of October 1** and **age requirements are as of July 1, preceding the competition.**

(3) **COMPETITIVE SINGLES TEST EQUIVALENCIES IN THE STARSkate PROGRAM:** As regulation 4000 –E – 3.1 states, skaters passing Free Skating tests in the competitive test system are granted equivalencies for regular free skating tests as follows:

- Juvenile Competitive Singles Test = Senior Bronze Free Skating Test
- Pre-Novice Competitive Singles Test = Junior Silver Free Skating Test
- Novice Competitive Singles Test = Senior Silver Free Skating Test
- Junior Competitive Singles Test = Gold Free Skating 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.

LARGE ENTRY EVENTS

- 1) Entry Level Skaters will be grouped if there are more than 12 entries in the event.
- 2) STARSkate events will be grouped by age when event registration exceeds 16 entries.
- 3) There will be no final rounds for any events.

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.

MARKING

One By One (OBO) will be used for Entry, Pre-Preliminary and Preliminary STARSkate Events. Cumulative Points Calculation (CPC) will be used for all Competitive Events, Junior Bronze, Senior Bronze, Junior Silver and Gold Events. Closed marking we be used for both.

RESULTS CALCULATION (OBO method)

EVENT MARKING CRITERIA, TIE BREAKING AND FACTORS

EVENT	MARKING CRITERIA	FACTOR	%	TIE BREAKER
Free Skate	Technical Merit, Presentation	1.0	100	2 nd mark
Pairs	Technical Merit, Presentation	1.0	100	2 nd mark
Dance				
• Compulsory 1	Technique, Timing/Expression	0.5	50	1 st mark
• Compulsory 2	Technique, Timing/Expression	0.5	50	1 st mark
Interpretive	Skating, Performance	1.0	100	2 nd mark
Triathlon events				
Free Skate	Technical Score, Program Component	N/A	N/A	Components
Skating Skills	Technical Score, Program Component	N/A	N/A	Technical
Interpretive	Program Components	N/A	N/A	IN,PE,CH,SS,TR*
Biathlon Events				
Compulsory Dances				
• Compulsory 1	Technical Score, Program Components	N/A	N/A	Technical
• Compulsory 2	Technical Score, Program Components	N/A	N/A	Technical
Creative Dance	Technical Score, Program Components	N/A	N/A	Components

***Note:** For Interpretive events, ties are broken based on the individual component scores in priority according to the order listed.

AWARDS

- Awards will be presented to the first, second and third place competitor in each event.

ARTISTIC AWARDS

Junior Artistic Award

The Junior Artistic Award will be presented to a skater at the Juvenile/Senior Bronze level or lower who best demonstrates both crowd appeal and special artistic skating values (based on Free Skating events).

Senior Artistic Award

The Senior Artistic Award will be presented to a skater at the Pre-Novice/Junior Silver level or higher who best demonstrates both crowd appeal and special artistic skating values (based on Free Skating events).

Bursary

A Bursary of up to \$1000.00 will be established for an event at a Manitoba Competition. The funds (maximum of \$500.00 per event) will be allocated from club raffle funds, under guidelines by the Championships Committee in consultation with the Skating Programs Committee.

The bursary will be awarded to **Manitoba** skaters who place 1st, 2nd, or 3rd in the Free Skate Program Final of the Juvenile Singles Events.

The Bursary amounts are as follows:

First	\$250.00
Second	\$150.00
Third	\$100.00

REGISTRATION

Skaters

Skaters must register at least one hour prior to the scheduled start time of their first event but no earlier than 45 minutes before the first event of the day. Music must be handed in at time of registration. Competitive Skaters must submit a Planned Program Content Sheet at least 1 hour prior to the start of their event.

Coaches

Canadian Coaches must show their valid Coach Photo ID tag. Any Coaches failing to register will not be allowed access to areas restricted to skaters and coaches only.

Coaches are required to wear their Coach Photo ID tag at all times during the competition.

