



# 2012 Jean Norman Open Free Skate and Dance Competition presented by **SaskTel**

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Dates: February 24<sup>th</sup> – 26<sup>th</sup>, 2012  
Location: Swift Current, Saskatchewan  
Hosted by: Swift Current Skating Club  
Sanctioned by: Skate Canada – Saskatchewan  
Skate Canada

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## HOST COMMITTEE INFORMATION

### Event Name

2012 Jean Norman Open Free Skate and Dance Competition

### Event Dates

February 24<sup>th</sup> – 26<sup>th</sup> 2012

### Host Location

Swift Current, Saskatchewan

### Host Club Name

Swift Current Skating Club

### Competition Chairperson

Name: Yvette Feil-Schruder

Phone: 306-774-4938

Email: [dysts@sasktel.net](mailto:dysts@sasktel.net) (preferred)

### Technical Representative

Name: Carla Laevens

Email: [cmlaevens@sasktel.net](mailto:cmlaevens@sasktel.net)

### Arena Details

**Fairview Arena's  
101 Hayes Drive  
Swift Current**

### Registration Times

Skaters must register at least one hour before their first event but no earlier than 45 min. for the first event of the day.

### Accommodation Information

Name: Best Western  
Address: 105 George Street West  
Phone: 773-4660

Name: Comfort Inn  
Address: 1510 South Service Road East  
Phone: 778-3994

Name: Days Inn  
Address: 905 North Service Road East  
Phone: 773-4643  
Rates: \$106.00 plus taxes.

Name: Super 8  
Address: 405 North Service Road East  
Phone: 778-6088

# GENERAL INFORMATION

The Event is being held under the current rules of the Association Official Rulebook and any amendments thereto which became effective after that amendment date. The nature of the Event is defined in the Skate Canada Technical Handbook, 5000 Competitive Program. The Association reserves the right to alter the overall procedures to be followed during any part of the Event, if such alteration is considered to be in the best interest of the skaters or the Association. The Technical Representative, Chief Referee, or Senior Referee present will be the agent of the Association in such an instance.

## 1. EVENTS

The following Events are to be held:

Competitive Singles Free Skate	STARSkate Free Skate	STARSkate Jump Event
Competitive Singles Short Program	STARSkate Elements	STARSkate Spin event
STARSkate Interpretive	STARSkate Pattern Dance	Competitive LTAD Jump Event
Adult Free Skate	Adult Interpretive	Special Olympic Elements/Free Skate

Skaters may skate up one level in all events.

Skaters can only register once in each category (i.e. One Free Skate(Competitive or StarSkate), One Elements/Short Program, etc) **and up to a maximum of 4 events. All skaters must enter at least one of the jump/spin events.**

## 2. SYSTEM OF MARKING

Cumulative Points Calculation (CPC) will be used for all Competitive Singles, Interpretive and Pattern Dance events and Junior Bronze and higher STARSkate Free Skate events. Closed marking in the 6.0 system will be used for all other events. Competitive LTAD Jump event will be adjudicated as per Skate Canada standards.

## 3. WELL BALANCED PROGRAM CRITERIA

Well Balanced Program Criteria for all events will be in effect. Please see Appendix A for STARSkate requirements. Requirements for Competitive can be found on the Members Only section of the Skate Canada website.

## 4. SCHEDULE OF EVENTS

The schedule and entries for the competition will be posted on the Skate Canada – Saskatchewan website. All this information will be available as soon as possible after the closing of the entries.

## 5. ENTRIES

Entrants in Events shall be:

- Eligible persons as defined in Skate Canada Rule Book Section 2100
- Be Associate members in good standing of the Association.

Registration forms **must be completed in FULL, CORRECTLY and LEGIBLY** or they may not be processed!

Ensure the forms are reviewed for accuracy by the Coach and Parent **BEFORE** submitting them to the Host Committee. Incomplete, incorrect or illegible registration forms will be subject to a penalty up to the equivalent entry fee.

**Skaters entering multiple events do so with the understanding that there may be conflicts that CANNOT be resolved.**

## 6. CLOSING DATE OF ENTRIES

All entries must be received no later than **12:00 Noon on Friday, January 13, 2012**. It is the responsibility of the competitor to ensure that their entry is in to the Section Office by the closing date, at their own expense. ALL TEST QUALIFICATIONS MUST BE PASSED BY January 13, 2012.

**Faxed / Emailed entry forms will not be accepted.**

**7. ENTRY FEES**

Competitive Events	First Event	\$75* (Free Skate, Short)
	Each Additional Event	\$30 (Free Skate, Short, Interpretive, Elements)
STARSSkate Events**	First Event	\$60 (Interpretive, Elements, Free Skate)
	Each Additional Event	\$25
STARSSkate Pattern Dance		\$60 / couple
Competitive LTAD Jump Event		\$20
STARSSkate Jump or Spin Event		\$20 each

*\*Fees for Competitive Events are higher to offset costs associated with running the CPC system.*

*\*\*STARSSkate Events includes Special O and Adult events.*

Cheques or money orders should be made payable to: **Skate Canada - Saskatchewan**

**ALL CHEQUES POSTDATED AFTER THE CLOSING DATE OF ENTRIES WILL BE RETURNED AND REGISTRATION FORM WILL NOT BE PROCESSED**

**THERE WILL BE A \$25.00 CHARGE FOR ANY NSF CHEQUES RECEIVED**

**8. MUSIC REGISTRATION (Rule 5705)**

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 or appropriate clearance from the performing rights societies.

For the information of Dance competitors: 2001 Skate Canada Series 8 music will be used for all pattern dance events.

**Music Requirements**

Each entry **must provide two** CDs for the competition upon registration. One for competition (marked as 'Master') and one for back up (marked 'copy'). It is recommended that a back-up cassette be available.

Competitors are responsible for the recovery of their own CDs at the completion of the Event.

