# Central Carolina Skating Classic 

Eighteenth Annual Competition
May 20-22, 2016
(Offering IJS, Competitive and Test Track)


Sponsored by
Central Carolina Skating Club, Inc.
Sanctioned by
United States Figure Skating


The Central Carolina Skating Classic will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club, or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. citizens.

## ELIGIBILITY/TEST LEVEL:

Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may also skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program) must be at least 14 years of age at the close of entries. Skaters entering beginner-pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

ENTRIES: Method of entries will be online via EntryEeze, which can be accessed through the Club's web site at www.centralcarolinasc.com. Entry deadline will be midnight, Sunday, April 3, 2016. Entry fees will be paid online at the EntryEeze portal. Late entries may be accepted at the discretion of the Competition Committee and will require a late fee of $\$ 30$.

1st IJS event: \$130*
any additional IJS event: $\$ 80$

1st non-IJS event: \$95*
non-IJS event: \$45
third/subsequent non-IJS events: $\$ 30$
${ }^{\text {st }}$ Basic Skills event: $\$ 55^{*}$ additional any additional Basic Skills event: $\$ 25$

## Please review your choice of events closely. Any change of event due to your error will result in a $\$ 25$ fee per each event changed. <br> *Price includes one DVD of skater's program; additional DVDs will be available to purchase

REFUND POLICY: Entry fees will not be refunded unless the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for nonsufficient funds and contested credit card charges will be issued a $\$ 30$ fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by email through EntryEeze.

FACILITIES: The competition will be held at Orange County SportsPlex, 101 Meadowlands Drive, Hillsborough, NC 27278, 919-644-0339. The facility is off I-85 at Exit 165. After exiting, follow the signs to the Sports Center. The ice rink is $85^{\prime} \times 200$ ' with rounded corners and hockey barrier. The facility has a snack bar and figure skating supplies will be available for sale. The facility does not allow any food or drink to be brought inside. Dressing rooms are available.

MUSIC: CDs must be clearly marked with the skater's name and event. CDs (no CD-RWs or MP3s; one piece of music only per CD) must be turned in to the registration desk at least one (1) hour prior to the event. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but

CCSC cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

LIABILITY: U.S. Figure Skating, Central Carolina Skating Club, and Orange County SportsPlex accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM: The International Judging System (IJS) will be used for the following events:

- Well Balanced Program free skate events, juvenile - senior (including open juvenile)
- Short program events, intermediate - senior
- Adult Gold

All competitors skating in these events need to submit the planned program content form online. This form is found in the Members Only section at www.usfigureskating.org. The deadline to submit the form is May $3,2016$.

The 6.0 Majority Judging System will be used for:

- Well Balanced Program free skate events, pre-preliminary - pre-juvenile
- Introductory free skate events (no-test)
- Basic Skills events
- All Test Track events
- All specialty singles events (spins, jumps, compulsory moves, showcase, etc.)
- All partnered pattern and free dances

CRITIQUES: It is CCSC's intention to offer complimentary critiques at the 2016 CCSC Classic for IJS events Juvenile/Open Juvenile through Senior only. However, there may be circumstances that will not allow critiques to occur. If offered, critiques will be complimentary and open only to skaters and coaches.

ON-SITE REGISTRATION: Registration will begin one-half hour prior to the first practice ice session of each day beginning on Friday, May 20, 2016, and run through the last event of each day. The registration table will be located in the lobby of the rink. Please register promptly upon arrival.

PRACTICE ICE: Practice Ice will be paid for on EntryEeze at the time of submitting your entry. You may link to EntryEeze at the Club's web site: www.centralcarolinasc.com. EntryEeze will notify you when you may select your practice times once the weekend schedule has been finalized. The final schedule will be posted at the Orange County SportsPlex and on www.centralcarolinasc.com as soon as possible after close of entries. Practice ice sessions will be 20 minutes in length, $\$ 12$ each.

PHOTOGRAPHY/VIDEOGRAPHY: Looking Glass Productions will provide official videography services. Photography will be provided by Ron Tencati Photography. No flash photography will be allowed at any time in the rink.

AWARDS: Medals will be awarded to the 1st, 2nd, 3rd, and 4th place winners in each event. If the number of entrants requires multiple groups, medals will be awarded to each group. All events are considered completed after the initial round. No final rounds will be held.

The Maxine Hayes Freeland Memorial Award is presented to the Juvenile Girls Champion in honor of Mrs. Freeland and her contributions and support to young skaters. For more information about this award and past recipients, please visit our Club's website.

