

Prince Edward County Figure Skating
Association



Invites you to attend our annual

**Spins &
Spirals
Competition**

Sunday, March 7, 2010



SPINS & SPIRALS

Prince Edward County Figure Skating Association

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SANCTIONED BY SKATE CANADA - EASTERN ONTARIO

Prince Edward Community Centre

375 Main Street, Picton, Ontario

Tel: 613-476-3605

General

This competition is being held under the current rules of the Skate Canada Official Rulebook (revised 2000) and any amendments thereto which became effective after that date. The nature of the Event is defined in the Skate Canada Technical Handbook. The Host Committee reserves the right to alter the overall procedures to be followed during any part of the competition, 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.

Eligibility

- All skaters must be eligible persons as defined in Skate Canada Rule Book Section 2100.
- All Skaters must be Associate members in good standing of the Association.
- Competitors wishing to enter shall have passed the appropriate badges/test qualifications for relevant events by **January 1st, 2010**.
- All age requirements are as of **January 1st, 2010**.
- All skaters must provide a photocopy of proof of age (birth certificate, baptismal certificate or passport) with their completed entry form for events in which eligibility or categories are dependent upon the competitor's age.

Entry Forms

- Entry forms, including all required supporting documentation, **must be completed in FULL** or they will not be processed and returned.
- All entry forms must be received by **Christa Smith**, with entry fees and supporting documentation where required, no later than **January 31st, 2010** regardless of postmark or courier date.
- Faxed or telephone entries will not be accepted.

Event Specifications

Skaters are permitted to "skate up" one level - they can enter an event one level above the level they are actually qualified to skate, and may enter one of these levels or both.

Entry Fees

Freeskate: \$35.00 per skater

Elements: \$25.00 per skate

Team Elements: \$25.00 per team

- Entry fees are payable with the entry form.
- Post-dated cheques will not be accepted.
- A separate cheque and entry form is required for each event. Additional copies of the entry form may be photocopied.
- For Team Events please use the Team Event Entry Form

- **Entry form(s), entry fees, and acceptable proof of age** where relevant, **must** be postmarked no later than **January 31st, 2010**.
- Please make cheques payable to P.E.C.F.S.A. (Prince Edward County Figure Skating Association) and mail it with completed entry forms to:

Christa Smith
Box 519
Wellington, Ontario
K0K 3L0
613-848-7159
pecfsa@hotmail.com

Returned Cheques

A \$25.00 administration fee will be applied to cheques returned by your bank. The amount of the returned cheque and the \$25.00 administration fee must be paid in cash or by a certified cheque, bank draft, money order or similar form of guaranteed payment prior to the skater being permitted to compete.

NOTE: No skater will skate until all money owing, including charges for NSF cheques, is properly paid upon registration at the arena on the day of the competition.

Refunds and Withdrawals

- Refunds will be given for any cancelled events or if the entry is withdrawn prior to **January 31st, 2010**.
- After **January 31st, 2010**, refunds will be given for medical reasons only, providing the Competition Registrar is notified of the medical withdrawal prior to the start of the event and if the Registrar receives a medical certificate by **April 1, 2010**.
- An administration fee of \$25.00 per event will be charged for medical withdrawals

Cancellation of Events

- Entries will be accepted on a first come, first serve basis once all required information and fees have been received.
- Faxed or telephone entries will not be accepted.
- Late entries will be accepted at the discretion of the Host Committee and the Technical Representative.
- An event will be cancelled if only one skater has entered. Entry fees will be refunded if an event is cancelled.
- If time permits, an exhibition skate may be allowed; 50% of the entry fee will be refunded if an exhibition skate is permitted.
- The Technical Representative and the Host Committee may combine two or more categories in the same event when each category has fewer than three entries or one category has insufficient entries to hold the event. In each case, the categories may only be combined with full prior knowledge and agreement of all competitors affected.
- The Committee reserves the right to categorize flights & limit the number of entries in any event.

Protective Equipment

The use of a protective helmet is acceptable at this competition and it is strongly encouraged for all CanSkate events.