**Standard Specifications for CDs:**

- 1) Only one (1) program shall be recorded on each CD.
- 2) The start of the music shall be recorded on the CD at least 3 seconds following the head leader and not more than 5 seconds.
- 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.
- 4) Competitor's name followed by music time (not skating time) shall be clearly printed on side one of the CD. Do not apply stick on labels to the CD.
- 5) Each CD shall be enclosed in its integral container marked with the skater's name, event and total music time.
- 6) Each Compact Disc shall:
  - a. Be on a standard CR-R. Do not use CD-RW
  - b. Have the music recorded in Compact disc audio (**CDA**) or **WAV** format. (**Not MP3, iTunes or DVD format**)
  - c. Be in good clean playable condition

**9. ACCIDENTS**

The Association and Committee of the Host Club undertake no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in these Championships, all competitors and their parents or guardians shall be deemed to agree to assume all risks or injuries to the competitor's person and property resulting from, or caused by, or connected with the conduct and management of the competitions. An agreement must also be deemed to release any and all claims they may have against the officials, the Association, the Host Club, and their officers. Entries shall be accepted only in accordance with these conditions.

**10. REFUNDS**

No refunds will be issued for any reason after the closing date of entries.

**11. REGISTRATION**

Skaters must register at least 1 hour prior to their scheduled event but no earlier than 45 minutes before the first event of the day. Music must be turned in at the time of registration. **(2 copies of music must be registered)**. Skaters must report to the Ice Captain 30 minutes prior to their scheduled event.

**12. FLIGHT SYSTEM**

If there are a large number of competitors in an event, a flight system will be used at the discretion of the Technical Representative. Flights may be determined by skater's age and home club.

**13. EVENT SPECIFICATIONS**

In normal circumstances, each event offered at the competition will be held for men and women separately. An event at the competition will be held if at least two (2) entries are received for that event. It is permissible for events that do not progress skaters on to a subsequent level of Invitational competition to combine events as follows:

- a) Combine two or more categories in the same event when each category has fewer than three entries;
- b) Combine two or more categories in the same event when one category has insufficient entries to hold the event;
- c) Combine men and women in events when insufficient entries are registered in one to hold the event.

The decision to combine events is at the discretion of the Technical Representative and the Host Committee. If an event is not held, due to a lack of competitors, the Host Committee will inform competitors and return entry fees.

**14. CANCELLATION OF EVENTS**

The Host Committee in consultation with the Technical Representative reserves the right to cancel events due to the availability of ice time and/or officials. If an event is cancelled, entry fees will be refunded to the competitors that are affected by such cancellations.

**15. COACH ACCREDITATION**

All coaches must be registered as Skate Canada Coaching Members for the current skating season and may be required to show proof of registration upon request.

**16. WARM UP TIMES**

The Technical Representative will determine the warm-up time length for all events and will post if different than the standard warm-up times as follows:

- Competitive single events - 6 minutes
- STARSkate Freeskate – 5 minutes
- Elements – 4 minutes
- Interpretive – 4 minutes
- StarSkate Patthern Dance – 4 minutes (1 minute no music; 3 minutes with music)
- Jump event – 4 minutes
- Spin event – 3 minutes

**17. COMPETITIVE TESTING**

Competitive Singles tests will be offered in conjunction with the competition. Testing will be conducted during the competition; therefore it is important that skaters wishing to test 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.

## COMPETITIVE SINGLES SHORT PROGRAM

### **PRE-NOVICE**

- (i) TEST: Skater must have passed the Pre-Novice Competitive Singles Test or higher
- (ii) AGE: No age requirement.
- (iii) SPECIFICATIONS FOR EVENT: A short program to music which shall not exceed 2 minutes, 30 seconds in duration containing the group of elements announced by Skate Canada for the 2011/2012 season. The groups and requirements shall be as listed on the Members Only section of the Skate Canada website.

### **NOVICE**

- (i) TEST: Skater must have passed the Novice Competitive Singles Test or higher
- (ii) AGE: No age requirement.
- (iii) SPECIFICATIONS FOR EVENT: A short program to music which shall not exceed 2 minutes, 30 seconds in duration containing the group of elements announced by Skate Canada for the 2011/2012 season. The groups and requirements shall be as listed on the Members Only section of the Skate Canada website.

### **JUNIOR**

- (i) TEST: Skater must have passed the Junior Competitive Singles Test or higher
- (ii) AGE: Must meet ISU Junior Age requirements.
- (iii) SPECIFICATIONS FOR EVENT: A short program to music which shall not exceed 2 minutes, 50 seconds in duration containing the group of elements announced by Skate Canada for the 2011/2012 season. The groups and requirements shall be as listed on the Members Only section of the Skate Canada website.

### **SENIOR**

- (i) TEST: Skater must have passed the Senior Competitive Singles Test or higher
- (ii) AGE: No age requirement.
- (iii) SPECIFICATIONS FOR EVENT: A short program to music which shall not exceed 2 minutes, 50 seconds in duration containing the group of elements announced by Skate Canada for the 2011/2012 season. The groups and requirements shall be as listed on the Members Only section of the Skate Canada website.

# COMPETITIVE SINGLES FREE SKATE

## PRE-JUVENILE

- (i) TEST: Skater must have passed the Junior Bronze Free Skate Test or higher
- (ii) AGE: As of July 1 preceding the competition, Women must be under the age of 12 and Men under the age of 13
- (iii) SPECIFICATIONS FOR EVENT: A free skating program to music of 2.5 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 Login section of the Skate Canada website.

## JUVENILE

- (i) TEST: Skater must have passed the Juvenile Competitive Singles Test or higher
- (ii) AGE: As of July 1 preceding the competition, Women must be under the age of 12 and Men under the age of 13
- (iii) SPECIFICATIONS FOR EVENT: A free skating program to music of 2.5 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 Login section of the Skate Canada website.

## PRE-NOVICE

- (i) TEST: Skater must have passed the Pre-Novice Competitive Singles Test or higher
- (ii) AGE: No age requirement.
- (iii) SPECIFICATIONS FOR EVENT: 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.

