



Skate Canada Manitoba and Skate Canada Saskatchewan are proud to present the
Technical Package for the

9th annual

2011 Prairie Skate Competition

“Capture the Spirit”

**Virден, MB
August 5th - 7th, 2011**

Hosted by: Skate Brandon
Virден Multi Purpose Recreational Facility
Virден, Manitoba
Sanctioned by Skate Canada and USFSA



2011 Prairie Skate August 5th, 6th, 7th 2011

General Information

Skate Canada Manitoba and Skate Canada Saskatchewan are once again proud to offer the 9th annual Prairie Skate Competition. Competitive tests are being offered.

Contact Information

Competition Chairperson:

Name: Bobbi Morken

Phone: (204)728-7758 or (204)720-5911

Email: bjmorken@hotmail.com

Technical Representative

Name: Karren Antymniuk

Rink to be Used

Name: Virden Multipurpose Recreational Facility
Ice Surface: 85' x 200'
Address: 170 Lyons St. E Virden, MB R0M2C0
Phone: (204)748-2440

Rules

The Prairie Skate Competition will be conducted in accordance with regulations as outlined by Skate Canada and is sanctioned by Skate Canada and the United States Figure Skating Association.

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.

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

Coaches Eligibility

Canadian coaches must be at least NCCP Level 1 or Primary STARSkate certified, 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. US coaches must be members in good standing with the USFSA.

Qualifications for Entry

1. Competitors shall meet the test and age qualifications as of July 1, 2011. For those events where proof of age is necessary, applicants should be able to provide their birth certificate (or other proof) if requested at registration.
2. Competitors may skate up one level. Skaters may compete at one level only in any event, but may compete at two different levels in the Free Skate and Short Program/Compulsory Events.

Technical Notes

1. Any amendments at the ISU congress or technical changes made by Skate Canada before the competition will be in effect for the competition.
2. All technical requirements for Skate Canada and USFSA skaters will be as per competition technical package
3. Well Balanced Program content requirements for all free skating programs will be in place for this competition. Coaches and skaters can obtain the criteria for the Well Balanced Program from the Skate Canada 'Members Only' website. Planned program content forms can be found at www.mbskates.ca or www.skatecanadasaskatchewan.com and a copy is also included in this technical package.

Large Entry Events

A flight system will be used when there are a large number of entries in an event. There will be no final rounds for any events.

Single Entries

If only one entry is received for an event, the competitor will be informed of the event cancellation and the entry fee will be refunded. The skater may request to skate for judges comments. A final decision will be made in conjunction with the Host Committee and Technical Representative. If permitted, the entry fee will not be refunded.

Music Requirements

CD's will be the only format used at Manitoba Competitions for the 2011 season

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 pattern dance events.
- (3) **MUSIC REQUIREMENTS:** *Each entry must provide 2 CD's for the Competition upon registration. One for competition (marked "Master") and one for back-up (marked "copy"). It is recommended that a backup CD 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.

Marking

Competitive Freeskate, Competitive Short Programs, Junior Bronze and Up Free Skate events, and Interpretive events will be judged using the CPC Scoring System. Skaters must turn in a Planned Program Content Form for these events at the time of Registration at the competition. The Jump Event will follow Skate Canada's LTAD Jump Event Technical Package. Closed Marking (OBO system) will be used for all other events.

Awards

Medals will be awarded for the top three placements in each event or flight, except Compulsory Elements/ Short Programs. In these events, a certificate of participation will be given.

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. Planned Program Content Forms must be submitted for Competitive events, Interpretive events, and Junior Bronze & Up Free Skate events at time of registration.

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

Entry Fees

Singles Events

Entry - Preliminary & Special Olympics	\$40.00 for the first event entered \$10.00 for each subsequent event
Junior Bronze & Up	\$60.00 for the first event entered \$15.00 for each subsequent event
Pre-Juvenile & Juvenile	\$65.00 for the first event entered \$15.00 for each subsequent event
Pre-Novice & Up	\$100 for the first event entered \$15 for each subsequent event
Dance	\$60 per couple
<u>Competitive Test</u>	\$25.00

Competitive Singles Tests will be offered in conjunction with the competition. Testing will be conducted during the competition; therefore skaters who wish to test **MUST register to compete in the level they intend to test.**

For example, a skater wishing to test their Novice Competitive Singles Test must register to compete in the Novice Competitive Free Skate Event. ***Prior to taking a competitive test skaters will require a letter from their Home Club giving them permission to take the test at the competition. This letter is to be turned in at registration.***

If you wish to register for a test, you must complete the Test Registration Form and send it in along with your Competition Registration Form.