OFFICIAL NOTICES: An official bulletin board will be maintained at the Orange County SportsPlex rink area. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

## IMPORTANT INFORMATION FOR ALL COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1 :
A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of $\$ 30$ and, if 18 years of age or older, successfully pass the background screen.
C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
D. Must submit proof of current general liability insurance with limits of $\$ 1$ million per occurrence/ $\$ 5$ million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.
If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents,
he or she will not be allowed a credential - no exceptions We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation, which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:
http://www.usfigureskating.org/Content/Coaching\ Compliance\ Toolkit.pdf

CONTACT INFO: If you have questions, please contact the Local Operating Committee (LOC) Chair, Tara Robinson, at robinsontka@me.com, and you will receive an email reply.

## SECTION 2: EVENTS OFFERED

## Well-Balanced Program Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, and also skate a second Free Skate event up to one level higher.
- All relevant and appropriate IJS rules will be used in events Juvenile through Senior and Adult Gold and Adult Masters. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org under "Technical Information," then "Singles/Pairs."

| CATEGORY | REQUIREMENTS | TIME |
| :---: | :---: | :---: |
| Pre-Preliminary | See Rule 4270 | 1:40 max |
| Preliminary | See Rule 4260 | 1:30 +/-10 sec |
| Pre-Juvenile | See Rule 4250 | 2:00 +/- 10 sec |
| Juvenile/Open Juvenile Free Skate | See Rule 4240 | 2:15 +/-10 sec |
| Intermediate Short | See Rule 4230 | 2:00 maximum |
| Intermediate Free Skate | See Rule 4230 | 2:30 +/-10 sec |
| Novice Short Rule 4220 | See Rule 4220 | 2:30 maximum |
| Novice Free Skate | See Rule 4220 | Ladies: 3:00 +/- 10 sec Men: 3:30 +/- 10 sec |
| Junior Short | See Rule 4210 | 2:50 maximum |
| Junior Free Skate | See Rule 4210 | Ladies: 3:30 +/- 10 sec Men: 4:00 +/- 10 sec |
| Senior Short | See Rule 4200 | 2:50 Maximum |
| Senior Free Skate | See Rule 4200 | Ladies: 4:00 +/- 10 sec Men: 4:30 +/- 10 sec |
| Adult Pre-Bronze Free Skate | See Rule 4600 | 1:40 maximum |
| Adult Bronze Free Skate | See Rule 4590 | 1:50 maximum |
| Adult Silver Free Skate | See Rule 4580 | 2:10 maximum |
| Adult Gold Free Skate Rule 4570 | See Rule 4570 | 2:40 maximum |

## Introductory Levels Free Skate Program - Beginner, High Beginner, and No Test Levels

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

| Level | Jumps | Spins | Steps | Qualifications |
| :---: | :---: | :---: | :---: | :---: |
| Beginner <br> 1:40 Maximum | Max. 5 jump elements: <br> - Jumps with no more than one-half rotation (front to back or back to front). <br> - Max. 2 jump sequences <br> - Max. 2 of any same jump | Max. 2 spins: <br> - Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests |
| High Beginner 1:40 Maximum | Max. 5 jump elements: <br> - Jumps with no more than one-half rotation (front to back or back to front including half-loop) <br> - Single rotation jumps: Salchow and toe loop only. <br> - Max. 2 jump combinations or sequences <br> - Max. 2 of any same type jump. | Max. 2 spins: <br> - Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests |
| No-Test <br> 1:40 Maximum | Max. 5 jump elements: <br> - Single jumps, with the exception of the single Axel, are allowed <br> - Maximum of 2 jump combinations or sequences <br> - Jump combinations limited to 2 jumps - Jump sequences limited to a 3 single jumps (half-loop is not considered a single jump at this level) <br> - No single Axels, double jumps or triple jumps | Max. 2 spins: <br> - Spins may change feet and/or position <br> - Spins may start with a fly <br> - Minimum 3 revs. <br> - Spins must be of a different character (For definition see rule 4103E) | Step sequence* <br> - Must use one half the ice surface <br> - Moves in the field and spiral sequences are permitted but will not be counted as elements. <br> - Jumps may be included in the step sequence | Skaters may not have passed any U.S. Figure Skating standard free skate tests |