## NOVICE

- (i) TEST: Skater must have passed the Novice Competitive Singles Test or higher
- (ii) AGE: No age requirement.
- (iii) SPECIFICATIONS FOR EVENT: A free skating program to music of 3.0 minutes. 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. The length of the program is as follows:

**WOMEN:** 3.0 minutes (+ or -10 seconds)

**MEN:** 3.5 minutes (+ or -10 seconds)

## JUNIOR

- (i) TEST: Skater must have passed the Junior Competitive Singles Test or higher
- (ii) AGE: Must meet ISU Junior Age requirements. Skater must not be 19 before July 1 preceding the competition.
- (iii) SPECIFICATIONS FOR EVENT: A free skating program to music. 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. The length of program is as follows:

**WOMEN:** 3.5 minutes (+ or -10 seconds)

**MEN:** 4.0 minutes (+ or -10 seconds)

## SENIOR

- (i) TEST: Skater must have passed the Senior Competitive Singles Test or higher
- (ii) AGE: No age requirement.
- (iii) SPECIFICATIONS FOR EVENT: A free skating program to music. 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. The length of the program is as follows:

**WOMEN:** 4.0 minutes (+ or -10 seconds)

**MEN:** 4.5 minutes (+ or -10 seconds)

## COMPETITIVE LTAD JUMP EVENT

**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**

### 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.

For more information on adjudicating of the Competitive LTAD Jump event please go to Members Only on the Skate Canada website.

# STARSKATE FREE SKATE

**COMPETITIVE SINGLES TEST EQUIVALENCIES IN THE STARSKATE EVENTS:** 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:

Competitive Test Passed	Prior to July 1 <sup>st</sup> , 2011	July 1 <sup>st</sup> , 2011 or later
Juvenile Competitive Singles	Senior Bronze Free Skate	Junior Silver Free Skate
Pre-Novice Competitive Singles	Junior Silver Free Skate	Senior Silver Free Skate
Novice Competitive Singles	Senior Silver Free Skate	Gold Free Skate
Junior Competitive Singles	Gold Free Skate	Gold Free Skate

Skaters who have passed any of the competitive test equivalencies must enter the STARSkate Event 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.

**ALL EVENTS WILL BE JUDGED ACCORDING TO THE WELL BALANCED PROGRAM CRITERIA**  
**PLEASE SEE APPENDIX A FOR CRITERIA**

## **INTRODUCTORY FREE SKATE**

- (i) TEST: Must not have passed **any** portion of the Preliminary Free Skate or Preliminary Skating Skills tests
- (ii) SPECIFICATIONS FOR EVENT: Free skate Program of 1.5 minutes in length (+/- 10 seconds)  
**MAY INCLUDE WALTZ, SALCHOW AND TOE-LOOP AND LOOP JUMPS BUT NO HIGHER JUMPS OF ONE REVOLUTION. DEDUCTIONS WILL BE APPLIED IF HIGHER JUMPS ARE INCLUDED.**

## **PRE-PRELIMINARY FREE SKATE**

- (i) TEST: Must not have passed the complete Preliminary Free Skate
- (ii) SPECIFICATIONS FOR EVENT: One Free program of 1.5 minutes in length (+ / - 10 seconds)

## **PRELIMINARY FREE SKATE**

- (i) TEST: May have passed complete Preliminary Free Skate but not the complete Jr. Bronze Free Skate test
- (ii) SPECIFICATIONS FOR EVENT: One free program of 1.5 minutes in length (+/- 10 seconds)

## **JUNIOR BRONZE FREE SKATE**

- (i) TEST: May have passed complete Jr. Bronze Free Skate but not the complete Sr. Bronze Free Skate test
- (ii) SPECIFICATIONS FOR EVENT: One free program of 2.0 minutes in length (+/- 10 seconds)

## **SENIOR BRONZE FREE SKATE**

- (i) TEST: May have passed complete Sr. Bronze Free Skate but not the complete Jr. Silver Free Skate test
- (ii) SPECIFICATIONS FOR EVENT: One free program of 2.5 minutes in length (+/- 10 seconds)

## **JUNIOR SILVER FREE SKATE**

- (i) TEST: May have passed complete Jr. Silver Free Skate but not the complete Sr. Silver Free Skate test
- (ii) SPECIFICATIONS FOR EVENT: One free program of 3.0 minutes in length (+/- 10 seconds)

## **SENIOR SILVER FREE SKATE**

- (i) TEST: May have passed complete Sr. Silver Free Skate but not the complete Gold Free Skate test
- (ii) SPECIFICATIONS FOR EVENT: One free program of 3.0 minutes in length (+/- 10 seconds)

## **GOLD FREE SKATE**

- (i) TEST: May have passed complete Gold Free Skate
- (ii) SPECIFICATIONS FOR EVENT: One free program of 3.5 (ladies) or 4.0 (men) mins in length (+/- 10 seconds)

# STARSKATE ELEMENTS

**COMPETITIVE SINGLES TEST EQUIVALENCIES IN THE STARSKATE EVENTS:** 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 outlined in the free skate section.

**Elements Programs will not be skated to music. The program shall have an opening and closing movement. Elements may be skated in any order. Connecting steps are permitted to link the elements. Additional or repeated elements that have failed are not permitted. Rotational movements of more than 1 full rotation shall be considered extra elements. Small jumps of not more than half a turn may be included in the step sequences.**

## INTRODUCTORY

- (i) TEST: Must not have passed **any** portion of the Preliminary Free skate test or Preliminary Skating Skills Test  
 (ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 1 minute 15 sec.  
**Groups will be given half of the ice surface**

1. Sit Spin (minimum 2 rotations in basic position. No change of foot or variations of basic position)
2. Forward One Foot Spin (minimum 2 rotations in basic position. No variation of basic position)
3. Salchow OR Loop Jump
4. Jump Combination – Toe-Loop/Toe-Loop
5. Forward Spiral (foot and edge optional. No variations of basic position. Must be held minimum 3sec.)