All above fees may be paid by cheque, money order, or credit card (M/C, AMEX, and VISA). Cheques and money orders should be made payable to: **Skate Canada Manitoba**

Cheques and Money Orders made payable to Skate Canada Manitoba (CDN Funds) Only Credit card entries may be faxed – Originals must be sent in mail
Mail Entry to: Skate Canada Manitoba C/O Prairie Skate 145 Pacific Ave, Winnipeg, MB R3B 2Z6 FAX: (204)925-5924

Entries

Entry forms must be signed by the skater's professional coach and responsible Club Official. Completed forms and entry fees (Canadian Funds Only) are to be returned and mailed to:

Skate Canada Manitoba
C/O Prairie Skate
145 Pacific Ave
Winnipeg, MB R3B 2Z6

**** NOTE: Late or incomplete entry forms or post-dated cheques will not be accepted.**

**** NOTE: Only credit card entries may be faxed. All other entry forms must have payment when received.**

Closing Date of Entry & Refunds

Entries must be received by the Skate Canada Manitoba office no later than **4:00pm on Thursday July 7th, 2011**. Schedule and final details of the competition will be posted on the Skate Canada Manitoba and Skate Canada Saskatchewan's web sites as soon as possible after the closing date of entries.

No refunds for any reason after the entry deadline of 4:00 pm on Thursday July 7th, 2011. All refunds prior to the deadline will be subject to a 15% processing charge.

Admission

Adults

Weekend Pass - \$10

Day Pass - \$5

Students

Weekend Pass - \$7

Day Pass - \$3

Seniors

Weekend Pass - \$7

Day Pass - \$3

Children 12 & Under

FREE

Accidents

Skate Canada, Skate Canada Manitoba, Skate Canada Saskatchewan 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 Prairie Skate Competition, 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 competition. An agreement must also be deemed to release any and all claims they may have against the officials, Skate Canada, Skate Canada Manitoba, Skate Canada Saskatchewan and the Host committee. Entries shall be accepted only on these conditions.

Accommodations

Countryside Inn

#1 Highway & Wellington Street East Virden, MB

Phone: (204)748-1244 or 1-888-575-7378

Victoria Inn

3550 Victoria Ave Brandon, MB

Phone: (204)725-1532

Rates: \$109.99 + tax (includes 2 breakfasts)

Lions campground Virden, MB

Ph: (204)855-226

Ph: (204)748-8206

Aspen Grove Campground 10km east of Virden on #1

Ph: (204)851-1371

Oak Island Resort - Oak Lake Beach

Ph: (204).855.2307

Canalta Hotel 405 Mountain Street Moosomin, SK

Ph: 1-800-520-3364

Note: A Comfort Inn is currently being built in Virden at the date of this publication (June 2011).

You are responsible for making your own accommodations. Rates are subject to change!!

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Judges and Referees (From Rule 7504)

1. **SELECTION OF OFFICIALS:** Judges, referees and data specialists shall be selected from the official Association judges and data specialists 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 Invitational 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).

Camera Policy

Flash photography is not permitted. Skate Canada Manitoba restricts the use of cameras and video equipment during Skate Canada sanctioned events out of respect for the safety and to protect the privacy of competing athletes.

Spectators are permitted to use cameras at the event for personal use only and are subject to the following conditions. Anyone who does not abide by these rules risks having their camera confiscated by authorized personnel.