## TEST TRACK FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition. The 6.0 judging system will be used for all Test Track events.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher, but not both.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- The following deductions will be taken:
- 0.1 from each mark for each technical element included that is not permitted in the event description.
- 0.1 from the technical mark for each extra element included.
- 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

| Level | Jumps | Spins | Steps | Qualifications |
| :---: | :---: | :---: | :---: | :---: |
| Pre- <br> Preliminary <br> Test <br> 1:30+/- 10 sec. | Maximum of 5 jump elements: <br> - Jumps with not more than one-half rotation front to back or back to front including hal--loop) <br> - Single rotation jumps: Salchow, toe loop and loop only. <br> - Max. 2 jump combinations or sequences <br> - Max. 2 of any same type jump | Maximum of 2 spins: <br> - Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test |
| Preliminary Test $1: 30+/-10 \mathrm{sec} .$ | Maximum of 5 jump elements: <br> - Jumps with not more than one rotation (no Axels). <br> - Max. 2 jump combinations or sequences <br> - Max. 2 of any same type jump | Maximum of 2 spins: <br> - One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) <br> - One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) | Connecting moves and steps should be demonstrated throughout the program | Skaters must have passed at least the U.S. Figure Skating prepreliminary free skate test but may not have passed tests higher than the preliminary free skate test |
| Pre-Juvenile Test $\text { 2:00 +/- } 10 \mathrm{sec} .$ | Maximum of 5 jump elements: <br> - Jumps with not more than one rotation (no Axels). <br> - Max. 2 jump combinations or sequences <br> - Max. 2 of any same type jump | Maximum of 2 spins: <br> - One spin in one position, no change of foot (Min. 3 revolutions) a One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. | One step sequence fully utilizing ice surface | Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than prejuvenile free skate test |


| Juvenile Test $\text { 2:15 +/- } 10 \mathrm{sec} .$ | Maximum of 5 jump elements: <br> - Any single jumps, including Axel, are permitted. <br> - Max. 2 jump combinations or sequences <br> Max. 2 of any same type jump | Maximum of 2 spins: <br> - One solo spin in one position, no change of foot (Min. 4 revolutions). <br> - One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) <br> - Only solo spin may fly | One step sequence fully utilizing ice surface | Skaters must have passed at least the U.S. Figure Skating prejuvenile free skate test but may not have passed tests higher than juvenile free skate test |
| :---: | :---: | :---: | :---: | :---: |
| Intermediate <br> Test $\text { 2:30 +/- } 10 \mathrm{sec} .$ | Maximum of 6 jump elements: <br> - Any single jumps. <br> - Double jumps permitted: double Salchow and double toe loop. <br> - Maximum of 3 jump combinations or sequences <br> - Max. 2 of any same type jump | Maximum of 2 spins: <br> - One must be a flying spin (min 5 revolutions), <br> - One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). | One step sequence fully utilizing ice surface | Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test |
| Novice Test <br> Ladies 3:00 $\text { +/- } 10 \mathrm{sec} .$ $\begin{aligned} & \text { Men } \\ & 3: 30+/-10 \mathrm{sec} . \end{aligned}$ | Maximum of 7 jump elements for men and 6 for ladies: <br> - Any single jumps. <br> - Double jumps permitted: double Salchow, double toe loop and double loop. <br> - Maximum of 3 jump combinations or sequences <br> - Max. 2 of any same type jump | Maximum of 3 spins, of a different nature: <br> - One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) <br> - The other spins are the option of the skater (min 6 revolutions per foot) <br> - All spins may fly | One step sequence or spiral sequence fully utilizing ice surface <br> (see rule 4104 \& 4105 for remarks) | Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test |
| Junior Test <br> Ladies 3:30 $\text { +/- } 10 \mathrm{sec} .$ <br> Men $4: 00+/-10 \mathrm{sec} .$ | Maximum of 8 jump elements for men and 7 for ladies: <br> - Any single jumps. <br> - Double jumps permitted: double Salchow, double toe loop, double loop and double flip <br> - Maximum of 3 jump combinations or sequences <br> - Max. 2 of any same type jump | Maximum of 3 spins of a different nature: <br> - One spin in one position (Min. 6 revolutions) <br> - One flying spin (Min. 6 revolutions) <br> - One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) | One step sequence fully utilizing ice surface <br> (See rule 4105 for remarks) | Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test |



## COMPULSORY MOVES

General event parameters:

1. Age and test requirements are the same as listed under Free Skating. Skaters may skate one level higher than their current test level.
2. Moves must be performed in a program without music and in any order with necessary connecting steps.
3. Spins must be held for at least 3 revolutions in each position except as noted.
4. Jump combinations may not have a change of foot or turn between jumps.
5. An Axel is considered a single jump.
6. Mandatory deductions will be taken for unlisted or additional elements or unsuccessfully executed moves.
7. ONLY ONE ATTEMPT IS PERMITTED.
8. Unless indicated, connecting steps may be used but will not be judged.