## PRE-PRELIMINARY

- (i) TEST: Must not have passed the complete Preliminary Free Skate  
 (ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 1 minute 15 sec.  
**Groups will be given half of the ice surface**

1. Sit Spin (minimum 2 rotations in basic position. Change of foot optional. No variation of basic position)
2. Change Upright Spin (minimum 2 rotations in basic position on each foot. No variation of basic position)
3. Loop OR Lutz Jump
4. Jump Combination – Flip/Toe-Loop
5. Forward Spiral (foot and edge optional. No variations of basic position. Must be held minimum 3sec.)

## PRELIMINARY

- (i) TEST: May have passed the complete Preliminary Free Skate test, but no higher complete test  
 (ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 1 minute 15 sec.  
**Groups will be given half of the ice surface**

1. Camel Spin (minimum 2 rotations in basic position. Change of foot optional. No variation of basic position)
2. Sit Spin (minimum 2 rotations in basic position. Change of foot optional. No variation of basic position)
3. Any Single Jump
4. Jump Combination – Lutz Jump followed by a single toe-loop or a single loop
5. Forward Spiral on each foot (Edges optional. No variations of basic position. Must be held minimum 3sec.)

### **JUNIOR BRONZE**

- (i) TEST: May have passed the complete Junior Bronze Free Skate test, but no higher complete test  
(ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 2 minutes. Full ice surface to be used
1. One Position Spin (minimum 3 rotations in basic position. May commence with a flying entry)
  2. Combination Spin (only 2 positions with minimum 2 rotations in each position. Change of foot optional)
  3. Single Axel
  4. Any Single or Double Jump (may not repeat Axel)
  5. Jump Combination – 2 single jumps or 1 double and 1 single jump (Axel may be repeated)
  6. Straight Line Step Sequence

### **SENIOR BRONZE**

- (i) TEST: May have passed the complete Senior Bronze Free Skate test, but no higher complete test  
(ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 2 minutes. Full ice surface to be used
1. Flying Camel Spin (minimum 3 rotations in basic position)
  2. Combination Spin (minimum 2 positions with minimum 2 rotations in each position. Only 1 change of foot)
  3. Single Axel
  4. Any Double Jump
  5. Jump Combination – 1 single and 1 double jump or 2 double jumps (Solo jumps **may not** be repeated)
  6. Step Sequence (Straight Line, Circular or Serpentine)

### **JUNIOR SILVER**

- (i) TEST: May have passed the complete Junior Silver Free Skate test, but no higher complete test  
(ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 2 minutes. Full ice surface to be used
1. Change Sit Spin (minimum 4 rotations on each foot)
  2. Combination Spin (must include all 3 basic positions with a minimum of 2 rotations in each position. Only 1 change of foot)
  3. Single Axel
  4. Any Double Jump
  5. Jump Combination – 1 single and 1 double jump or 2 double jumps. Second jump **MUST** be double (Solo jumps **may not** be repeated)
  6. A Sequence of 3 different Field moves

### **SENIOR SILVER**

- (i) TEST: May have passed the complete Senior Silver Free Skate test, but no higher complete test  
(ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 2 minutes. Full ice surface to be used
1. Flying Camel/Back Sit Spin (minimum 5 rotations in each position)
  2. Combination Spin (minimum 3 positions with minimum 2 rotations in each position. Only 1 change of foot)
  3. Single Axel
  4. Any Double Jump
  5. Jump Combination – 2 double jumps (Solo jump **may not** be repeated)
  6. Sequence of 3 Field Moves

### **GOLD**

- (i) TEST: May have passed the complete Gold Free Skate test  
(ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 2 minutes. Full ice surface to be used
1. Flying Sit Spin (minimum 6 rotations)
  2. Combination Spin (must include all 3 basic positions with minimum 2 rotations in each position. Only 1 change of foot)
  3. Single or Double Axel
  4. Double Loop, Flip or Lutz Jump
  5. Jump Combination – 2 double jumps or triple/double jumps (Solo jumps **may not** be repeated)
  6. Sequence of 3 different Field Moves

# STARSKATE PATTERN DANCE

## **COMPOSITION OF PARTNERS**

Pattern Dance events may be comprised of one woman and one man or two women or two men (one performing the partners steps). Similar and mixed couples may compete against each other.

Competitors may enter only one Pattern Dance event.

## **SEQUENCES TO BE SKATED**

Skate Canada rule 5000(3.16)(2) specifies for the number of sequences to be skated in competition.

## **PRE-PRELIMINARY DANCE**

- (i) TEST: Both skaters must not have passed the complete Preliminary Dance test.
- (ii) COMPULSORY DANCES: Dutch Waltz, Canasta Tango (2 sequences)

## **PRELIMINARY DANCE**

- (i) TEST: At least one partner must have passed the complete Preliminary Dance test (no higher).
- (ii) COMPULSORY DANCES: Dutch Waltz, Baby Blues (2 sequences each)

## **JUNIOR BRONZE DANCE**

- (i) TEST: At least one partner must have passed the complete Junior Bronze Dance test (no higher).
- (ii) COMPULSORY DANCES: Fiesta Tango, Swing (Fiesta 2 sequences, Swing 1 sequence)

## **SENIOR BRONZE DANCE**

- (i) TEST: At least one partner must have passed the complete Senior Bronze Dance test (no higher).
- (ii) COMPULSORY DANCES: Ten-Fox, Fourteen Step (2 sequences each)

## **JUNIOR SILVER DANCE**

- (i) TEST: At least one partner must have passed the complete Junior Silver Dance test (no higher).
- (ii) COMPULSORY DANCES: Harris Tango, Rocker (2 sequences each)

## **SENIOR SILVER DANCE**

- (i) TEST: At least one partner must have passed the complete Senior Silver Dance test (no higher).
- (ii) COMPULSORY DANCES: Starlight Waltz, Killian (Starlight 2 sequences, Killian 4 sequences)

## **GOLD DANCE**

- (i) TEST: At least one partner must have passed the complete Gold Dance test (no higher).
- (ii) COMPULSORY DANCES: Blues, Quickstep (2 sequences each)

# STARSKATE SPIN EVENT

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. Skaters will skate all three spins at one time. All spins will be scored individually and an overall total score will be given.