ENTRY FEES

Singles Events

Entry Level, Pre-Preliminary & Preliminary	\$40.00 for the first event entered \$10.00 subsequent events entered
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All other Single Events	\$60.00 for the first event entered \$15.00 subsequent events entered
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All Pair and Dance Events

\$70.00 per couple for the first event entered
\$25.00 per couple for the second event entered

ENTRIES

Entry forms must be signed by a responsible Club Official and the skater's Professional Coach where applicable. The competition registration forms are attached. Completed forms and entry fees (funds must be in Canadian dollars) must be returned together and mailed to:

Skate Canada Manitoba
200 Main Street
Winnipeg, Manitoba
R3C 4M2

**** NOTE: Late or Incomplete entry forms or post-dated cheques will not be accepted. Fax entries will ONLY be accepted if paying by credit card.**

CLOSING DATE OF ENTRIES

Entries must be received no later than Midnight of **Thursday, December 31, 2009**.

REFUNDS

No refunds after the entry deadline of Thursday, December 31, 2009. No medical refunds at any time after the deadline. All refunds prior to midnight December 31, 2009 will be subject to a 15% processing charge.

For Single entry events, the skater may request to skate for judges comments if time permits. If allowed, the host committee shall retain the entry.

ADMISSION FEES

Weekend Pass - \$10.00

Adults - \$6.00

Seniors and Students - \$4.00

Children under 5 - Free

ACCOMMODATIONS

Beausejour Superior Inn and Conference Centre

1055 Park Ave and Hwy #44

Beausejour, MB

Phone: 204-268-9050

Rates: \$84.60 plus taxes

Club Regent Casino Hotel

1415 Regent Ave

Winnipeg, MB

Phone: 204-667-5560

Rates: \$134.00 plus taxes

Selkirk Inn and Conference Centre

162-168 Main St.

Selkirk, MB

Phone: (204) 482-7722

Rates: \$80.10* & up plus taxes * special rate for MB Open

Garson Hotel

164 Garson St.

Garson, MB

Phone: (204) 268-4222

Rates: \$45.00 plus taxes

TECHNICAL INFORMATION

Qualifications for Entry

Pairs and Dance Teams

- Pairs Teams shall consist of one lady and one gentleman. Dance Teams shall consist of one lady and one gentleman, two ladies or two gentlemen.

Singles

- Competitors may skate up one level for Manitoba Open. Skaters may compete at one level only in any skating event but may compete at two different levels in the Free Skate and Short Program (Compulsory) Events.

Competitive Tests

- Competitive Tests will be offered during the Competitive Free Skate Events of the Manitoba Open Free Skate Competition. Registration for tests must be completed.

Technical Notes

1. Upcoming amendments at the ACGM and the ISU congress may change some of the technical requirements. Please keep updated by checking Skate Canada's Website (Member's Only). Contact Skate Canada Manitoba or check the website www.mbskates.ca for further information.
2. Where technical requirements between Skate Canada and USFSA events differ, USFSA skaters will be accommodated.
3. Well Balanced Program criteria will be in place for all competitive programs and Junior Bronze, Senior Bronze, Junior Silver and Gold STARSkate events. It is strongly recommended for Entry, Pre-Preliminary and Preliminary STARSkate events. Coaches and skaters can obtain the criteria for the Well Balanced Program from the Skate Canada web site www.skatecanada.ca under Members Only.

JUDGES AND REFEREES (FROM RULE 7504)

1. **SELECTION OF OFFICIALS:** Judges, referees and accountants shall be selected from the official Association judges and accountants list. Judges and referees must be eligible persons. A panel of at least five judges is recommended for all events.
2. **COMPOSITION OF THE PANELS:** For Interclub or Invitations events of the type listed in Rule 7302, Primary judges may be used for any event requiring no more than a Preliminary test as a prerequisite for entry. For all other events, Juvenile or higher judges must be used and must be qualified at the applicable level of the event (i.e. Juvenile or higher judges for Juvenile/Senior Bronze test or lower events; Pre-Novice judges or higher for Pre-Novice/Junior Silver - Gold test events, etc).
3. **INTERCLUB JUDGES:** "Interclub Judges" are qualified to judge all Gold and lower events at Interclub or Invitational competitions.
Skaters will qualify to advance as follows:

EVENT SCHEDULE

A finalized schedule of events will be provided to each skater by Skate Canada Manitoba.