| Level | Time | Skating rules/standards |
| :---: | :---: | :---: |
| Beginner <br> (1/2 ice) | 1:15 max | 1. Waltz jump <br> 2. $1 / 2$ jump of choice <br> 3. Forward two-foot or one-foot spin, min. 3 revolutions (free leg position optional) <br> 4. Forward or backward spiral |
| High Beginner (1/2 ice) | 1:15 max | 1. Toe loop jump <br> 2. Salchow jump <br> 3. Forward scratch spin (min. 3 revolutions) <br> 4. Forward or backward spiral |
| No - Test <br> (1/2 ice) | 1:15 max. | 1. Loop jump <br> 2. Jump combination to include a toe loop (may not use a loop or Axel) <br> 3. Solo spin - sit or camel spin - minimum three revolutions <br> 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included. |
| Pre - Preliminary (1/2 ice) | 1:15 max. | 1. Single toe loop <br> 2. Jump combination: single/single (no Axel) <br> 3. Sit spin or camel spin - minimum three revolutions <br> 4. Spiral sequence with one forward spiral and one backward spiral (any edge) |


| Preliminary <br> (1/2 ice) | 1:15 max. | 1. Single Lutz <br> 2. Jump combination: single/single (may include Axel) <br> 3. Back upright spin - minimum three revolutions <br> 4. Forward inside spiral |
| :---: | :---: | :---: |
| Pre-Juvenile (1/2 ice) | 1:15 max. | 1. Single jump (may include Axel) <br> 2. Jump combination: single/single (may include Axel) <br> 3. Layback spin or camel spin - minimum three revolutions <br> 4. Step sequence - circular |
| Juvenile \& Open Juv. <br> (FULL ice) | 1:15 max. | 1. Single Axel <br> 2. Jump combination: single/single or double/single <br> 3. Layback spin or camel spin - minimum three revolutions <br> 4. Step sequence - circular |

## ADULT COMPULSORY MOVES

General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring.
Spins may not be repeated. On required elements may be included.
2. All events are skated on $1 / 2$ ice.
3. Minimum number of revolutions are noted in parentheses.

| Level | Time | Elements |
| :---: | :---: | :---: |
| Adult Beginner | 1:15 max | 1. Forward crossovers (Min. 5 consecutive) <br> 2. Waltz jump <br> 3. Two foot upright spin <br> 4. Forward spiral (any edge) |
| Adult Pre-Bronze <br> (1/2 ice) | 1:15 max | 1. Waltz jump <br> 2. $1 / 2$ flip jump <br> 3. Lunge or forward spiral <br> 4. 2-foot upright spin |
| Adult Bronze <br> (1/2 ice) | 1:15 max | 1. Single Salchow <br> 2. Waltz/toe loop jump combination <br> 3. One-foot forward upright spin (4 revs) <br> 4. Forward spiral (any edge) |
| Adult Silver Full Ice | 1:30 max | 1. Single loop <br> 2. Single/single jump combination <br> 3. Sit spin (Min. 3 revolutions) <br> 4. Straight line step sequence |
| Adult Gold <br> Full Ice | 1:30 max | 1. Lutz jump <br> 2. Axel jump <br> 3. Combination jump (single/single or single/double) <br> 4. Forward camel spin <br> 5. Circular step sequence |

## JUMP EVENT

General event parameters:

- Age and Test Level Qualification for Jump Events are the same as in the Freeskate Section.
- Jumps may be performed in any order and skated without music.
- Combination jumps must be performed with no turn or change of foot between jumps. The jump combination may consist of the same jump or another jump (single, double, triple, as prescribed). However, the jumps included must be different from the solo jumps unless otherwise stated.
- Only ONE attempt per jump is permitted.