Registration

Skaters are to register at least one hour prior to the scheduled start of his/her event. Music (where applicable) must be registered at this time as well.

The Host Committee reserves the right to start an event up to one-half hour prior to its scheduled start time.

Coaches

All Coaches must be prepared to show and wear their Skate Canada photo ID.

Music

- Each skater is required to supply his/her own music.
- All music used must be in the public domain or covered by the performing rights societies.
- If a skater wishes to supply his/her music on a CD, the following directions should be followed:
 - Two copies of the CD must be supplied, each clearly marked with the skater's name, category and whether it is the "master" or "copy".
 - The selection of music must be an entire track on the CD. The operator of the music equipment will not be responsible for fading a selection in or out.
 - If there is more than one track on the CD, the required track must be clearly marked on the CD case.
 - In case of unforeseen mishaps, it is strongly recommended that a backup copy of the music be supplied on a cassette tape.
- If a skater wishes to supply his/her music on a cassette tape:
 - Two copies of the tape must be supplied, each clearly marked with the skater's name, category and whether it is the "master" or "copy".
 - All taped music must be queued and ready to play upon insertion in the tape player.

Skaters may pick up their music at the music registration desk one-half hour after completion of the event.

Marking

Results will be determined using the One by One [OBO] system. Result sheets will not be available for sale.

Awards

- Medals will be presented in accordance with the regulations set out in the Skate Canada Event Management Handbook. No medals will be awarded for exhibitions.
- Awards will be presented in the hall at scheduled flood times throughout the day
- Skaters must be in skating attire and skates for medal presentations

General Admission

- Tickets may be purchased at the event.
- Chaperone passes **will not** be provided.
- Children (6 and under) - FREE
- Adult - \$4.00
- Senior/Student - \$3.00
- Programs: \$2.00

Accidents/Liability

Skate Canada Rule 7000 B 1.11 will apply.

Skate Canada - Eastern Ontario, the Clubs/Organizers of any competition, and the Volunteer Team undertake no responsibility for damages or injuries suffered by skaters. As a condition of and in consideration of their entries therein, 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, caused by or connected with the conduct and management of the competitions and to release any and all claims they may have against the officials, the Association, the Section, the Clubs/Organizers, and the Volunteer Team holding the competition and against their officers, and their entries shall be accepted only on these conditions.

Camera & Video Policy

Professional videotaping and photography will be available at a nominal fee.

Ticket holders are permitted to use cameras for still photos and video for personal use only.

STRICTLY PROHIBITED:

- Videotaping of complete events
- Flash photography
- Any resale of photography or videos by ticket holders

Media Policy

- Individuals wishing to obtain appropriate accreditation should contact:
Christa Smith, Box 519, Wellington, Ontario, K0K 3L0, 613-848-7159, pecfsa@hotmail.com
At least two (2) weeks prior to the event.
- Individuals will need prior approval to attend and photograph skaters at all EOS Sanctioned events. Individuals will be given access to the boards near the skaters' entry to the ice. Accredited individuals will not interfere with coach/skater communications during warm-up periods. Pictures of skater and/or coaches will not be allowed prior to or after the performance. Any written complaints of interference will result in the loss of accreditation for future events.
- The following is a guideline for approving accreditation:
 - Individuals from News media must submit appropriate accreditation for review.
 - An individual representing skating club parent must submit written permission from these parents with request
 - Pictures of skaters will not be made available for sale.

Ice Dimensions: 85' x 185'

Contact Information

Christa Smith
Box 519
Wellington, Ontario
K0K 3L0
613-848-7159
pecfsa@hotmail.com

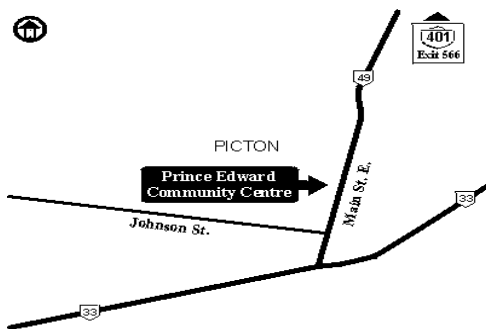
Directions to Arena

Take 401 East:

- Take the MARYSVILLE Road/Highway 49/County Road 15 exit, EXIT 566, towards DESERONTO/PICTON.
- Turn RIGHT onto PROVINCIAL ROUTE 49.
- Turn right at 375 Main Street Picton (Prince Edward Community Centre)

Take 401 West:

- Take the MARYSVILLE Road/Highway 49/County Road 15 exit, EXIT 566, towards TYENDINAGA M.T./PICTON.
- Turn LEFT onto PROVINCIAL ROUTE 49/County Road 15 MARYSVILLE Road. Continue to follow PROVINCIAL ROUTE 49.
- Turn right at 375 Main Street Picton (Prince Edward Community Centre)



COMPETITION SCHEDULE

Confirmation/Schedule: Will be mailed/emailed with a schedule by the third week of February to your club address, be sure to fill out the **club mailing address and email address** on the entry form.

The schedule will also be posted on our clubs web site (<http://pecfsa.com/>)

Christa Smith

Box 519

Wellington, Ontario

K0K 3L0

613-848-7159

pecfsa@hotmail.com

TECHNICAL INFORMATION

CANSKATE FREE SKATE EVENTS

For CanSkate Events the elements listed are compulsory. Other elements of LESS than one revolution may be attempted. In order to encourage the development of our skaters, and as a deterrent to holding skaters back, non-compliance with this rule will result in a major (0.4 to 0.5) deduction from the judges for those restricted elements that are attempted or completed. All events are final. Where possible, flights will be divided by club and age. This will also apply to the Introductory Categories

Event #	Event Name	Description
01	Stage 2 Free Skate Program length: 1 minute to music +/- 10 sec Must not have passed the Stage 2 level.	<ol style="list-style-type: none"> 1. Forward glide (two feet to one foot) 2. forward two-foot sculling 3. two-foot jump 4. two-foot spin
02	Stage 3 Free Skate Program length: 1 minute to music +/- 10 sec Must not have passed the Stage 3 level.	<ol style="list-style-type: none"> 1. Forward two-foot sculling 2. backward glide (two feet to one foot) 3. two-foot jump while gliding forward 4. two-foot spins picking up alternating feet
03	Stage 4 Free Skate Program length: 1 minute to music +/- 10 sec Must not have passed the Stage 4 level.	<ol style="list-style-type: none"> 1. Walking crosscuts 2. backward skating 3. two-foot jump forward to backward 4. forward spiral
04	Stage 5 Free Skate Program length: 1 minute to music +/- 10 sec Must not have passed the Stage 5 level.	<ol style="list-style-type: none"> 1. Forward to backward 3 turn (edge optional) 2. forward spiral 3. forward power-jump 4. forward one-foot spin
05	Stage 6 Free Skate Program length: 1 minute to music +/- 10 sec Must not have passed the Stage 6 level.	<ol style="list-style-type: none"> 1. Turning on a curve forward to backward changing feet (edge optional-Mohawk) 2. forward crosscuts 3. rotating power jump 4. forward one-foot spin
06	Introductory "A" Free Skate Program length: 1 minute to music +/- 10 sec Must not have passed any complete Skate Canada Test or any part of the Preliminary Free Skate Test.	<p>May Include</p> <ol style="list-style-type: none"> 1. Waltz Jump 2. Salchow 3. Toe Loop <p>No Higher jumps of one or more revolutions.</p>
07	Introductory "B" Free Skate Program length: 1 minute to music +/- 10 sec Must not have passed any complete Skate Canada Test or any part of the Preliminary Free Skate Test.	<p>May Include</p> <ol style="list-style-type: none"> 1. Waltz Jump 2. Salchow 3. Toe Loop 4. Flip 5. Loop Jump <p>No Higher jumps of one or more revolutions.</p>

CANSKATE INDIVIDUAL ELEMENTS

All skaters in each flight will be on the ice at the same time. Each skater in turn will perform each element in rotation with the other skaters in the order listed below. Coaches will be permitted to work with their skaters only during warm-up. No re-skates will be permitted.