EVENTS TO BE HELD

Skaters may skate up one category level.

Skate Canada Rule 5301, Competitive Program length, Skate Canada Rule 4304, StarSkate Program length.

(1) COMPETITIVE FREE SKATE EVENTS

The Well Balanced Program Criteria can be found in the Members Login section of the Skate Canada website.

- (a) **Senior** May have passed the Senior Competitive Singles Test or the USFSA Senior Free Skating Test.
- | | |
|-------|--|
| Women | 4.0 minutes (+ or – 10 seconds) to music |
| Men | 4.5 minutes (+ or – 10 seconds) to music |
- (b) **Junior** May have passed the Junior Competitive Singles test or the USFSA Junior Free Skating Test. Junior singles competitors must not have reached the age of 19 by July 1 preceding the competition.
- | | |
|-------|--|
| Women | 3.5 minutes (+ or – 10 seconds) to music |
| Men | 4.0 minutes (+ or – 10 seconds) to music |
- (c) **Novice** May have passed the Novice Competitive Singles Test or the USFSA Novice Free Skating Test.
- | | |
|-------|--|
| Women | 3.0 minutes (+ or – 10 seconds) to music |
| Men | 3.5 minutes (+ or – 10 seconds) to music |
- (d) **Pre-Novice** May have passed the Pre-Novice Competitive Singles Test or the USFSA Intermediate Free Skating Test but no higher complete USFSA test.
- | | |
|-------------|--|
| Women / Men | 3.0 minutes (+ or – 10 seconds) to music |
|-------------|--|
- (e) **Juvenile** May have passed the Juvenile Competitive Singles Test or the USFSA Juvenile Free Skating Test but no higher complete USFSA test. Juvenile Singles competitors shall be under the age of 12 (women) and 13 (men) as of midnight June 30th preceding the event.
- | | |
|-------------|--|
| Women / Men | 2.5 minutes (+ or – 10 seconds) to music |
|-------------|--|
- (f) **Pre-Juvenile** May have passed the Junior Bronze Free Skate Test and no higher or USFSA Pre-Juvenile Free Skating test but no higher complete USFSA test. Pre-Juvenile Singles competitors shall be under the age of 11 (women) and 12 (men) as of midnight June 30th preceding the event.
- | | |
|-------------|--|
| Women / Men | 2.5 minutes (+ or – 10 seconds) to music |
|-------------|--|

(2) COMPETITIVE SHORT PROGRAM EVENTS

A short program to music containing the required elements as outlined in the Members Login section of the Skate Canada website.

- (a) **Senior** May have passed the Skate Canada Senior Competitive Test or the USFSA equivalent.
Women / Men: A short program to music which shall not exceed 2 minutes 50 seconds
- (b) **Junior** May have passed the Skate Canada Junior Competitive Test or the USFSA equivalent. Junior competitors must not have reached the age of 19 by July 1 preceding the competition.
Women / Men: A short program to music which shall not exceed 2 minutes 50 seconds
- (c) **Novice** May have passed the Skate Canada Novice Competitive Test or the USFSA equivalent.
Women / Men: A short program to music which shall not exceed 2 minutes 30 seconds
- (d) **Pre-Novice** May have passed the Skate Canada Pre-Novice Competitive Test or the USFSA equivalent.
Women / Men: A short program to music which shall not exceed 2 minutes 30 seconds

(3) STARSkate FREE SKATE EVENTS

Well Balance Program Criteria can be found on the Skate Canada Members Only website.