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

## **Pre – Preliminary Spins**

1. Camel Spin (minimum of 2 rotations)
2. Sit Spin (minimum of 2 rotations)
3. Back upright Spin (minimum of 2 rotations)

## **Preliminary Spins**

1. Sit spin (minimum of 2 rotations)
2. Camel spin (minimum of 2 rotations)
3. Combination Spin (Change of foot optional. Must include at least 2 basic positions. Minimum of 2 rotations in each position)

## **Junior Bronze Spins**

1. Flying Spin one position with no change of foot (minimum of 3 rotations)
2. Combination Spin (Must change feet. Must include all three basic positions. Minimum of 3 rotations on each foot)
3. One position Spin (No flying entry, change of foot optional)

## **Senior Bronze Spins**

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

## **Junior Silver Spins**

1. Flying Spin one position with no change of foot (minimum of 5 rotations)
2. Combination Spin (Must change feet. Must include all three basic positions. Minimum of 5 rotations on each foot)
3. One position Spin (No flying entry, change of foot optional)

## **Senior Silver/Gold Spins (Combined Event)**

1. Flying Spin one position with no change of foot (minimum of 6 rotations)
2. Combination Spin (Must change feet. Must include all three basic positions. Minimum of 6 rotations on each foot)
3. One position Spin (No flying entry. Change of foot optional)

# STARSKATE JUMP EVENT

Jumps will be skated IN THE ORDER LISTED. All skaters will perform each jump twice consecutively. If a choice of jump is listed, both attempts must be the same. All jumps will be scored. Each skater will complete each jump before the next jump is started.

Extra choreography and footwork will not be permitted in this event. Automatic deductions will be given for added elements.

Half ice is to be used for Introductory to Junior Bronze. Full Ice will be used for Senior Bronze and up  
**Eligibility is the same as for the STARSkate Free Skating Events.**

## **Introductory**

1. Waltz Jump
2. Single Loop or Flip
3. Combination or Salchow with a Single Toe Loop

## **Pre-Preliminary**

1. Single Loop Jump
2. Single Flip or Lutz
3. Combination of any Single jump with a Single Toe Loop (Axel Allowed)

## **Preliminary**

1. Single Flip
2. Single Lutz or Axel
3. Combination of any Single jump with a Single Loop Jump (Axel allowed)

## **Junior Bronze**

1. Axel
2. Any Double jump
3. Combination of any Single or Double jump with a Single Loop or Toe Loop

# STARSKATE INTERPRETIVE

**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 AT ANY LEVEL.**

## **COMPOSITION OF THE INTERPRETIVE PROGRAM**

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 enhancement of 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 human beings. It does not involve animals, fairies, ghosts or toys coming 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, (ex. 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, legs, feet).
- Use of Music, (e.g. phrasing, style, awareness and sensitivity to musical elements while performing).

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

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

## **INTRODUCTORY INTERPRETIVE**

- (i) TEST: Must have passed the Introductory Interpretive test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes in length (+/- 10 sec).

## **BRONZE INTERPRETIVE**

- (i) TEST: Must have passed the Bronze Interpretive test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes in length (+/- 10 sec).

## **SILVER INTERPRETIVE**

- (i) TEST: Must have passed the Silver Interpretive but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes in length (+/- 10 sec).

## **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 in length (+/- 10 sec).

## SPECIAL OLYMPIC EVENTS

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

### LEVEL 1 COMPULSORY ELEMENTS

- (i) TEST: Must be able to complete the skills required for CanSkate Stage 1 but no higher than Stage 3.  
 (ii) ELEMENTS: Skater 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.
1. Forward skating across the width of the ice surface using alternating feet
  2. Forward glide on left foot (skaters choice of entry)
  3. Forward glide on right foot (skaters choice of entry)
  4. Forward half snowplow stop – right foot
  5. Forward half snowplow stop – left foot
  6. Backward skating any form – equivalent to ½ the width of the ice surface

### LEVEL 1 FREE SKATE PROGRAM

- (i) TEST: Must be able to complete the skills required for CanSkate Stage 1 but no higher than Stage 3.  
 (ii) SPECIFICATIONS FOR EVENT: One free program of 1.0 minute in length (+/- 10 seconds). The music will be instrumental. The program must be well balanced and include:
1. Four (4) out of six (6) CanSkate fundamental movements from Stage 1 through Stage 3
  2. Maximum of 2 jumps
  3. 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.

### LEVEL 2 COMPULSORY ELEMENTS

- (i) TEST: Must be able to complete the skills required for CanSkate Stage 4 but no higher than Stage 5.  
 (ii) ELEMENTS: Skater shall skate all elements of either Option 1 or Option 2 in isolation. There will be a draw to determine which Option is to be skated. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements.

#### Option 1

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

#### Option 2

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

### LEVEL 2 FREE SKATE PROGRAM

- (i) TEST: Must be able to complete the skills required for CanSkate Stage 4 but no higher than Stage 5.  
 (ii) SPECIFICATIONS FOR EVENT: One free program of 1.5 minutes in length (+/- 10 seconds). The music will be instrumental. The program must be well balanced and include:
1. Fundamental Movements from CanSkate Stage 1 through 5
  2. **Must** include 4 of 6 Fundamental Movements from Can Skate Stage 4 and 5.
  3. Choice of Challenge skills from Stages 1 through 3 may also be included.
  4. Maximum of 3 jumps
  5. Maximum of 2 spins
  6. 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.

### **LEVEL 3 COMPULSORY ELEMENTS**

- (i) TEST: Must be able to complete the skills required for CanSkate Stage 6 but no higher than Stage 7.  
(ii) ELEMENTS: Skater shall skate all elements of either Option 1 or Option 2 in isolation. There will be a draw to determine which Option is to be skated. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements.