| Level | Time | Skating rules / standards |
| :---: | :---: | :---: |
| Beginner <br> (1/2 ice) | 1:15 max | 1. Waltz jump from backward crossovers <br> 2. $1 / 2$ Flip or $1 / 2$ Lutz <br> 3. Single Salchow |
| High Beginner (1/2 ice) | 1:15 max | 1. Waltz jump from backward crossovers <br> 2. Single salchow <br> 3. Jump combination: Waltz-Toe loop |
| No-Test (1/2 ice) | 1:15 min max. | 1. Single toe loop <br> 2. Single loop <br> 3. Jump combination - Any two $1 / 2$ or single revolution jumps (no Axel) |
| Pre - Preliminary (1/2 ice) | 1:15 max. | 1. Single toe loop <br> 2. Single flip <br> 3. Jump combination - Any two $1 / 2$ or single revolution jumps (no Axel) |
| Preliminary (1/2 ice) | 1:15 max. | 1. Single flip <br> 2. Single Lutz <br> 3. Jump combination - Any single jump + single loop (may be Axel) |
| Pre - Juvenile (1/2 ice) | 1:15 max. | 1. Single Axel <br> 2. Single or double jump <br> 3. Jump combination - single/single (no Axel) |
| Juvenile \& Open Juv. <br> (Full ice) | 1:15 max. | 1. Single Axel <br> 2. Double Salchow <br> 3. Jump combination - single/single or double/single (no Axel) |
| Adult Pre-Bronze (1/2 ice) | 1:15 max | 1. Waltz jump <br> 2. Waltz/toe loop jump combination <br> 3. $1 / 2$ flip jump |
| Adult Bronze <br> (1/2 ice) | 1:15 max | 1. Single Salchow <br> 2. Single Toe loop <br> 3. Single/single combination ( NO Axel) |
| Adult Silver <br> (1/2 ice) | 1:15 max | 1. Flip jump <br> 2. Loop jump <br> 3. Single/single combination (Axel permitted) |
| Adult Gold <br> (Full ice) | 1:15 max | 1. Lutz jump <br> 2. Axel <br> 3. Combination single/single (Axel permitted) or double/single |

## SINGLES SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on $1 / 2$ ice.
- Minimum number of revolutions is noted in parentheses.

| Level | Time | Skating rules / standards |
| :--- | :--- | :--- |
| Beginner | $1: 15$ max | 1. <br> U. Upright one-foot spin (3) <br> 2. <br> 3. Upright two-foot spin (3) |
| Sigh Beginner (3) |  |  |

## SHOWCASE EVENTS

Showcase events are open to all skaters; groups will be divided by ages. Vocal music is permitted. These events will not follow the standard USFS templates for Showcase events.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute.

Performances will be judged from an entertainment standpoint. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice. 6.0 Judging will be used.

A separate event will be offered for each of the age groups below in each of these categories (Duet, Dramatic Entertainment, and Light Entertainment). Age groups and allowed times as follows:

## DUET

Format:

- Duets are theatrical or artistic performances by any two competitors.
- Props and scenery are permitted

Event 1: Skaters through age $8 \quad$ 1:30 max.
Event 2: Skaters ages 9 through 13
2:10 max.
Event 3: Skaters ages 14 through 20
2:40 max.
Event 4: Skaters ages 21 and over
1:40 max.

## DRAMATIC ENTERTAINMENT EVENTS

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery are permitted

Event 1: Skaters through age 8
Event 2: Skaters ages 9 through 13
Event 3: Skaters ages 14 through 20
Event 4: Skaters ages 21 and over

1:30 max.
2:10 max.
2:40 max.
1:40 max.

## LIGHT ENTERTAINMENT EVENTS

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and scenery are permitted

Event 1: Skaters through age 8
Event 2: Skaters ages 9 through 13
Event 3: Skaters ages 14 through 20
Event 4: Skaters ages 21 and over

1:30 max.
2:10 max.
2:40 max.
1:40 max.

## BASIC SKILLS COMPETITION EVENTS

## ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/club or any other Basic Skills Program/club.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills $\mathbf{1 - 8}$ skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Free skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below their class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Please be sure to check for the director/instructor's signature confirming the level of the skater.

## BASIC PROGRAM EVENT: SNOWPLOW SAM - BASIC 8

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

| Level | Time | Skating rules/standards |
| :---: | :---: | :---: |
| Snowplow Sam 1-3 | 1:10 max. | - March followed by a two-foot glide and dip <br> - Forward two-foot swizzles, 2-3 in a row <br> - Forward snowplow stop <br> - Backward wiggles, 2-6 in a row |
| Basic 1 | 1:10 max. | - Forward two-foot glide and dip <br> - Forward two-foot swizzles, 6-8 in a row <br> - Forward snowplow stop <br> - Backward wiggles, 6-8 in a row |
| Basic 2 | 1:10 max. | - Fonward one-foot glide, either foot <br> - Forward alternating $1 / 2$ swizzle pumps in a straight line, 2-3 each foot <br> - Moving snowplow stop <br> - Two-foot turn in place, forward to backward <br> - Backward two-foot swizzles, 6-8 in a row |