- (a) **Gold** May have passed the Skate Canada Gold Free Skate Test of the USFSA Senior Free Skating Test.
Women 3.5 or 4.0 minutes (+ or – 10 seconds) to music
Men 4.0 or 4.5 minutes (+ or – 10 seconds) to music
- (b) **Senior Silver** May have passed the Skate Canada Senior Silver Free Skate Test or the USFSA Junior Free Skating Test but no higher complete USFSA test.
Women / Men 3.5 or 4.0 minutes (+ or – 10 seconds) to music
- (c) **Junior Silver** May have passed the Skate Canada Junior Silver Free Skating Test or the USFSA Novice Free Skating Test but no higher complete USFSA test.
Women / Men 3.0 or 3.5 minutes (+ or – 10 seconds) to music
- (d) **Senior Bronze** May have passed the Skate Canada Senior Bronze Free Skating Test or the USFSA Juvenile Free Skating Test but no higher complete USFSA test.
Women / Men 2.5 or 3.0 minutes (+ or – 10 seconds) to music
- (e) **Junior Brz 11 & Over** May have passed the Skate Canada Junior Bronze Free Skating Test or the USFSA Pre-Juvenile Free Skating Test but no higher complete USFSA test.
Women / Men 2.0 or 2.5 minutes (+ or – 10 seconds) to music
- (f) **Junior Brz 10 & Under** May have passed the Skate Canada Junior Bronze Free Skating Test or the USFSA Pre-Juvenile Free Skating Test but no higher complete USFSA test.
Women / Men 2.0 or 2.5 minutes (+ or – 10 seconds) to music

- (g) **Preliminary 10 & Over** May have passed the Skate Canada Preliminary Free Skating Test or the USFSA Preliminary Free Skating Test but no higher complete USFSA test.
Women / Men 1.5 or 2.0 minutes (+ or – 10 seconds) to music
- (h) **Preliminary 9 & under** May have passed the Skate Canada Preliminary Free Skating Test or the USFSA Preliminary Free Skating Test but no higher complete USFSA test.
Women / Men 1.5 or 2.0 minutes (+ or – 10 seconds) to music
- (i) **Pre-Prelim 9 & Over** Must not have passed the complete Skate Canada Preliminary Free Skating Test or must have passed the USFSA Pre-Preliminary Free Skating Test but no higher complete USFSA test.
Women / Men 1.5 or 2.0 minutes (+ or – 10 seconds) to music
- (j) **Pre-Prelim 8 & Under** Must not have passed the complete Skate Canada Preliminary Free Skating Test or must have passed the USFSA Pre-Preliminary Free Skating Test but no higher complete USFSA test.
Women / Men 1.5 or 2.0 minutes (+ or – 10 seconds) to music
- (k) **Entry Level** Must not have passed any Skate Canada Skating Skills test or any portion of the Preliminary Free Skating test. Must not have passed any USFSA test. Jumps must be no higher than a loop jump (this means no flip, lutz or axel) Any attempt at these jumps will result in a deduction.
Women / Men 1.5 (+ or – 10 seconds) to music

(4) **COMPULSORY SHORT PROGRAM/ELEMENTS EVENTS**

Components of a compulsory short program:

- A program consisting of required elements
- Programs must have an opening and ending pose.
- **Music will be used for Compulsory Short Program.**
- Compulsory Short Programs will use the full ice surface.
- Elements may be skated in any order using connecting steps, strong edges and flow.
- Deductions will be taken for any added or repeated elements.
- **Eligibility for Events is the same as for Free Skating Events.**

(a) Junior Silver, Senior Silver & Gold Short Program (Skating Time 2 min 40 seconds maximum)

- Axel
- Any Double Jump
- Jump combination – any single or double jump followed by a double jump
- Any flying spin (minimum of 4 revolutions in the required position)
- Combination spin (minimum 5 revolutions on each foot – 1 change of foot allowed minimum of 2 changes of position and must not commence with a flying start)
- Combination of 3 field moves in a sequence
- Footwork sequence (any pattern using full ice surface)

(b) Senior Bronze Compulsory Short Program (Skating Time 2:15 minutes-maximum)

- Axel Jump
- Any Double Jump
- Jump Combination (2 jumps including at least one double jump)
- Any Flying Spin (minimum of 3 revolutions in the required position)
- Combination Spin (minimum of 3 revolutions on each foot - 1 change of foot allowed - minimum of 2 changes of position and must not commence with a flying start)
- Combination of 3 Field Moves in sequence (must include at least one spiral)
- Footwork Sequence (any pattern using full ice surface)

(c) Junior Bronze Compulsory Short Program (Skating Time 2 minutes-maximum)

- Axel
- Any single or double jump
- Jump combination – 2 jumps, one of which may be a double
- Combination spin – Camel Spin/Sit Spin (minimum of 2 revolutions per position and must not commence with a flying start)
- Flying Camel (minimum of 2 revolutions)
- One (1) spiral on each foot in sequence (edge and direction optional)
- Footwork sequence (any pattern using full ice surface)