#### Option 1

1. Left forward outside preliminary circle
2. Right forward inside preliminary circle
3. Backward outside edges width if ice, may use line
4. Left forward outside 3-turn
5. Right forward inside mohawk

#### Option 2

1. Right forward outside preliminary circle
2. Left forward inside preliminary circle
3. Backward outside edges width of ht ice, may use line
4. Right forward three 3-turn
5. Left forward inside mohawk

### **LEVEL 3 FREE SKATE PROGRAM**

- (i) TEST: Must be able to complete the skills required for CanSkate Stage 6 but no higher than Stage 7.  
(ii) SPECIFICATIONS FOR EVENT: One free program of 1.5 minutes in length (+/- 10 seconds). The music will be instrumental. The program must be well balanced and include:

1. Fundamental Movements from Can Skate Stages 1 through 7
2. **Must** include 4 out of the 6 Fundamental Movements from Can Skate Stages 6 and 7
3. Choice of Challenge skills from Stages 1 through 5
4. Maximum of 5 jump elements which may include one combination or sequence
5. Maximum of 2 spins
6. 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.

### **LEVEL 4 COMPULSORY ELEMENTS**

- (i) TEST: Must be able to complete the skills required for CanSkate Stage 7 but no higher than the complete Skate Canada Preliminary Free Skate Test.  
(ii) ELEMENTS: Program length not to exceed 1minute 30sec. No music shall be used.
1. Stroking forwards full perimeter and stroking backwards full perimeter of ice (patterns from the Preliminary Freeskate Test)
  2. Loop Jump
  3. Sit spin
  4. Straight line step sequence that includes 3-turns and mohawks

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

### **LEVEL 4 FREE SKATE PROGRAM**

- (i) TEST: Must be able to complete the skills required for CanSkate Stage 7 but no higher than the complete Skate Canada Preliminary Free Skate Test.  
(ii) SPECIFICATIONS FOR EVENT: One free program of 2.0 minutes in length (+/- 10 seconds). The music will be instrumental. The program must be well balanced and include:

1. Preliminary Freeskate Test Elements
2. Maximum of 6 jumps elements including 1 jump combination and 1 jump sequence
3. Maximum 2 spins, no more than one of the spins may be in combination
4. 1 step sequence (circle, straight line or serpentine)
5. No flying spins
6. No jump higher than a flip
7. Any forward entry or Axel type jump which may be a waltz jump

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

**LEVEL 5 COMPULSORY ELEMENTS**

(i) TEST: Must be able to complete the skills required for the Skate Canada Preliminary Freeskate Test but not have completed the skills for the Jr. Bronze Test.

(ii) ELEMENTS: Program length not to exceed 1minute 30sec. No music shall be used.

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

No points will be awarded for elements done outside the 1minute 30sec. time limit.

**LEVEL 5 FREE SKATE PROGRAM**

(i) TEST: Must be able to complete the skills required for the Skate Canada Preliminary Freeskate Test but not have completed the skills for the Jr. Bronze Test.

(ii) SPECIFICATIONS FOR EVENT: One free program of 2.5 minutes in length (+/- 10 seconds). The music will be instrumental. The program must be well balanced and include:

1. Junior Bronze Freeskate Test elements
2. 6 jumps of which 2 may be in combination or a sequence
3. 2 spins
4. 1 step sequence
5. No jump greater than a single axel
6. Any forward entry or Axel type jump which may be a waltz jump

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

**LEVEL 6 COMPULSORY ELEMENTS**

(i) TEST: Must be able to complete the skills required for the Skate Canada Jr. Bronze Freeskate Test or higher.

(ii) ELEMENTS: Program length not to exceed 2minute 15sec. No music shall be used.

1. Flying spin
2. Forward Russian stroking
3. 2 step sequences (one must include brackets) 2 different patterns
4. Axel Jump
5. 1 jump combination of 2 jumps of 1 rotation

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

**LEVEL 6 FREE SKATE PROGRAM**

(i) TEST: Must be able to complete the skills required for the Skate Canada Jr. Bronze Freeskate Test or higher.

(ii) SPECIFICATIONS FOR EVENT: One free program of 3.0 minutes in length (+/- 10 seconds). The music will be instrumental. The program must be well balanced and include:

1. Senior Bronze Freeskate elements or higher
2. 7 jumps – including an axel and 2 jump sequence or combinations
3. 3 spins – including 1 combo spin and one flying spin
4. 1 step sequence (straight, circle or serpentine)
5. No jumps of more than 2 ½ revolutions

# ADULT FREE SKATE

**COMPETITIVE SINGLES TEST EQUIVALENCIES IN THE ADULT EVENTS:** 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 outlined in the STARSkate Free Skate section.

Skaters who have passed any of the competitive test equivalencies must enter the Adult Event 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.

## **ADULT BRONZE FREE SKATE**

- (i) TEST: Must not have passed the complete Junior Bronze Free Skate test.
- (ii) SPECIFICATIONS FOR EVENT: A maximum program time of 2 min 40 sec. Program time may be shorter.

## **ADULT SILVER FREE SKATE**

- (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: A maximum program time of 3 min 10 sec. Program time may be shorter.

## **ADULT GOLD FREE SKATE**

- (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: A maximum program time of 3 min 40 sec. Program time may be shorter.

## **ADULT MASTERS FREE SKATE**

- (i) TEST: Must have passed the complete Junior Silver Free Skate test, but no Competitive Singles test.
- (ii) SPECIFICATIONS FOR EVENT: A maximum program time of 4 min 10 sec. Program time may be shorter.

## **ADULT COMPETITIVE FREE SKATE**

- (i) TEST: Must have passed a complete Competitive Singles test.
- (ii) SPECIFICATIONS FOR EVENT: A maximum program time of 4 min 10 sec. Program time may be shorter.

# ADULT INTERPRETIVE

**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 AT ANY LEVEL.**

## **COMPOSITION OF THE INTERPRETIVE PROGRAM**

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 enhancement of 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 human beings. It does not involve animals, fairies, ghosts or toys coming 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, (ex. 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, legs, feet).
- Use of Music, (e.g. phrasing, style, awareness and sensitivity to musical elements while performing).