Event #	Event Name	Description
08	Stage 2 Individual Elements Must not have passed Stage 2.	<ol style="list-style-type: none"> 1. Forward two-foot sculling 2. Forward snowplow stop or forward half-snowplow stop 3. Forward two-foot spin 4. Two-foot forward jump while gliding forward
09	Stage 3 Individual Elements Must not have passed Stage 3.	<ol style="list-style-type: none"> 1. Two-foot spin picking up alternating feet 2. Two foot backward jump gliding backward 3. Backward two-foot sculling 4. Two-foot turn forward to backward
10	Stage 4 Individual Elements Must not have passed Stage 4.	<ol style="list-style-type: none"> 1. Two-foot jump forward to backward on a curve 2. Two foot sit spin 3. Backward glide on a curve (two feet to one-foot) 4. One-foot turn forward to backward (forward outside three turn)
11	Stage 5 Individual Elements Must not have passed Stage 5.	<ol style="list-style-type: none"> 1. Forward power jump (bunny hop) 2. Forward one-foot spin (more than 1 rev.) 3. Forward spiral 4. Turning on a curve backward to forward changing feet (LBO-RFO or RBO-LFO, backward Mohawk)
12	Stage 6 Individual Elements Must not have passed Stage 6.	<ol style="list-style-type: none"> 1. Turning on a curve forward to backward changing feet (forward Mohawk) 2. One foot backspin 3. Rotating power jump (Waltz jump) 4. Backward cross-cuts in a figure 8 pattern
13	Introductory Individual Elements Must not have passed any complete Skate Canada Test or any part of the Preliminary Free Skate Test.	<ol style="list-style-type: none"> 1. Salchow 2. Backward outside full edges 3. Backward Spiral 4. Forward one-foot spin with backward crosscut entry (minimum two (2) rotations).

CANSKATE TEAM ELEMENTS

Elements will be done in isolation. Coaches may work with their teams during warm-up only for Introductory Team Elements. Coaches may work with the Stage Team Elements during the competition. There will be NO reskates allowed. All teams will be out on the ice for warm up. All skaters skate one lap around the rink then

take position by the boards. The announcer will then call the elements one by one to be performed. When all elements have been practiced, the competition will begin. Teams must have 2 skaters minimum and 4 maximum. Elements skated in order shown.

Event #	Event Name	Description
14	Stage 2 Team Elements Must not have passed Stage 2.	<ol style="list-style-type: none"> 1. Forward ½ sit glide 2. Forward snowplow stop or forward half-snowplow stop 3. Forward two-foot spin 4. Forward gliding two feet to one foot
15	Stage 3 Team Elements Must not have passed Stage 3.	<ol style="list-style-type: none"> 1. Forward one foot glide 2. Backward skating complete width of ice 3. Two foot jump while gliding forward 4. Two foot spin
16	Stage 4 Team Elements Must not have passed Stage 4.	<ol style="list-style-type: none"> 1. Two-foot jump while gliding backwards (remain backwards) 2. Forward snowplow stop 3. Backward one-foot glide 4. Two foot spin picking up alternating feet
17	Stage 5 Team Elements Must not have passed Stage 5	<ol style="list-style-type: none"> 1. Two foot jump forwards to backwards and backwards to forward 2. Forward one-foot spin 3. Forward spiral 4. Forward two foot side stop
18	Stage 6 Team Elements Must not have passed Stage 6.	<ol style="list-style-type: none"> 1. Backwards spiral 2. One foot side stop 3. Rotating power jump (Waltz jump) 4. Forward cross-cuts in a circle (1 full circle)
19	Introductory "A" Team Elements Must not have passed any complete Skate Canada Test or any part of the Preliminary Free Skate Test.	<ol style="list-style-type: none"> 1. Waltz jump 2. Upright 1 foot spin 3. Forward spiral 4. Toe loop/toe loop jump combination
20	Introductory "B" Team Elements Must not have passed any complete Skate Canada Test or any part of the Preliminary Free Skate Test.	<ol style="list-style-type: none"> 1. Loop jump 2. Sit spin 3. Forward spiral 4. Salchow/Toe Loop jump combination