Components of a Compulsory Elements Event:

- A program consisting of required elements
- Programs must have an opening and ending pose.
- **No Music for Compulsory Elements.**
- Entry Level, Pre-Preliminary and preliminary will use $\frac{1}{2}$ ice surface.
- Elements may be skated in any order using connecting steps, strong edges and flow.
- Deductions will be taken for any added or repeated elements.
- **Eligibility for Events is the same as for Free Skating Events.**

(a) Preliminary Element Program (Skating Time 1:15 minute-maximum)

- Lutz jump
- Jump Combination – 2 jumps, one of which may be a double
- Sit Spin (minimum of 2 revolutions)
- Camel Spin (minimum of 2 revolutions and must not commence with a flying start)
- Forward spiral on Left & right foot (may be performed separately or in a sequence- no variations of basic spiral position allowed)

(b) Pre-Preliminary Element Program (Skating Time 1:15 minute-maximum)

- Loop jump
- Jump combination - Flip / Toe Loop
- Forward One Foot Spin (minimum of 2 revolutions)
- Sit Spin (minimum of 2 revolutions)
- Forward Spiral (Foot & edge optional. No blade hold)

(c) Entry Level Elements Program (Skating Time 1:15 minute-maximum)

- Waltz Jump
- Salchow / Toe Loop
- Forward One Foot Spin
- Sit Spin
- Forward Spiral (Foot and edge optional. No blade hold)

(5) SPECIAL OLYMPICS EVENTS

Singles Competition

(a) Level 1

Eligibility: A Skater competing in Level 1 must have passed Can Skate Stage 1 but no higher than Stage 3

(i) 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

(ii) Level 1 Free Skate Program

The free skate 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.

(b) Level 2 Singles

Eligibility: A Skater competing in Level 2 must have passed Can Skate Stage 4 but no higher than Stage 5

(i) 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)

(ii) Level 2 Free Skate 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 July 2005 FS-3

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.

(c) Level 3 Singles

Eligibility: A Skater competing in Level 3 must have passed Can Skate Stage 6 but no higher than Stage 7

(i) 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
- 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

(ii) Level 3 Free Skate Program

The Level 3 Freeskate 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

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.

(6) ADULT EVENTS

Skaters competing in adult events must be 18 years of age as of July 1 of the preceding year. Skaters cannot enter both streams (Adult and Competitive) in the same discipline in the same year.

(A) ADULT FREE SKATE EVENTS

Adult Free Skating programs have no minimum program time assigned. The maximum program time has been placed at the equivalent StarSkate test level. This will allow the Adult skaters to meet their various goals for the season whether that is to pass a StarSkate test, compete at an ISU or USFS event, or compete at a Skate Canada invitational. **Officials are not to penalize or award skaters for varying program times.**

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

(a) Adult Bronze Free Skating

- (i) **TEST:** Must not have passed the complete Junior Bronze Free Skate test
- (ii) **SPECIFICATIONS FOR EVENT:** One Free program of a maximum time of 2 minutes 40 seconds. Program time may be shorter.
- (iii) **WELL BALANCED CRITERIA:**
 - Technical Requirements can be found on the Skate Canada Members Only website.

(b) Adult Silver Free Skating

- (i) **TEST:** Must have passed the complete Junior Bronze Free Skate test, but not the complete Senior Bronze Free Skate test
- (ii) **SPECIFICATIONS FOR EVENT:** One Free program of a maximum time of 3 minutes 10 seconds. Program time may be shorter.
- (iii) **WELL BALANCED CRITERIA:**
 - Technical requirements can be found on the Skate Canada Members Only website.

(c) Adult Gold Free Skating

- (i) **TEST:** Must have passed the complete Senior Bronze Free Skate test, but not the complete Junior Silver Free Skate test
- (ii) **SPECIFICATIONS FOR EVENT:** One Free program of a maximum time of 3 minutes 40 seconds. Program time may be shorter.
- (iii) **WELL BALANCED CRITERIA:**
 - Technical requirements can be found on the Skate Canada Members Only website.