| Basic 3 | 1:10 max. | - Forward stroking <br> - Forward $1 / 2$ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive <br> - Forward slalom <br> - Backward one-foot glide, either foot <br> - Two-foot spin, minimum three revolutions |
| :---: | :---: | :---: |
| Basic 4 | 1:10 max. | - Standstill forward outside three-turn, right and left <br> - Forward crossovers, 4-6 consecutive both directions <br> - Backward stroking, 4-6 strokes <br> - Backward snowplow stop, right or left |
| Basic 5 | 1:10 max. | - Backward crossovers, 4-6 consecutive, both directions <br> - Basic one-foot spin, free leg held to side of spinning leg, minimum three revolutions <br> - Side toe hop, either direction <br> - Hockey stop |
| Basic 6 | 1:10 max. | - Standstill forward inside three-turn, right and left <br> - Bunny Hop <br> - Forward spiral on a straight line, right or left <br> - Lunge, right or left <br> - T-stop, right or left |
| Basic 7 | 1:10 max. | - Standstill forward inside open Mohawk, right to left and left to right <br> - Ballet Jump, either direction <br> - Back crossovers to a back outside edge landing position, clockwise and counter clockwise <br> - Forward inside pivot |
| Basic 8 | 1:10 max. | - Moving forward outside or forward inside three-turns, right and left <br> - Waltz jump (from at standstill) <br> - Mazurka, either direction <br> - Combination move, clockwise or counter clockwise - two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge <br> - Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions |

## BASIC ELEMENTS EVENT: SNOWPLOW SAM - BASIC 8

Format: Each skater will perform all of the required elements before moving on to the next skater.

- To be skated on 1/2 ice
- No music allowed
- All elements must be skated in the order listed

| Level | Time | Skating rules/standards |
| :--- | :--- | :--- |
| Snowplow | 1:00 max. | • <br> • March followed by a two-foot glide and dip |
| Sam 1-3 |  |  |


| Basic 2 | 1:00 max. | - Forward one-foot glide, either foot <br> - Forward alternating $1 / 2$ swizzle pumps in a straight line, 2-3 each foot <br> - Moving snowplow stop <br> - Two-foot turn in place, forward to backward <br> - Backward two-foot swizzles, 6-8 in a row |
| :---: | :---: | :---: |
| Basic 3 | 1:00 max. | - Forward stroking <br> - Forward $1 / 2$ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive <br> - Forward slalom <br> - Backward one-foot glide, either foot <br> - Two-foot spin - minimum three revolutions |
| Basic 4 | 1:00 max. | - Standstill forward outside three-turn, right and left <br> - Forward outside edge on a circle, clockwise or counter clockwise <br> - Forward crossovers, 4-6 consecutive, both directions <br> - Backward stroking, 4-6 strokes <br> - Backward snowplow stop, right or left |
| Basic 5 | 1:00 max. | - Backward outside edge on a circle, clockwise or counterclockwise <br> - Backward crossovers, 4-6 consecutive, both directions <br> - Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions <br> - Side toe hop, either direction <br> - Hockey stop |
| Basic 6 | 1:00 max. | - Standstill forward inside three-turn, right and left <br> - Bunny Hop <br> - Forward spiral on a straight line, right or left <br> - Lunge, right or left <br> - T-stop, right or left |
| Basic 7 | 1:00 max. | - Standstill forward inside open mohawk, right to left and left to right <br> - Ballet jump, either direction <br> - Back crossovers to a back outside edge landing position, clockwise and counter clockwise <br> - Forward inside pivot |
| Basic 8 | 1:00 max. | - Moving forward outside or forward inside three-turns, right and left <br> - Waltz jump (from a standstill) <br> - Mazurka, either direction <br> - Combination move, clockwise or counter clockwise, two forward crossovers into forward inside mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge <br> - Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions |

## BASIC SKILLS: JUMPS CHALLENGE

Skater must have not passed a higher free skating test than competing level. Skaters perform a series of jumps with minimal connecting footwork, without music, on half ice. Connecting steps will not affect the scoring. There will be deductions for any spins done. Jumps should be performed exactly as stated, but may be skated in any order. Skaters will be given ONE opportunity to perform each jump.
Repetitions of unsuccessfully executed jumps are not allowed. Men and women will compete together. Time limit for jump program is 1 minute max.

## REQUIRED ELEMENTS

## Freeskate 1-3

2 solo jumps (waltz, toe loop or Salchow), 1 combination jump or sequence (w/waltz jump, toe loop or Salchow)

Freeskate 4-6
2 solo jumps (loop, flip or Lutz), 1 combination jump or sequence (w/ loop, flip or Lutz)

## FREEKSATE 1-6 COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional

- To be skated on $1 / 2$ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level

| Level | Time | Skating rules / standards |
| :---: | :---: | :---: |
| Free Skate 1 | 1:15 max. | - Advanced forward stroking, 4-6 consecutive <br> - Backward outside three-turns, right and left <br> - One-foot upright scratch spin from backward crossovers - minimum three revolutions <br> - Waltz jump from backward crossovers <br> - Half flip jump |
| Free Skate 2 | 1:15 max. | - Forward outside or inside spiral, right or left <br> - Waltz three's, right or left, 2-3 sets <br> - Beginning back spin, entry optional - minimum two revolutions <br> - Waltz jump, side toe hop, waltz jump sequence <br> - Toe loop jump |
| Free Skate 3 | 1:15 max. | - Forward crossovers in a figure 8 <br> - Backward inside three-turns, right and left <br> - Back spin - minimum three revolutions <br> - Salchow jump <br> - Waltz jump/toe loop or Salchow/toe loop jump combination |
| Free Skate 4 | 1:15 max. | - Forward power 3's, 2-3 consecutive sets, right or left <br> - Sit spin - minimum three revolutions <br> - Loop jump <br> - Waltz jump/loop jump combination |
| Free Skate 5 | 1:15 max. | - Camel spin - minimum three revolutions <br> - Forward upright spin to back upright spin - minimum three revolutions each foot <br> - Loop/loop jump combination <br> - Flip jump |
| Free Skate 6 | 1:15 max. | - Five step mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free skate 6) <br> - Camel, sit spin combination - minimum of four revolutions total <br> - Split jump or stag jump <br> - Waltz jump, $1 / 2$ loop, Salchow jump sequence <br> - Lutz jump |

## FREESKATE 1-6 PROGRAM EVENT

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

- To be skated on full ice
- Vocal music is allowed
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level

| Level | Time | Skating rules / standards |
| :---: | :---: | :---: |
| Free Skate 1 | 1:40 max | - Advanced forward stroking, 4-6 consecutive <br> - One-foot upright scratch spin from backward crossovers, minimum three revolutions <br> - Waltz jump from backward crossovers <br> - Half flip jump |
| Free Skate 2 | 1:40 max | - Forward outside spiral, right or left <br> - Beginning back spin - entry optional, minimum two revolutions <br> - Waltz jump, side toe hop, waltz jump sequence <br> - Toe loop jump |
| Free Skate 3 | 1:40 max | - Forward crossovers in a figure 8 <br> - Back spin, minimum three revolutions <br> - Salchow jump <br> - Waltz jump-toe loop or Salchow-toe loop jump combination |
| Free Skate 4 | 1:40 max | - Forward power 3's, 2-3 consecutive sets, right or left <br> - Sit spin, minimum three revolutions <br> - Loop jump <br> - Waltz jump-loop jump combination |
| Free Skate 5 | 1:40 max | - Camel spin, minimum three revolutions <br> - Forward upright spin to back upright spin, minimum three revolutions each foot <br> - Loop-loop jump combination <br> - Flip jump |
| Free Skate 6 | 1:40 max | - Camel, sit spin combination, minimum of four revolutions total <br> - Split jump or stag jump <br> - Waltz jump, $1 / 2$ loop, Salchow jump sequence <br> - Lutz jump |

## ADULT EVENTS: ADULT 1-6 COMPULSORIES

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- No music allowed
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec unless otherwise noted


## Adult 1

- Falling and recovery
- Forward marching
- Forward two-foot glide
- Forward swizzle
- Moving Snowplow stops


## Adult 3

- Forward outside and inside edges on a circle (clockwise and counterclockwise)
- Forward crossovers (clockwise and counterclockwise)
- Backward $1 / 2$ swizzle pumps on a circle ( 4 to 6 in a row consecutive, clockwise and counterclockwise)
- Moving forward to backward and backward to forward two-foot turn
- Beginning 2-foot spin


## Adult 5

- Forward and backward crossovers in a Figure 8 pattern
- Forward outside to inside change of edge on a line
- T-stop, right or left
- Forward inside 3-turns, R\&L
- Beginning one-foot spin


## Adult 2

- Forward stroking showing correct use of the blade
- Forward $1 / 2$ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row
- Forward one-foot glides
- Slalom
- Backward swizzles (4 to 6 in a row, clockwise and counterclockwise)


## Adult 4

- Basic forward outside and forward inside consecutive edges
- Backward edges on a circle (outside and inside, clockwise and counterclockwise)
- Backward crossovers (clockwise and counterclockwise, 5 consecutive)
- Forward outside 3-turns, right and left
- Forward outside swing rolls to a count of 6


## Adult 6

- Forward perimeter stroking with crossover end patterns
- Backward crossovers to a backward outside edge glide (landing position)
- Lunge
- Spiral
- Footwork sequence (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)


## ADULT EVENTS: ADULT 1-6 FREESKATE

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Time $1: 30+/-10 \mathrm{sec}$ unless otherwise noted


## Adult 1

- Falling and recovery
- Forward marching
- Forward two-foot glide
- Forward swizzle
- Moving Snowplow stops


## Adult 3

- Forward outside and inside edges on a circle (clockwise and counterclockwise)
- Forward crossovers (clockwise and counterclockwise)
- Backward $1 / 2$ swizzle pumps on a circle ( 4 to 6 in a row consecutive, clockwise and counterclockwise)
- Moving forward to backward and backward to forward two-foot turn
- Beginning 2-foot spin


## Adult 5

- Forward and backward crossovers in a Figure 8 pattern
- Forward outside to inside change of edge on a line
- T-stop, right or left
- Forward inside 3-turns, R\&L
- Beginning one-foot spin


## Adult 2

- Forward stroking showing correct use of the blade
- Forward $1 / 2$ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row
- Forward one-foot glides
- Slalom
- Backward swizzles (4 to 6 in a row, clockwise and counterclockwise)


## Adult 4

- Basic forward outside and forward inside consecutive edges
- Backward edges on a circle (outside and inside, clockwise and counterclockwise)
- Backward crossovers (clockwise and counterclockwise, 5 consecutive)
- Forward outside 3-turns, right and left
- Forward outside swing rolls to a count of 6


## Adult 6

- Forward Perimeter Stroking with crossover end patterns
- Backward crossovers to a backward outside edge glide (landing position)
- Lunge
- Spiral
- Footwork sequence (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)


## BASIC SKILLS: SHOWCASE

Skaters entering a Showcase event (singles) must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute. A 2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.
6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

| LEVEL | ELEMENTS | QUALIFICATIONS | PROGRAM <br> LENGTH |
| :--- | :--- | :--- | :--- |
| Basic 1-8 | Elements only from Basic 1-8 <br> curriculum | May not have passed any higher <br> than Basic 8 level. | Time 1:00 <br> max. |
| Free Skate 1-6/ <br> Adult 1-6 | 3 jump maximum. 1/2 rotation <br> jumps only, plus the following full <br> rotation jumps: Salchow and toe <br> loop. | May not have passed any official <br> U.S. Figure Skating free skate tests. | Time: 1:30 <br> max. |

Event 1: Singles Showcase (for individual skaters; see note about skater's level and time allowed above)

- Basic 1-8
- Free Skate 1-6
- Adult 1-6

Event 2: Duet Showcase (skaters may be any level, Basic 1-8 and/or Free Skate 1-6)

- Time allowed 1:30


## 2016 Central Carolina Skating Classic Program Ads

Business Ads<br>Full page: $41 / 2$ " wide $\times 7 \frac{1}{2}$ " tall. Price: $\$ 75$.<br>Half page: $41 / 22^{\prime \prime}$ wide $\times 31 / 2$ " tall. Price: $\$ 40$.<br>Quarter page: 2 1/8" wide $\times 21 / 4$ " tall. Price: $\$ 20$

Copy must be emailed in Microsoft word or PDF format to Heather Amistadi: heatheramistadi@gmail.com

## Support and Encouragement Ad <br> Business-card size (2" x 3 ½") \$5 per ad

Skaters, parents, coaches, friends, family ... here is a great opportunity to send your encouragement and support during the 2014 Central Carolina Skating Classic.

* Thank a coach or coaches
* Wish friends the best of luck
* Thank your parents for their support
* Wish your special skater or skaters the best of luck

Submit copy electronically in Microsoft Word to Heather Amistadi: heatheramistadi@gmail.com

Mail a check/money order payable to "Central Carolina Skating Club" and send to:

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2016 Central Carolina Skating Classic Ads
c/o Laura Grieme-Meineke
4901 Linden Oaks Ave
Durham, NC 27713
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The ads and payment must be RECEIVED no later than Monday, April 11 th to meet the deadline for the 2016 Central Carolina Skating Classic program. You will receive a confirmation email upon receipt of your ad payment and copy.

Name: $\qquad$
$\qquad$
$\qquad$