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

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

## **INTRODUCTORY ADULT INTERPRETIVE**

- (i) TEST: Must have passed the Introductory Interpretive test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

## **BRONZE ADULT INTERPRETIVE**

- (i) TEST: Must have passed the Bronze Interpretive, Adult Artistic, or Bronze Artistic test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

## **SILVER ADULT INTERPRETIVE**

- (i) TEST: Must have passed the Silver Interpretive or Silver Artistic test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

## **GOLD ADULT INTERPRETIVE**

- (i) TEST: Must have passed the Gold Interpretive or Gold Artistic test.
- (ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes (+/- 10 seconds) in length.

2012 JEAN NORMAN OPEN FREE SKATE AND DANCE COMPETITION  
**APPENDIX A – WELL BALANCED PROGRAM REQUIREMENTS – (2011 - 2012)**

Event	Jump Elements	Spin Elements	Step Sequences
<b>Introductory</b> 1:30 min.(+/-10 sec)	Maximum 6 jump elements <ul style="list-style-type: none"> <li>• Must include a waltz jump</li> <li>• No higher than a single loop jump</li> <li>• Maximum 2 jump combinations a/o sequences. No three jump combo</li> <li>• No restriction as to number of repeated jumps</li> </ul>	Maximum 2 spins <ul style="list-style-type: none"> <li>•No flying spins permitted</li> <li>•1 spin must be in one position, not in combination, no change of foot</li> <li>•Maximum of 1 combo spin, no change of foot</li> </ul>	Maximum one step sequence or spiral sequence. <b>All step/spiral sequences shall be called no higher than Level 1 when using CPC except for Senior Silver and Gold.</b>
<b>Pre-Preliminary</b> 1:30 min.(+/-10 sec)	Maximum 6 jump elements <ul style="list-style-type: none"> <li>• No jump higher than a single Lutz</li> <li>• Must include at least one waltz jump.</li> <li>• Maximum two combinations or sequences. <u>Jump combinations may contain no more than two jumps.</u></li> <li>• No jump included more than twice and if a jump is repeated it must be in combination or sequence.</li> </ul>		
<b>Preliminary</b> 1:30 min.(+/-10 sec)	Maximum 6 jump elements <ul style="list-style-type: none"> <li>• All single jumps permitted and maximum one double jump which may be a double Salchow or a double toe loop.</li> <li>• Must include at least one Axel type jump (waltz or single Axel).</li> <li>• Maximum two combinations or sequences. <u>Jump combinations may contain no more than two jumps.</u></li> <li>• No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated.</li> </ul>		
<b>Junior Bronze</b> 2:00 min.(+/-10 sec)	Maximum 6 jump elements <b>All elements will be called no higher than Level I when using CPC</b> <ul style="list-style-type: none"> <li>• All single jumps permitted and maximum two double jumps which may be up to and including a double loop.</li> <li>• Must include at least one Axel type jump (waltz or single Axel).</li> <li>• Maximum two combinations or sequences. <u>Jump combinations may contain no more than two jumps.</u></li> <li>• No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jumps may not be repeated.</li> </ul>	Maximum 3 spins <ul style="list-style-type: none"> <li>• One spin must be a combination spin (change of foot <u>mandatory</u>)</li> <li>• One spin must be a flying spin</li> <li>• One spin of any nature</li> </ul>	<i>Note: the first allowed step or Spiral sequence included in the program which meets the minimum requirements to be identified will be counted.</i>  <b>Spiral sequences have only One level of difficulty. The tech panel will award Level 1 or No Level</b>
<b>Senior Bronze</b> 2:30 min.(+/- 10 sec)	Maximum 6 jump elements <b>All elements will be called no higher than Level I when using CPC</b> <ul style="list-style-type: none"> <li>• All single and double jumps permitted except double Axel.</li> <li>• Must include at least one Axel type jump (waltz or single Axel).</li> <li>• Maximum three combinations or sequences. <u>Jump combinations may contain no more than two jumps.</u></li> <li>• No jump included more than twice and if a jump is repeated it must be in combination or sequence.</li> </ul>	Maximum 3 spins <ul style="list-style-type: none"> <li>• One spin must be a combination spin (change of foot <u>mandatory</u>)</li> <li>• One spin must be a flying spin, <u>in one position with no change of foot</u></li> <li>• One spin of any nature</li> </ul>	
<b>Junior Silver</b> 3:00 min (+/- 10 sec)	Maximum 6 jump elements <ul style="list-style-type: none"> <li>• All jumps are permitted</li> <li>• Must include at least one Axel type jump (waltz or Axel type).</li> <li>• Maximum three combinations or sequences. <u>Jump combinations may contain no more than two jumps.</u></li> <li>• No jump included more than twice and if a jump is repeated it must be in combination or sequence.</li> </ul>	<b>All spins shall be called no higher than Level 1 for Junior Silver when using CPC</b> Maximum 3 spins <ul style="list-style-type: none"> <li>• One spin must be a combination spin (change of foot <u>mandatory</u>)</li> <li>• One spin must be a flying spin, <u>in one position with no change of foot</u></li> <li>• One spin of any nature</li> </ul>	
<b>Sr. Silver</b> 3:00 min (+/- 10 sec)	Maximum 6 jump elements <ul style="list-style-type: none"> <li>• All jumps are permitted</li> <li>• Must include at least one Axel type jump (waltz or Axel type).</li> <li>• Maximum three combinations or sequences. <u>Jump combinations may contain no more than two jumps.</u></li> <li>• No jump included more than twice and if a jump is repeated it must be in combination or sequence.</li> </ul>		
<b>Gold</b> 3:30 min (ladies) 4:00 min (men) (+/- 10 sec)	Note: One additional jump may be included if it is an attempted double Axel or any triple.		