(d) Adult Masters Free Skating

- (i) TEST:** Must have passed the complete Junior Silver Free Skate test or higher.
- (ii) SPECIFICATIONS FOR EVENT:** One Free program of a maximum time of 4 minutes 10 seconds. Program time may be shorter.
- (iii) WELL BALANCED CRITERIA:**
 - Technical requirements can be found on the Skate Canada Members Only website.

(B) ADULT INTERPRETIVE EVENTS

Music: Skater's choice; Can be vocal, and can be of any nature

The interpretive program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Jumps may be included, but credit will not be given for their technical difficulty. Credit for jumps and spins is based solely on the chosen theme, not merely a collection of pleasing or spectacular moves assembled to entertain an audience (exhibition/show program).

Although creative movement usually has a theme as a starting point, each movement need not be part of a coherent "story line". Movement expresses in aesthetic form the drives, desires, and reactions of alive human beings. It does not involve animals, fairies, ghosts or toys come to life, except as they might exist in the mind of the skater.

While many programs will, undoubtedly, reflect known themes from past ballet, opera, operetta or musical productions of the stage or screen, skaters should be encouraged to move beyond these to explore more original and personal concepts. Skaters choosing an unknown theme shall be rewarded. Programs might explore designs in abstract movement suggested by selected sound patterns, moods, or concepts.

An interpretive solo is intended through its process to increase body and choreographic vocabulary and awareness, by meeting specific content criteria. The criteria includes:

- Compositional Form / Development of Theme (e.g. a completed idea)
- Dynamics (e.g. sustained, collapse, sharp, smooth)
- Use of Space (e.g. planes, directions, indirect, asymmetric shapes)
- Use of full body (e.g. torso, head, hands, leg, feet)
- Use of Music (e.g. phrasing, style, awareness and sensitivity to musical elements while performing)

Skaters must submit, prior to the competition, a brief statement of the chosen theme.

*Skaters will be further divided by Age and / or Free Skate, Dance and Skating Skill test level at the discretion of the Technical Representative

(a) Pre-Introductory Interpretive

- (i) TEST:** Must not have passed any Skate Canada Interpretive Skating test.
- (ii) SPECIFICATIONS FOR EVENT:** One Interpretive program of 2.0 to 3.0 minutes (+ or – 10 seconds) in length. Entrants will not be penalized for a program time of less than 2.0 min.

(b) Introductory Interpretive

- (i) TEST:** Must have passed the Introductory Interpretive test but no higher Interpretive test.
- (ii) SPECIFICATIONS FOR EVENT:** One Interpretive program of 2.0 to 3.0 minutes (+ or – 10 seconds) in length. Entrants will not be penalized for a program time of less than 2.0 min.

(c) Bronze Interpretive

- (i) **TEST:** Must have passed the Bronze Interpretive test but no higher Interpretive test.
- (ii) **SPECIFICATIONS FOR EVENT:** One Interpretive program of 2.0 to 3.0 minutes (+ or – 10 seconds) in length. Entrants will not be penalized for a program time of less than 2.0 min.

(d) Silver Interpretive

- (i) **TEST:** Must have passed the Silver Interpretive but no higher Interpretive test.
- (ii) **SPECIFICATIONS FOR EVENT:** One Interpretive program of 2.0 to 3.0 minutes (+ or – 10 seconds) in length. Entrants will not be penalized for a program time of less than 2.0 min.

(e) Gold Interpretive

- (i) **TEST:** Must have passed the Gold Interpretive test.
- (ii) **SPECIFICATIONS FOR EVENT:** One Interpretive program of 2.0 to 3.0 minutes (+ or – 10 seconds) in length. Entrants will not be penalized for a program time of less than 2.0 min.

(7) CREATIVE SKATING SKILLS PROGRAMS

Duration: not to exceed 2 minutes

Music Tempo: minimum 112 beats per minute

Music: Skater's choice

- Can be vocal
- Can be a selection from the Skating Skills Program music
- Music should have a rhythmic beat
- 2 or 3 selections of music may be used

(A) Basic guidelines to Required Content:

- Three step sequences are required: Straight Line, Circular, and Serpentine shape. More than one example of each shape may be included provided that the music time does not exceed 2 minutes, however only the first executed of each shape that meets the requirements will receive point value. All others will be considered in the technical transitions score.
- May include one stop not exceeding 5 seconds.
- Inclusion of recognizable Skating Skills exercise components (rockers, counters, hip twists, loops, etc) will be rewarded. Changes of edge, rockers, choctaws and other such steps and turns, and multi-directional skating, etc. will be rewarded.
- Speed should match the type of element or step. Difficulty of steps + speed + control of execution is the most important combination of skills demonstrated.
- Small hops, toe steps and small jumps of no more than 1/2 rotation are permitted.
- Spins of more than 2 rotations are not permitted.
- Excessive skating on 2 feet is considered as an inability to skate and should be penalized.
- Spirals/ Moves in the Field Sequence (circular or serpentine): Each position must be held for at least 2 seconds to be counted. There must be at least 3 different positions of at least 2 seconds in this sequence.
- Serpentine shape must have at least 2 bold curves of not less than one half the width of the ice surface and must go from end to end.
- Straight line shape commences at any place of the short barrier and goes to any place of the opposite short barrier keeping the approximate shape of the straight line.
- Circular shape can be oval or circular but must cover the width of the ice.

Note: The minimum requirements for a step sequence to be identified are as follows:

- The step sequence must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points. Under 6.0 a 0.4 deduction will be applied.
 - Straight line must go from one end of the ice to the other (length) in a direct manner (without bold curves)
 - Serpentine must have at least two bold curves of not less than $\frac{1}{2}$ the width of the ice, moving from one end of the ice to the other (length)
 - Circle may be circle or oval in shape but must cover the width of the ice

Clarification of a Step Sequence: A step sequence must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern.

(B) Events

(a) BRONZE CREATIVE SKILL

(i) SPECIFICATIONS FOR EVENT: One Creative Skating Skills Program (Maximum 2.0 minutes in length)

(ii) WELL BALANCED CRITERIA:

Straight Line Step

- Program must include one (1) straight-line step sequence
- This step sequence must include a series of 3 or more loops

Circle & Serpentine Step

- Program must include one (1) circle step sequence and one (1) serpentine step sequence
- The skater must choose one of the circular or serpentine step sequences to be predominantly field moves
- The other of the circular or serpentine (that which is not field moves) must have a series of required turns (depending on level) as follows:
 - Multiple three-turns and brackets
 - Other turns may be included. Clean edges and turns will be rewarded.

(b) SILVER CREATIVE SKILL

(i) SPECIFICATIONS FOR EVENT: One Creative Skating Skills Program (Maximum 2.0 minutes in length)

(ii) WELL BALANCED CRITERIA:

Straight Line Step

- Program must include one (1) straight-line step sequence
- This step sequence must include 2 twizzles on one foot with up to one step in between, no stop(s) are allowed before and/or between twizzles

Circle & Serpentine Step

- Program must include one (1) circle step sequence and one (1) serpentine step sequence
- The skater must choose one of the circular or serpentine step sequences to be predominantly field moves
- The other of the circular or serpentine (that which is not field moves) must have a series of required turns (depending on level) as follows:
 - Counter and Rocker turns
 - Other turns may be included. Clean edges and turns will be rewarded

(c) GOLD CREATIVE SKILL

(i) SPECIFICATIONS FOR EVENT: One Creative Skating Skills Program (Maximum 2.0 minutes in length)

(ii) WELL BALANCED CRITERIA:

Straight Line Step

- Program must include one (1) straight-line step sequence
- This step sequence must include 2 twizzles on one foot with up to one step in between, no stop(s) are allowed before and/or between twizzles

Circle & Serpentine Step

- Program must include one (1) circle step sequence and one (1) serpentine step sequence
- The skater must choose one of the circular or serpentine step sequences to be predominantly field moves
- The other of the circular or serpentine (that which is not field moves) must have a series of required turns (depending on level) as follows:
 - Counter and Rocker turns
 - Other turns may be included. Clean edges and turns will be rewarded

THIS ANNOUNCEMENT IS SUBJECT TO CHANGE

Please keep yourself updated on the website