- No flash photography is allowed
- No camera bags in venue
- No type of transmitter mechanism for the purpose of using a flash or strobes
- No use of professional cameras/detachable lenses
- Camera cannot interfere with other spectators
- Any resale of photography or posting photos on websites is strictly prohibited
- Absolutely no video recording is allowed. Only accredited coaches may be permitted to videotape their own skater/team from rinkside during the skater's or team's performance. Coach's can not videotape from the spectator area

COMPOSITION OF EVENTS

SKATERS MAY SKATE UP ONE LEVEL IN ANY ONE EVENT

Programs should meet 2011/2012 program requirements as published on the ISU website for Senior and Junior events and on Skate Canada's Members Only website for Novice and lower events.

Singles – Competitive Free Skate Events

Senior Event

May have passed the Skate Canada Senior Competitive Singles Test or the USFSA Senior Free Skating Test.

Ladies	4.0 minutes (+ or – 10 seconds) to music
Men	4.5 minutes (+ or – 10 seconds) to music

Junior Event

May have passed the Skate Canada Junior Competitive Singles Test or the USFSA Junior Free Skating Test. Junior singles competitors must not have reached the age of 19 before July 1st preceding the competition.

Ladies	3.5 minutes (+ or – 10 seconds) to music
Men	4.0 minutes (+ or – 10 seconds) to music

Novice Event

May have passed the Skate Canada Novice Competitive Singles Test or the USFSA Novice Free Skating Test

Ladies	3.0 minutes (+ or – 10 seconds) to music
Men	3.5 minutes (+ or – 10 seconds) to music

Pre-Novice Event

May have passed the Skate Canada Pre-Novice Competitive Singles Test or the USFSA Intermediate Free Skating Test but no higher complete USFSA test.

Ladies / Men	3.0 minutes (+ or – 10 seconds) to music
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Juvenile Event

May have passed the Skate Canada Juvenile Competitive Singles Test or the USFSA Juvenile Free Skating Test but no higher complete USFSA test. Competitors shall be under the age of 12 (Women) and 13 (men) before July 1st preceding the event.

Ladies/Men 2.5 minutes (+ or – 10 seconds) to music

Pre- Juvenile Event

May have passed the complete Junior Bronze Free Skating Test and no higher or equivalent USFSA Pre-Juvenile Free Skating test but no higher complete USFSA test. Competitors shall be under the age of 11 for Women and under the age of 12 for Men before July 1st preceding the event

Ladies/Men 2.5 minutes (+ or – 10 seconds) to music

Competitive Short Program Events

A short program to music containing the required elements for 2011/2012 as outlined on the ISU website for Junior and Senior events and on Skate Canada's Members Only website for Novice and Pre-Novice events.

Senior

May have passed the Skate Canada Senior Competitive Test or the USFSA equivalent.

Ladies/Men: A short program to music which shall not exceed 2 minutes 50 seconds.

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 1st preceding the competition.

Ladies/Men: A short program to music which shall not exceed 2 minutes 50 seconds.

Novice

May have passed the Skate Canada Novice Competitive Test or the USFSA equivalent.

Ladies/Men: A short program to music which shall not exceed 2 minutes 30 seconds.

Pre-Novice

May have passed the Skate Canada Pre-Novice Competitive Test or the USFSA equivalent.

Ladies/Men: A short program to music which shall not exceed 2 minutes 30 seconds.

Singles – STARSkate Free Skate Events
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Well Balance Program Criteria can be found on the Skate Canada Members Only website.

Gold Event

May have passed the Skate Canada Gold Free Skate Test or the USFSA Senior Free Skate Test.

Ladies 3.5 minutes (+ or – 10 seconds) to music

Men 4.0 minutes (+ or – 10 seconds) to music

Senior Silver Event

May have passed the Skate Canada Senior Silver Free Skate Test or the USFSA Junior Free Skate Test but no higher complete test.

Ladies/Men 3.0 minutes (+ or – 10 seconds) to music

Junior Silver Event

May have passed the Skate Canada Junior Silver Free Skating Test or the USFSA Novice Free Skating Test but no higher complete test.

Ladies/Men 3.0 minutes (+ or – 10 seconds) to music

Senior Bronze Event

May have passed the Skate Canada Senior Bronze Free Skating Test or the USFSA Juvenile Free Skating Test but no higher complete test.

Ladies/Men 2.5 minutes (+ or – 10 seconds) to music

Junior Bronze Event	May have passed the Skate Canada Junior Bronze Free Skating Test or the USFSA Pre-Juvenile Free Skating Test but no higher complete test. Ladies/Men 2.0 minutes (+ or – 10 seconds) to music
Preliminary Event	May have passed the Skate Canada Preliminary Free Skating Test or the USFSA Preliminary Free Skating Test but no higher complete test. Ladies/Men 1.5 minutes (+ or – 10 seconds) to music
Pre-Preliminary Event	Must not have passed the complete Skate Canada Preliminary Free Skating Test or may have passed the USFSA Pre-Preliminary Free Skating Test but no higher complete test. Ladies/Men 1.5 minutes (+ or – 10 seconds) to music

STARSkate Compulsory Short Program Events

Eligibility for Events is the same as for Free Skating Events. NOTE: Skaters who have passed any of the competitive test equivalencies must enter the Elements 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.

IMPORTANT NOTE: For Compulsory Elements/Short Programs, there will be NO medals given out. Each participant that competes in these events will receive a certificate of participation. These events will be judged on a performance based system which follows Skate Canada’s Long Term Athlete Development (LTAD) model.

Components of a compulsory short program:

- A program consisting of required elements
- **Programs are to be performed with music**
- 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

Junior Silver, Senior Silver & Gold Short Program (Skating Time 2 minutes & 30 seconds - maximum)

(Follows Novice Short Program Requirements)

1. Single or Double Axel Jump
2. One double jump immediately preceded by connecting steps and/or other comparable free skating movements or triple jump (connecting steps not required). Double axel may not be repeated

3. Jump Combination – two double jumps or one double jump and one triple jump or two triple jumps*

*The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump.

4. Layback or sideways leaning spin (minimum of 6 revolutions)
5. Combination Spin (minimum of 5 revolutions on each foot – 1 change of foot allowed (minimum of 2 basic positions and must not commence with a flying start)
6. Spiral/Step Sequence (maximum of one step sequence – any pattern)

Senior Bronze Short Program (Skating Time 2 minutes & 30 seconds - maximum)

(Follows Pre-Novice Short Program Requirements)

1. Single or Double Axel Jump
2. Any double or triple jump
3. Jump Combination (two double jumps or one double and one triple jump)

Note: The 2A may be repeated, but if it is repeated one must be in combination.

Note: Other than the 2A, no jump can be repeated unless as the first and second jump in the combination

** Only one triple jump may be included in the program.

4. Layback or Sideways leaning spin (minimum of 5 revolutions)
5. Combination Spin (minimum of 4 revolutions on each foot – 1 change of foot allowed minimum of 2 basic positions and must not commence with a flying start)
6. Spiral/Step Sequence (Maximum one step sequence – any pattern)

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STARSkate Compulsory Elements Events

Junior Bronze and Preliminary will use full ice. Entry and Pre-Preliminary will use ½ ice surface.

No music will be used.

Eligibility for Events is the same as for Free Skating Events.

The program consists of required elements and may be skated in any order. Programs must have an opening and ending pose.

Connecting steps are permitted to link elements.

Deductions will be taken for any added or repeated elements.

Junior Bronze Element Program (Skating Time 1:30 minutes - maximum)

1. Single Axel Jump
2. Double Salchow Jump
3. Single Flip/Single Toe Loop Jump Combination
4. Change Combination Spin (Minimum 2 rotations in each position)
5. Flying Camel or Flying Sit Spin (minimum of 3 rotations)

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

1. Single Flip Jump
2. Single Lutz Jump
3. Single Loop/Single Loop Combination
4. Forward Camel Spin (minimum of 3 revolutions)
5. Change Sit Spin (minimum of 2 rotations on each foot)

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

1. Single Loop Jump
2. Single Flip Jump
3. Single Salchow/Single Toe Loop Jump Combination
4. Sit Spin (minimum of 2 revolutions)
5. Change Upright Spin (minimum of 2 rotations on each foot)

Entry Element Program (Skating Time 1:15 minute – maximum)

1. Waltz Jump
2. Single Toe Loop Jump
3. Single Salchow Jump
4. 1 Foot Upright Spin (minimum of 2 rotations)
5. 1 Foot Backspin (minimum of 2 rotations)

Jump Events

Category E: All skaters who have passed the Junior or Senior Singles test. Category E may be split into EI (Junior) and EII (Senior) where appropriate.

Category D: All skaters who have passed the Gold Free Skating test OR passed Novice Singles test but no higher than the Junior Singles test.

Category C: All skaters who have passed the complete Senior Silver Free Skating test (but no higher complete free skating test) OR passed the Pre-Novice Singles test but no higher than the Novice Singles test.

Category B: All skaters who have passed the complete Junior Silver Free Skating test (but no higher complete free skating test) OR passed the Juvenile Singles test but no higher than the Pre-Novice Singles test.

Category A: All skaters who have passed the complete Senior Bronze Free Skating test, but no higher than the complete Junior Silver Free Skating test. Skaters must not have passed a Competitive Singles test.

NOTE: skaters cannot compete in a category lower than the level competed in the immediately preceding Sectional championships where Category B = Juvenile, Category C = Pre-Novice, Category D = Novice

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Technical Information:

The participants will complete jumps according to their category. Each category will complete two rounds. Category C will include a challenge round. Within each round, skaters will execute each required jump (in isolation) three times consecutively.

The jump rounds are defined as follows:

Round 1: Single Axel, Double Toe Loop, Double Salchow

Round 2: Double Loop, Double Flip, Double Lutz

Round 3: Double Axel, Triple Toe Loop, Triple Salchow

Round 4: Triple Loop, Triple Flip, Triple Lutz

Each category event will be completed when the skaters complete a combination round. For the combination round, skaters execute a two jump combination of their choice (including one jump from round indicated and one double jump). The combination jump is attempted three times. All three attempts must be of the same combination jump.

The rounds are assigned to the categories as follows:

Category A: Round 1 & Round 2 + one combination jump from Round 1

Category B: Round 1 & Round 2+ one combination jump from Round 1

Category C: Round 1 & Round 2 + Challenge: one jump from Round 3 + one combination jump from Round 2

Category D: Round 2 & Round 3 + one combination jump from Round 2

Category E: Round 3 & Round 4 + one combination jump from Round 3

*Note: for the Category C challenge round: the jump to be executed is the choice of the skater – however all three attempts must be of the same jump. The choice must be communicated to the referee at the start of the Challenge round.

Spin Events

Spins shall be skated in a simple program with no extra or repeated elements. Connecting moves may include short sequences of footwork such as threes, brackets, rockers, etc. and / or spirals, spread eagles, Ina Bauers. Connecting moves are for the sole purpose of maneuvering between spins and will not be judged. All levels will use half of the ice surface. Skating time for all levels will be 1.5 minutes. No music is allowed.

Eligibility is the same as for Free Skating Events.

Gold / Senior Silver Spins (Combined Event)

1. Flying Spin one position with no change of foot. Minimum 6 revolutions
2. Combination Spin (Change of foot mandatory. Must include all three positions. Minimum of 6 revolutions on each foot)
3. One position Spin (Change of foot optional. Minimum 6 revolutions)

Junior Silver Spins

1. Flying Spin one position with no change of foot. Minimum 6 revolutions.
2. Combination Spin (Change of foot mandatory. Must include all three positions. Minimum of 6 revolutions on each foot)
3. One position Spin (Change of foot optional. Minimum 6 revolutions)

Senior Bronze Spins

1. Flying Spin one position with no change of foot. Minimum 5 revolutions.
2. Combination Spin (Change of foot mandatory. Must include all three positions. Minimum of 5 revolutions on each foot)
3. One position Spin (Change of foot optional. Minimum 5 revolutions)

Junior Bronze Spins

1. Flying Spin one position with no change of foot. Minimum 4 revolutions.
2. Combination Spin (Change of foot mandatory. Must include all three positions. Minimum of 4 revolutions on each foot)
3. One position Spin (No flying entry, change of foot optional. Minimum of 4 revolutions).

Preliminary Spin

1. Sit Spin (minimum of 3 rotations)
2. Camel Spin (minimum of 3 rotations)
3. Combination Spin (Change of foot optional. Must include all three positions)

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Pre – Preliminary Spins

1. Forward Upright Spin (minimum of 3 revolutions)
2. Sit Spin (minimum of 3 revolutions)
3. Back upright Spin (minimum of 3 revolutions)

Interpretive Events

The Interpretive program shall contain a variety of skating moves and should be joined with connecting steps demonstrating edges, turns and creativity. These moves should be selected for their value in enhancing the choreographic interpretation of the music rather than for their technical difficulty. Jumps are allowed but no credit will be given for their technical difficulty. The clothing must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Accessories and props are not allowed. **Competitors must hand in the Program Title at registration.**

Gold Event

TEST: The competitor must have passed the Gold Interpretive Test.

SPECIFICATIONS FOR EVENT: Program Length 2.0 to 3.0 minutes (+ or – 10 seconds)

Silver Event

TEST: The competitor must have passed the Silver Interpretive Test.

SPECIFICATIONS FOR EVENT: Program Length 2.0 to 3.0 minutes (+ or – 10 seconds)

Bronze Event

TEST: The competitor must have passed the Bronze Interpretive Test.

SPECIFICATIONS FOR EVENT: Program Length 2.0 to 3.0 minutes (+ or – 10 seconds)

Introductory Event

TEST: The competitor must have passed the Introductory Interpretive Test.

SPECIFICATIONS FOR EVENT: Program Length 2.0 to 3.0 minutes (+ or – 10 seconds)

Adult Free Skate Event

Adult Free Skating programs have no minimum program time assigned. The maximum program time has been placed at the equivalent StarSkate test level. Officials are not to penalize or award skaters for varying program times. Well Balanced Program Requirements – Refer to Skate Canada Website – Members Only. Maximum jump requirements have been established. Note that these are identified as maximum requirements, but there are no minimum requirements.

Skaters competing in adult events must be 18 years of age as of July 1, 2011.

Adult Masters Free Skate

TEST: Must have passed the complete Junior Silver Free Skate test or higher

SPECIFICATIONS FOR EVENT: One Free program of a maximum time of 4 minutes 10 seconds. Program time may be shorter.

Adult Gold Free Skate

TEST: Must have passed the complete Senior Bronze Free Skate test, but not the complete Junior Silver Free Skate test

SPECIFICATIONS FOR EVENT: One Free program of a maximum time of 3 minutes 40 seconds. Program time may be shorter.

Adult Silver Free Skate

TEST: Must have passed the complete Junior Bronze Free Skate test, but not the complete Senior Bronze Free Skate test

SPECIFICATIONS FOR EVENT: One Free program of a maximum time of 3 minutes 10 seconds. Program time may be shorter.

Adult Bronze Free Skate

TEST: Must not have passed the complete Junior Bronze Free Skate test

SPECIFICATIONS FOR EVENT: One Free program of a maximum time of 2 minutes 40 seconds. Program time may be shorter.

Adult Interpretive Event

Gold Adult Interpretive

TEST: Must have passed the Gold Interpretive test.

SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

Silver Adult Interpretive

TEST: Must have passed the Silver Interpretive Skating test but no higher.

SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

Bronze Adult Interpretive

TEST: Must have passed the Bronze Interpretive Skating test but no higher.

SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

Introductory Adult Interpretive

TEST: Must have passed the Introductory Interpretive Skating test but no higher.

SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

Pre-Introductory Adult Interpretive

TEST: Must not have passed any Skate Canada Interpretive Skating test.

SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

Dance Event

COMPOSITION OF PARTNERS

Pattern Dance events must be comprised of one woman and one man. Competitors may enter only one Pattern Dance event.

SEQUENCES TO BE SKATED -Skate Canada rule 5000(3.15) (2) specifies for the number of sequences to be skated in competition.

Dances to be skated will be those selected by Skate Canada for each category for the 2011/2012 season

Gold Dance

TEST: At least one partner must have passed the complete Gold Dance test (no higher).

TWO PATTERN DANCES TO BE SKATED

Senior Silver Dance

TEST: At least one partner must have passed the complete Senior Silver Dance test (no higher).

TWO PATTERN DANCES TO BE SKATED

Junior Silver Dance

TEST: At least one partner must have passed the complete Junior Silver Dance test (no higher)

TWO PATTERN DANCES TO BE SKATED

Senior Bronze Dance

TEST: At least one partner must have passed the complete Senior Bronze Dance test (no higher).

TWO PATTERN DANCES TO BE SKATED

Junior Bronze Dance

TEST: At least one partner must have passed the complete Junior Bronze Dance test (no higher).

TWO PATTERN DANCES TO BE SKATED

Preliminary Dance

TEST: At least one partner must have passed the complete Preliminary Dance test (no higher).

TWO PATTERN DANCES TO BE SKATED

(a) 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 Free skate 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.

(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 – counter clockwise (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 Free skate 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.

(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 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.

THIS ANNOUNCEMENT IS SUBJECT TO CHANGE!!!

ENTRY FORM - 2011 PRAIRIE SKATE COMPETITION

AUGUST 5th-7th, 2011 – VIRDEN, MB

ENTRY DEADLINE: JULY 7th

NAME _____ **AGE** ____ **BIRTHDATE** ____/____/____ **M/F** ____
 (All information regarding the competition will be sent by email – Please print clearly) (Month) (Day) (Year)

* Administration surcharge may be applied to Incomplete Entry forms

ADDRESS _____ **CITY/TOWN** _____ **P.C.** _____


PHONE # () _____ **CELL #** () _____ **EMAIL** _____

SKATE CANADA # _____ **HOME CLUB** _____ **#** _____

COACH'S NAME _____ **NCCP Level** ____ **EMAIL** _____
 (Summer Coach)

HIGHEST COMPLETE TEST PASSED – FREE SKATE/COMPETITIVE _____ **INTERPRETIVE** _____

DANCE _____ **SUMMER SCHOOL'S EMAIL** _____

EVENTS ENTERED: (Check off the appropriate events) 

Free Skate	Short/ Compulsory Program/Elements	Special Olympics	Interpretive
<input type="checkbox"/> Senior <input type="checkbox"/> Junior <input type="checkbox"/> Novice <input type="checkbox"/> Pre-Novice <input type="checkbox"/> Juvenile <input type="checkbox"/> Pre-Juvenile <input type="checkbox"/> Gold <input type="checkbox"/> Senior Silver <input type="checkbox"/> Junior Silver <input type="checkbox"/> Senior Bronze <input type="checkbox"/> Junior Bronze <input type="checkbox"/> Preliminary <input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Senior <input type="checkbox"/> Junior <input type="checkbox"/> Novice <input type="checkbox"/> Pre-Novice <input type="checkbox"/> Junior Silver/Senior Silver/Gold <input type="checkbox"/> Senior Bronze <input type="checkbox"/> Junior Bronze <input type="checkbox"/> Preliminary <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Entry	<input type="checkbox"/> Level 1 Free Skate <input type="checkbox"/> Level 2 Free Skate <input type="checkbox"/> Level 3 Free Skate <input type="checkbox"/> Level 1 Elements <input type="checkbox"/> Level 2 Elements <input type="checkbox"/> Level 3 Elements	<input type="checkbox"/> Gold <input type="checkbox"/> Silver <input type="checkbox"/> Bronze <input type="checkbox"/> Introductory Program Title: _____ <hr/> Spins <input type="checkbox"/> Gold/Senior Silver <input type="checkbox"/> Junior Silver <input type="checkbox"/> Senior Bronze <input type="checkbox"/> Junior Bronze <input type="checkbox"/> Preliminary <input type="checkbox"/> Pre-Preliminary
	Adult Free Skate	Jump Event	Adult Interpretive
	<input type="checkbox"/> Adult Bronze <input type="checkbox"/> Adult Silver <input type="checkbox"/> Adult Gold <input type="checkbox"/> Adult Masters	<input type="checkbox"/> Category E <input type="checkbox"/> Category D <input type="checkbox"/> Category C <input type="checkbox"/> Category B <input type="checkbox"/> Category A	<input type="checkbox"/> Adult Pre-Introductory <input type="checkbox"/> Adult Introductory <input type="checkbox"/> Adult Bronze <input type="checkbox"/> Adult Silver <input type="checkbox"/> Adult Gold Program Title: _____

I acknowledge all the information presented and the event (s) entered are correct. Signature required from Coach or Home Club official

Signature _____ **Date** _____ **Phone #** _____

By my participation in this event, I consent to the known and foreseeable physical risks inherent in the sport of figure skating, These risks include, but are not limited to; travel to and from the arena, ice conditions, equipment failure, falls, collisions with other participants, and facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs and any person acting on my behalf, Skate Canada Manitoba and Skate Canada Saskatchewan, and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, sponsors and the Host Committee from any claim arising from any illness or injury to my person as a result of my participation in this activity. * If skater is under 18 a parent must sign this agreement.

Signatures - Competitor _____ **Parent** _____ **Date** _____

Competition Fees:

Entry Level - Preliminary & Special Olympics	\$40.00 for the first event entered \$10.00 for each subsequent event	Pre-Novice & Up	\$100 for the first event entered \$15 for each subsequent event
Junior Bronze & Up	\$60.00 for the first event entered \$15.00 for each subsequent event	Dance	\$60 per couple
Pre-Juvenile & Juvenile	\$65.00 for the first event entered \$15.00 for each subsequent event		

TOTAL: \$ _____

Credit card: Visa ____ **MC** ____ **AMEX** ____ **CARD#** _____ **Expiry** ____/____

Name on Card _____ **Signature** _____

Cheques and Money Orders made payable to Skate Canada Manitoba (CDN Funds) Only Credit card entries may be faxed – Originals must be sent in mail 15
 Mail Entry to: Skate Canada Manitoba C/O Prairie Skate 145 Pacific Ave, Winnipeg, MB R3B 2Z6 FAX: (204)925-5924



COMPETITIVE TEST REGISTRATION

**2011 Prairie Skate
August 5th – 7th, 2011**

Competitive testing will be offered to skaters during the competition. Please make sure you are entered in the event that you wish to test.

Return completed Test Registration Forms and payment (along with your Registration Form) to:

**Skate Canada-Manitoba
C/O Prairie Skate
145 Pacific Ave
Winnipeg, MB R3B 2Z6**

NOTE: Payment for test fees must be written separately from the Competition registration fees. Cheques are to be made payable to SKATE CANADA MANITOBA.

Or bill my credit card ___ Visa ___ MC ___ AMEX

Card # _____ Expiry _____

Signature: _____

Registration forms must be received no later than July 7th, 2011

LATE OR INCOMPLETE FORMS WILL NOT BE ACCEPTED

Name:	Skate Canada Number:
Home Club:	Test Requested:
Club Number:	
_____	_____
Parent Signature	Coach Signature
_____	<input type="checkbox"/> Test Fee Enclosed Competitive Singles Test \$25.00
Test Chair Signature	

CPC ABBREVIATIONS

Upright Spin	USp
Layback Spin	LSp
Camel Spin	CSp
Sit Spin	SSp
Flying Upright	FUSp
Flying Layback	FLSp
Flying Camel	FCSp
Flying Sit	FSSp
Change Foot Upright	CUSp
Change Foot Layback	CLSp
Change Foot Camel	CCSp
Change Foot Spin	CSSp
Spin Combination with change of position & no change of foot	CoSp
Spin Combination with change of position & change of foot	CCoSp
Flying Spin Combination with change of position & no change of foot	FCoSp
Flying Spin Combination with change of position & change of foot	FCCoSp

Toe Loop	1T
Salchow	1S
Loop	1Lo
Flip	1F
Lutz	1Lz
Axel	1A
Double Toe Loop	2T
Double Salchow	2S
Double Loop	2Lo
Double Flip	2F
Double Lutz	2Lz
Double Axel	2A
Triple Toe Loop	3T
Triple Salchow	3S
Triple Loop	3Lo
Triple Flip	3F
Triple Lutz	3Lz
Triple Axel	3A
Quad Toe Loop	4T
Quad Salchow	4S
Quad Loop	4Lo
Quad Flip	4F
Quad Lutz	4Lz
Quad Axel	4A

Straight Line Step Sequence	SlSt
Circular Step Sequence	CiSt
Serpentine Step Sequence	SeSt
Choreographic Spiral Sequence	ChSp
Choreographic Step Sequence	ChSt (Sr Men Free Program)