# 2012 JEAN NORMAN ENTRY FORM

**Registration forms not completed in full will be returned unprocessed!**

TO BE COMPLETED BY PARENT/SKATER	Competitor's Name		Please circle: Male Female		
	Home Address & Postal Code		Street Address	City	Postal Code
	Phone Number		Email		
	Date of Birth (dd/mm/yyyy)		Home Club		Home Club No.
	Skate Canada No.		Health Card No.		
	Voluntary self-declaration of Aboriginal ancestry:		Check one of the following that is most applicable to your Aboriginal ancestry (optional): <input type="checkbox"/> Status / Treaty <input type="checkbox"/> Non-Status <input type="checkbox"/> Metis <input type="checkbox"/> Inuit		
TO BE COMPLETED BY COACH	Name of Coach				
	Phone Number		Email		
	Test Qualifications (highest passed) <small>*Competitive test equivalencies must be taken into account when registering for events</small>		Free Skate:	Elements:	Skating Skills:
			Dance:	Interpretive:	Competitive:
	Club Contact Person				
	Phone Number		Email		
	<b>EVENTS ENTERED - Indicate the events you wish to enter. MAXIMUM 4 EVENTS PER SKATER</b>				
	<b>** Skaters must enter either the Jump or Spin Event. **</b>				
	<u>Competitive Singles Free Skate</u> <input type="checkbox"/> Pre-Juvenile <input type="checkbox"/> Juvenile <input type="checkbox"/> Pre-Novice <input type="checkbox"/> Novice <input type="checkbox"/> Junior <input type="checkbox"/> Senior		<u>Competitive Singles Short Program</u> <input type="checkbox"/> Pre-Novice <input type="checkbox"/> Novice <input type="checkbox"/> Junior <input type="checkbox"/> Senior		<u>STARSkate Free Skate</u> <input type="checkbox"/> Introductory <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <input type="checkbox"/> Junior Bronze <input type="checkbox"/> Senior Bronze <input type="checkbox"/> Junior Silver <input type="checkbox"/> Senior Silver <input type="checkbox"/> Gold
	<u>STARSkate Elements</u> <input type="checkbox"/> Introductory <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <input type="checkbox"/> Junior Bronze <input type="checkbox"/> Senior Bronze <input type="checkbox"/> Junior Silver <input type="checkbox"/> Senior Silver <input type="checkbox"/> Gold		<u>STARSkate Pattern Dance</u> <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <input type="checkbox"/> Junior Bronze <input type="checkbox"/> Senior Bronze <input type="checkbox"/> Junior Silver <input type="checkbox"/> Senior Silver <input type="checkbox"/> Gold		
<u>Competitive Jump Event</u> <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E		<u>STARSkate Jump Event</u> <input type="checkbox"/> Introductory <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <input type="checkbox"/> Junior Bronze		<u>STARSkate Spin Event</u> <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <input type="checkbox"/> Junior Bronze <input type="checkbox"/> Senior Bronze <input type="checkbox"/> Junior Silver <input type="checkbox"/> Senior Silver/Gold	
<u>Interpretive</u> <input type="checkbox"/> Introductory <input type="checkbox"/> Bronze <input type="checkbox"/> Silver <input type="checkbox"/> Gold		<u>Special Olympics Events</u> (Combined - Elements & Free Skate) <input type="checkbox"/> Level I Elements <input type="checkbox"/> Level II Elements <input type="checkbox"/> Level III Elements <input type="checkbox"/> Level IV Elements <input type="checkbox"/> Level V Elements <input type="checkbox"/> Level VI Elements			
<u>Adult Free Skate</u> <input type="checkbox"/> Bronze <input type="checkbox"/> Silver <input type="checkbox"/> Gold <input type="checkbox"/> Masters <input type="checkbox"/> Competitive		<u>Adult Interpretive</u> <input type="checkbox"/> Introductory <input type="checkbox"/> Bronze <input type="checkbox"/> Silver <input type="checkbox"/> Gold		<u>COMPETITIVE TESTING</u> <input type="checkbox"/> YES (Test Fee is \$30)  <b>Please ensure you register at the level you wish to test.</b>	
Interpretive Title		Name of Partner			
As a Skate Canada Professional Coach or Club Official, I have reviewed and verified that all sections of this entry are complete and correct.					
Coach or Club Official's Signature _____					

<b>ENTRY FEES:</b>			<b>RETURN FORM TO:</b>		
Competitive Events	First Event	\$75	Additional Competitive Event	\$30	Skate
Canada – Saskatchewan			2205 Victoria Avenue		
STARSkate/SpecialO/Adult	First Event	\$60	Additional STARSkate Event	\$25	Regina SK S4P 0S4
STARSkate Pattern Dance		\$60/couple	STARSkate Jump or Spin Events	\$20 each	
Competitive LTAD Jump Event		\$20			
<b>CHEQUES PAYABLE TO:</b>			<b>ENTRIES MUST BE RECEIVED</b>		
<b>BY:</b>			12:00 Noon ON FRI, JAN 13, 2012		
Skate Canada - Saskatchewan					

**Forms must be filled in completely, legibly and correctly. Please review forms before submitting them. Incomplete or incorrect registration forms will be subject to a penalty up to the equivalent registration fee.**

## PARTICIPANT'S RELEASE

Participant's and Information Release Form must accompany Entry Form.

**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/or instructors, and facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs, and any person acting on my behalf, Swift Current Skating Club, City of Swift Current, and Skate Canada - Saskatchewan, and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, agents and sponsors, from any claim arising from any illness or injury to my person as a result of my participation in this activity.**

<b>Participant's Name:</b> (print)	<b>Signature:</b>
<b>Parent's Signature:</b> (If under 18 years of age)	<b>Date:</b>

## INFORMATION RELEASE FORM

I hereby give consent (or parent if under 16 years of age) to Skate Canada – Saskatchewan to publish my name, club information and/or photo on the website and/or in the newsletter, it being understood and agreed that the Newsletter is being distributed in hard copy and electronic format and will be placed on the website in PDF format for viewing and downloading.

Participant's Name: (print)	Parent's Name: (if under 16 years of age)
Signature:	Parent's Signature:
Date:	Date: