



**Skate Canada - Central Ontario
Metro East Area Competition
“WINTER GLITTERS”**

Co-hosted with the Skate Canada - Central Ontario
and York Region Skating Academy Winter Club

JANUARY 30 - 31, 2010

Sanctioned by Skate Canada

ED SACKFIELD ARENA

311 Valleymede Drive
Richmond Hill, Ontario L4B 2E1
905-771-8570

Ice Surface Dimensions: 100 x 200

An invitation is extended to all eligible skaters in good standing in the Metro East Area of Skate Canada – Central Ontario to participate in this competition.

This competition will be held in accordance with the rules of Skate Canada and special guidelines approved for these Area Competitions. Participants must be eligible persons as defined in Section 2100 of the Skate Canada rulebook. Non-Skate Canada members must join the Association by paying the Skate Canada membership fee to the club where they skate.

Forward Entries to: John Russo: Registrar
66 Ellsworth Avenue
Richmond Hill, Ontario
L4C 9N8
905-908-7678
john.russo@yrsawc.com

Entry Fees: \$40.00 per skater for singles categories
\$20.00 per skater for couples dance categories
\$40.00 per team for team categories for 2 or 3 members
\$40.00 per team for Shoot the Duck and Team Spiral (4 members)
\$ 15.00 per skater for group categories of 8 or more members
\$60.00 per skater for Triathlon categories
\$50.00 per skater for Biathlon categories

All participants' cheques are to be made payable to their Home Club (*i.e. Thornhill FSC*). Fee must accompany entry form(s). Entry fees will be returned only if a category is not held. There will be a \$25.00 charge for all NSF cheques. Each club will be responsible for submitting one cheque for all registrations from their club. Club cheques should be made payable to **YRSA WC**.

Entry Deadline: the competition registrar, **John Russo**, must receive entries no later than **December 22, 2009**. The committee reserves the right to limit the number of entries in each category and to divide categories if necessary.

Refunds: **Refunds will be issued ONLY if the category is not held.**

Eligibility: Competitors who have competed in any part of the Juvenile, Pre-Novice, Novice, Junior or Senior events at the 2010 BMO Skate Canada Central Ontario Sectional Championships (in November 2009) are not eligible to compete in the same discipline at an Area competition. **Skaters can only enter one category per discipline and can only enter a category once. For example, skaters may NOT enter team/couples dance categories twice with different partners.**

Category Competed at Sectionals	Restrictions for Area competitions
Singles	May <u>NOT</u> enter Freeskate or Triathlon categories
Dance	May <u>NOT</u> enter solo/couples dance or Biathlon categories
Pair	No restrictions

Single Entries: Categories with only one entry will be given the option of skating an exhibition or skating in a higher category if it is available. The decision is to be made by the Technical Representative based on availability of the ice time. Medals will be awarded for exhibition skates.

Additional Entry Restrictions:

- Skaters may NOT enter CanSkate Individual Elements category AND Freeskate Category
- Skaters may not enter the same team/group/couples category twice with different partners/team
- Skaters may not enter Individual Showcase AND Individual Interpretive
- Skaters entered in a Group/Family Showcase MAY enter an Individual Interpretive OR Showcase category but not both
- Skaters may enter couples dance and solo dance
- Skaters entered in any Ice Dancing categories (except Family Dance) MAY NOT enter CanSkate Individual Elements and/or CanSkate Team Elements.

Test and Age Requirements: Test qualifications and age requirements are as of November 15, 2009. The Test Chairman or President of the skater's home club must verify this.

Skating Up: All skaters/couples are eligible to enter a category higher than they are qualified. In ice dancing couples categories the couple must skate at the level of the partner with the higher qualifications.

Admission: \$ 5.00 Adults
\$ 3.00 Children 12 and under/Seniors
No charge for children under 4
No charge for competitors and their coaches

Music Registration: Music must be handed in at the time of registration. The arena will be equipped with tape and CD player. **ONE CD with a back up tape cassette** for each category entered must be registered with officials at the registration desk at least one hour prior to the start of the competitor's first category and may be picked up one half-hour after completion of the category. The Local Organizing Committee will supply the music for the Special Needs Interpretive categories.

Standard Specifications for Music

1. Only one (1) program shall be recorded on each cassette or CD.
2. Cassettes and/or CDs must be marked with the skater's name, the category name and total music time.
3. Each cassette or CD shall be enclosed in a plastic case which also must be marked with the skater's name, the category name and the total music time.

Commencement of Competition: The event schedule will be posted on the Skate Canada – Central Ontario website at: <http://www.skatecanada-centralontario.com/2009-10%20eventsresults.htm>. Competitors must register at least **one hour** before the scheduled time of their category. Categories may commence up to 15 minutes before their scheduled time.

Officials: Judging panels will be assigned by the COS Technical Representative for the competition. Non Skate Canada judges may be used at the discretion of the Technical Representative.

Marking System: The 6.0 marking system will be used at this event. Closed marking will be used.

Awards: Medals will be presented to skaters finishing first, second and third in each category and exhibition medals will be given.

Result Sheets: Result sheets may be purchased for 25 cents after results have been posted.

Confirmation of Entry: Competitive schedule and entry list will be posted on the Skate Canada – Central Ontario website at: <http://www.skatecanada-centralontario.com/2009-10%20eventsresults.htm> as available.

Videotaping: Private videotaping of your own competitor only is permitted. *Professional videotaping services will be available on site.*

Accommodations:

Sheraton Parkway Toronto North Hotel

600 Highway 7 East
Richmond Hill, Ontario L4B 1B2 Canada
(905) 881-2121
1-800-668-0101

Best Western Parkway Hotel

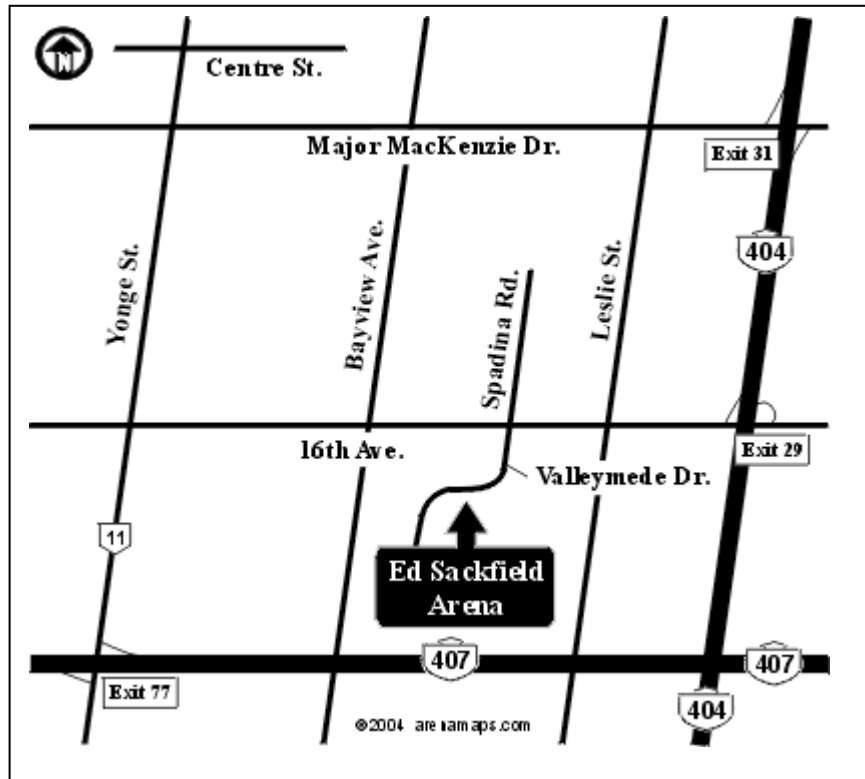
600 Hwy 7 East
Richmond Hill, ON
L4B 1B2

Hilton Garden Inn Toronto/Markham

300 Commerce Valley Dr. East, Thornhill, Ontario, Canada L3T 7X3
Tel:905-709-8008
Fax: 905-790-6008

Map: ED SACKFIELD ARENA

311 Valleymede Drive
Richmond Hill, Ontario
905-771-8570



CANSKATE CATEGORIES

CANSKATE INDIVIDUAL ELEMENTS

Description: Skaters perform elements in *isolation* from the CanSkate badge level. Skaters will not be permitted a reskate of an element. **Skaters may NOT enter CanSkate Individual Elements category AND Freeskate Category.**

In keeping with the **Long Term Athlete Development (LTAD)** plan of providing a platform for coaches to encourage and support athletes/participants at every level to fulfill their potential and remain involved in figure skating, this category is focused on the **“Learning to Skate”** stage.

These categories are open to CanSkate members only. Skaters who are skating on STARSkate sessions and/or have passed any part of any Skate Canada test must enter one of the Introductory categories.

CanSkate Yellow	Must not have passed any CanSkate Badge	<ol style="list-style-type: none">1. ½ sit glide2. Backward skating3. Two foot turn on the spot4. Two foot jump on the spot5. Forward skating
CanSkate Red	Must not have passed Stage 2	<ol style="list-style-type: none">1. Backward skating2. Fwd glide (2 feet to 1)3. Fwd two foot sculling4. Two foot jump while gliding fwd5. Two foot spin
CanSkate Orange	Must not have passed Stage 3	<ol style="list-style-type: none">1. Two foot turn fwd to bwd2. Backward skating3. Two foot spin4. Forward spiral (Stage 3 - Challenge Skill)5. Forwards glide on one foot
CanSkate Blue	Must not have passed Stage 4	<ol style="list-style-type: none">1. Backward two foot sculling2. Backwards glide on a curve (two feet to one foot)3. Forward Two foot side stop4. Forward spiral5. One foot turn from fwd to bwd on a curve(outside edge entry)
CanSkate Purple	Must not have passed Stage 5	<ol style="list-style-type: none">1. Backwards circle thrusts2. Forward One foot spin3. 1 foot jump fwd to bwd4. Forward spiral5. Forward outside edge development (step, step, edge)
CanSkate Green	Must not have passed Stage 6	<ol style="list-style-type: none">1. Forward one foot spin2. Backwards crosscuts3. Rotating power Jump4. Shoot the Duck – Stage 5 challenge skill5. Fwd inside three turn

CANSKATE TEAM ELEMENTS

These categories are open to CanSkate members only. Skaters who are registered on STARSkate sessions and/or have passed any part of any Skate Canada test must enter one of the Introductory categories.

Description: Skaters perform three elements in isolation from the CanSkate badge level. **Teams may consist of 2 or 3 skaters.** In groups of three, each skater performs one element; in groups of two, one skater performs two elements, one skater performs one element. Skaters will be permitted one reskate of an element if necessary. The reskate element will be marked. **In the event that a team of two skaters loses one member, the remaining skater must find another skater to be their partner for this category. A single skater will NOT be permitted to compete alone in the Team categories.** As a reminder, skaters are only permitted to enter each category and each discipline once. A skater cannot skate for two different teams within the same category, and cannot skate on two elements teams at different levels.

Grasshoppers **Skaters must not have passed Stage 3**

- Forward consecutive push/glide sequences (min. 8 thrusts)
- Forward snowplow or ½ snowplow stop
- Two foot turn forward to backward & backward to forward

Bumble Bees **Skaters must not have passed Stage 4**

- Backward consecutive push/glide sequences (min. 8 thrusts)
- Backward snowplow or ½ snowplow stop
- Two foot jump forward to backward and backward to forward on a curve

Sunshines **Skaters must not have passed Stage 5**

- Two power jumps (formerly called bunny hops)
- Forward 2 foot side stop
- Backward circle thrusts

Rainbows **Skaters must not have passed Stage 6**

- Rotating power jump (Waltz Jump)
- Turning on a curve forward to backward changing feet (mohawk)
- Two foot side stop with speed

STARSKATE CATEGORIES

All Freeskate categories will be judged using the 2009-2010 Skate Canada – Central Ontario Well Balanced Program (WBP) technical package included in this announcement and posted at www.skatecanada-centralontario.com. Deductions will be taken for any elements outside of specifications in accordance with the Skate Canada Well Balanced Program requirements.

FREESKATE CATEGORIES

Description: A Freeskate routine to music. Skaters must provide their own music. Vocal music is not permitted. Costumes and props are not permitted. **Deductions will be taken for each prohibited element according to the Skate Canada Well Balanced Program requirements. Skaters are only permitted to enter one Freeskate category.**

- Introductory A** Must not have passed any part of the Preliminary Freeskate test or any complete Skate Canada test. Program Length: 1.5 minutes (+/- 10 seconds)
Waltz jump and other ½ rev. jumps, salchow and toe loop but no higher jumps permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.
- Introductory B** Must not have passed any part of the Preliminary Freeskate test or any complete Skate Canada test. Program Length: 1.5 minutes (+/- 10 seconds)
Waltz jump and other ½ rev. jumps, salchow, toe loop, loop and flip but no higher jumps permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.
- Pre-Preliminary A** Must not have passed the complete Preliminary Freeskate test. Program Length: 1.5 minutes (+/- 10 seconds)
Waltz jump and other ½ rev. jumps, salchow and toe loop but no higher jumps permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.
- Pre-Preliminary B** Must not have passed the complete Preliminary Freeskate test. Program Length: 1.5 minutes (+/- 10 seconds)
Waltz jump and other ½ rev. jumps, salchow, toe loop, loop and flip but no higher jumps permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.
- Pre-Preliminary STARSkate** Must not have passed the complete Preliminary Freeskate test. Program Length: 1.5 minutes (+/- 10 seconds)
No jump higher than a single lutz may be included. Please refer to the 2009-2010 Skate Canada WBP requirements.
- Preliminary A** May have passed the complete Preliminary Freeskate test but no higher complete test. Program Length: 2.0 minutes (+/- 10 seconds)
All single jumps excluding the Axel are permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.
- Preliminary B** May have passed the complete Preliminary Freeskate test but no higher complete test. Program Length: 2.0 minutes (+/- 10 seconds)
All single jumps including the Axel are permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.
- Preliminary STARSkate** May have passed the complete Preliminary Freeskate test but no higher complete test. Program Length: 2.0 minutes (+/- 10 seconds)
All single jumps are permitted. May include ONE double jump from 2S or 2T (may NOT repeat). Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.
- Junior Bronze A** May have passed the complete Junior Bronze Freeskate test but no higher complete test. Program Length: 2.5 minutes (+/- 10 seconds)
All single jumps including the Axel are permitted. Double jumps are not permitted. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.

Junior Bronze B	<p>May have passed the complete Junior Bronze Freeskate test but no higher complete test. Program Length: 2.5 minutes (+/- 10 seconds) All single jumps <u>including</u> the Axel are permitted. One double jump is permitted from 2S, 2T or 2Lo. Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.</p>
Junior Bronze STARSkate	<p>May have passed the complete Junior Bronze Freeskate test but no higher complete test. Program Length: 2.5 minutes (+/- 10 seconds) All single jumps are permitted. May include maximum of TWO different double jumps from 2S, 2T or 2Lo (may NOT repeat). Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.</p>
Senior Bronze STARSkate	<p>May have passed the complete Senior Bronze Freeskate test but no higher complete test. Program Length: 3.0 minutes (+/- 10 seconds) Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.</p>
Junior Silver STARSkate	<p>May have passed the complete Junior Silver Freeskate test but no higher complete test. Program Length: 3.5 minutes (+/- 10 seconds) Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.</p>
Senior Silver STARSkate	<p>May have passed the complete Senior Silver Freeskate test but no higher complete test. Program Length: 3.5 minutes (+/- 10 seconds) Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.</p>
Gold STARSkate	<p>May have passed the complete Gold Freeskate test. Program Length: 3.5 minutes (+/- 10 seconds) Women 4.0 minutes (+/- 10 seconds) Men Please refer to the 2009-2010 Skate Canada – Central Ontario WBP requirements.</p>

All Freeskate categories will be judged using the 2009-2010 Skate Canada – Central Ontario Well Balanced Program (WBP) technical package included in this announcement and posted at www.skatecanada-centralontario.com. Deductions will be taken for any elements outside of specifications in accordance with the Skate Canada Well Balanced Program requirements.

FREESKATE TEAM ELEMENTS

Description: Skaters perform **3 required elements** in isolation. **Open to groups of 2 to 3 skaters.** In teams of three, each skater must perform one of the required elements. In teams of two, one skater will perform two elements and the second skater performs one element. No age restrictions. Skaters will be permitted one reskate of an element if necessary. The reskated element will be marked. **In the event that a team of two skaters loses one member, the remaining skater must find another skater to join their team. A single skater will NOT be permitted to compete alone in a Team category.** Skaters are only permitted to enter each category and each discipline once. A skater cannot skate for two different teams within the same category, and cannot skate on two different elements teams at different levels.

Introductory Skaters must be registered on a Skate Canada STARSkate session but must not have passed any part of the Preliminary Freeskate test. Skaters who are capable of performing a loop, flip or higher jump must skate in the Pre-Preliminary category.

- Salchow
- Forward one foot upright spin
- Straight line footwork across the width of the ice

Pre-Preliminary Skaters must not have passed the complete Preliminary Freeskate test.

- Loop
- Backward one foot upright spin (or backward corkscrew spin)
- Forward Spiral

Preliminary Skaters may have passed the complete Preliminary Freeskate test but no higher complete test

- Lutz
- Forward Spiral
- Sit Spin

Junior Bronze

Skaters may have passed the complete Junior Bronze Freeskate test but no higher complete test

- Lutz – Loop Combination
- Axel
- Layback Spin (Ladies) or Back Sit Spin (Men)

Senior Bronze

Skaters may have passed the complete Senior Bronze Freeskate test but no higher complete test

- Axel – Double Toe Loop Combination
- Double Salchow
- Flying Camel Spin

Open

No test restrictions.

- Double/Double Combination
- Double Flip
- Combination Spin with one change of foot and three different positions

Team Shoot The Duck

Four skaters perform a shoot the duck as a team. Skaters must be joined together by some type of hold. To be performed on half the ice surface. **N.B. This includes preparation as well as the execution of the element (i.e. a team cannot pump or stroke around the entire ice surface and then perform the Shoot The Duck on half the ice surface. The entire element *including preparation* must be contained on half the ice surface).** Points will be awarded for length of the time in Shoot The Duck position, originality, variety, speed and style. Props are NOT permitted. **No reskates will be permitted once position has been attained.** Forward and backward positions are permitted. Open to all ages. No test restrictions.

Team Spiral

Four skaters perform a spiral as a team. Skaters must be joined together by some type of hold. To be performed on half the ice surface. **N.B. This includes preparation as well as the execution of the element (i.e. a team cannot pump or stroke around the entire ice surface and then perform the spiral on half the ice surface. The entire element *including preparation* must be contained on half the ice surface).** Points will be awarded for length of the time in spiral position, originality, variety, speed and style. Props are NOT permitted. **No reskates will be permitted once position has been attained. Backward spirals are not permitted and will be penalized.** Open to all ages. No test restrictions.

ICE DANCING CATEGORIES

Dance categories may be double paneled if scheduling allows.

ICE DANCING (COUPLES)

Description: Similar or mixed couples skate the prescribed dance. Groups will be divided into mixed and similar couples whenever possible. Test restrictions apply to both skaters. Music will be Skate Canada Series 8.

Pre-Preliminary

Not passed complete Preliminary Dance test

DANCE: Dutch Waltz

Preliminary

Not passed complete Junior Bronze Dance test

DANCE: Swing

Junior Bronze

Not passed complete Senior Bronze Dance test

DANCE: Ten Fox

Senior Bronze

Not passed complete Junior Silver Dance test

DANCE: Fourteenstep

Junior Silver

Not passed complete Senior Silver Dance test

DANCE: Rocker Foxtrot

Open

No test restrictions

DANCE: Quickstep

ICE DANCING (FAMILY)

Description: Family members comprised of similar or mixed couples skate the prescribed dance. One of the family members must be an adult 21 years of age or older. Couples may only enter ONE Family Dance category. An individual skater can enter both Family Dance categories with different partners.

Open A

No test restrictions

DANCE: Canasta Tango

Open B

No test restrictions

DANCE: Fiesta Tango

SOLO DANCE

Description: Individual skaters perform the prescribed dance. Music will be Skate Canada Series 8.

Pre-Preliminary	Not passed complete Preliminary Dance test	DANCE: Dutch Waltz
Preliminary	Not passed complete Junior Bronze Dance test	DANCE: Fiesta Tango
Junior Bronze	Not passed complete Senior Bronze Dance test	DANCE: Fourteenstep
Senior Bronze	Not passed complete Junior Silver Dance test	DANCE: Keats Foxtrot
Junior Silver	Not passed complete Senior Silver Dance test	DANCE: Paso Doble
Senior Silver	Not passed complete Gold Dance test	DANCE: Quickstep
Open	No test restrictions	DANCE: Argentine

SOLO VARIATION DANCE

Description: An individual skater completes one sequence of the prescribed dance and continues without stopping into one sequence of his/her variation. Two complete patterns to be skated. Music will be Skate Canada Series 8.

Preliminary	Not passed complete Junior Bronze Dance test	DANCE: Canasta Tango
Junior Bronze	Not passed complete Senior Bronze Dance test	DANCE: Ten Fox
Senior Bronze	Not passed complete Junior Silver Dance test	DANCE: Rocker Foxtrot
Open	No test restrictions	DANCE: Blues

ICE DANCE FOURS

Description: Four people, two in the lady's position and two in the man's position, holding on to each other. Music will be Skate Canada Series 8. Four patterns to be skated.

Open	No test restrictions	DANCE: Fourteenstep
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SHOWCASE AND INTERPRETIVE CATEGORIES

SHOWCASE CATEGORIES

Skaters may enter either an Individual Showcase category OR an Individual Interpretive category but not both. Skaters in Group/Family Showcase categories may also enter an Individual Showcase OR an Individual Interpretive category. Categories will be divided by age whenever possible.

Showcase and Production categories are intended to be entertaining and will be judged on their theatrical and artistic qualities. Emphasis is placed on the interpretation of the music. Costumes are permitted and props should enhance the theme of the program. Boas are not permitted.

Description: A creative routine is skated which can employ elaborate costumes and props to illustrate a theme, tell a story, or interpret the music. Skater's routines are intended to be entertaining and will be judged on their theatrical and artistic qualities and not on technical content (i.e. jumps). Skaters are to provide their own music. Vocal music is permitted. Any jumps performed will be valued the same regardless of their difficulty. No lifts are permitted.

Pre-Preliminary	Not passed the complete Preliminary Freeskate test	Length: 1.0 minute (+/- 10 seconds)
Preliminary	Not passed the complete Junior Bronze Freeskate test	Length: 1.5 minutes (+/- 10 seconds)
Junior Bronze	Not passed the complete Senior Bronze Freeskate test	Length: 1.5 minutes (+/- 10 seconds)
Group/Family	Open to all ages, no test restrictions, 2 – 4 skaters	Length: 2.0 minutes (+/- 10 seconds)

PRODUCTION SKATE

Description: A carnival number featuring individual and group skating. Any maneuvers are permitted, but all participants must skate. Group must provide their own music, maximum 8 minutes in length. Costumes and props are permitted. Vocal music is permitted. Groups may have two minutes to get all skaters on the ice and place their props before the number begins and one minute to remove props and exit skaters from the ice at the conclusion of the number. In order to keep the event moving, the next group may be entering the ice while the previous group is exiting. **Open to groups of 8 or more.**

INTERPRETIVE CATEGORIES

Description: Programs are to be choreographed according to the Skate Canada Interpretive Program requirements. Please see Appendix B. Music for all Interpretive programs is 2.0 to 3.0 minutes (+/- 10 seconds) in length. Vocal music is permitted.

Pre-Introductory	Not passed any Interpretive tests
Introductory	Must have passed the Introductory Interpretive test but no higher
Bronze	Must have passed the Bronze Interpretive test but no higher
Silver	Must have passed the Silver Interpretive test but no higher
Gold	Must have passed the Gold Interpretive test

SPECIAL NEEDS CATEGORIES

OPEN TO ALL AGES

GOLD RIBBON CATEGORIES

Description: Open to skaters with a physical disability. Categories will be split into separate groups where appropriate. No age or test restrictions.

- Gold Ribbon Elements** 4 elements in isolation. Skaters may do as many as they can.
Coach may be on the ice or by the boards and communicate with the skater between elements.
1. Forward skating across the ice.
 2. Forward gliding on two feet.
 3. Any stop
 4. Forward gliding on two feet, bending knees to grasp ankles.
- Gold Ribbon Freeskate** Skaters perform a free skating program to music (maximum 2.0 minutes).
Skaters must supply their own music. Costumes & Props are not allowed.
- Gold Ribbon Solo Dance** Skaters perform the prescribed dance individually.
Dutch Waltz – two patterns to be skated.
- Gold Ribbon Unified Dance** One skater with special needs and one skater without special needs perform the prescribed dance as a couple. Couples may be mixed or similar.
Canasta Tango – two patterns to be skated
- Gold Ribbon Interpretive** Skaters skate an Interpretive program of their own creation. Skaters will hear the music immediately prior to their events. The theme this year is Rock & Roll.
Music supplied (1.5 minutes) Costumes and props are not allowed.

SPECIAL OLYMPICS CATEGORIES

Description: Open to skaters with a mental disability. These categories are defined by Special Olympics/Figure Skating. Categories will be split into separate events where appropriate. Please refer to the Special Olympics/Figure Skating Technical Manual for further details.

Special Olympics Elements

Competition consists of elements in isolation. Coach may be on the ice or by the boards and communicate with the skater between elements.

- LEVEL ONE** Skaters shall skate each of the following elements in isolation. The skater has one opportunity to perform the elements. The total number of elements performed will be 6.
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 TWO** The skater shall skate all elements of Option 2 in isolation. The skater has one opportunity to perform the elements.
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. 3 Backwards pushes from standstill and glide on right foot on a curve (any form)
- LEVEL THREE** The skater shall skate all elements of Option 1 in isolation. The skater has one opportunity to perform the elements.
1. Left forward outside preliminary circle
 2. Right forward inside preliminary circle
 3. Backward outside edges width of ice, may use line
 4. Left Forward outside 3 turn
 5. Right Forward inside Mohawk

Special Olympics Freeskate

Skaters perform a free skating program to music. Skaters must supply their own music. Vocal music is not permitted. Costumes & Props are not allowed. ***Please refer to the Special Olympics/Figure Skating Technical Manual for program content.***

LEVEL ONE	Program length: 1.0 minute (+/- 10 seconds). 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 TWO	Program length: 1.5 minutes (+/- 10 seconds). 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 THREE	Program length: 1.5 minutes (+/- 10 seconds). 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 FOUR	Program length: 2.0 minutes (+/- 10 seconds). Skaters are not to perform above Preliminary Freeskate. Points will only be awarded for allowable elements.
LEVEL FIVE	Program length: 2.5 minutes (+/- 10 seconds). Skaters are not to perform any elements above Junior Bronze Level. Points will only be awarded for allowable elements.

Special Olympics Pairs

The pair team shall consist of 2 Special Olympics athletes, one male and one female

LEVEL ONE	Program Length: 1.5 minutes (+/- 10 seconds). Vocal music is not permitted.
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Special Olympics Solo Dance

Individual skaters perform the prescribed dance. Music will be Skate Canada Series 8.

LEVEL ONE	Canasta Tango – two patterns to be skated.
LEVEL TWO	Fiesta – two patterns to be skated.
LEVEL THREE	Fourteen Step – two patterns to be skated.
LEVEL FOUR	Harris Tango – two patterns to be skated.

Special Olympics Dance Couples

Skaters perform the prescribed dance as a couple. Couples may be mixed or similar.

LEVEL ONE	Canasta Tango – two patterns to be skated.
LEVEL TWO	Fiesta– two patterns to be skated.
LEVEL THREE	Fourteen Step – two patterns to be skated.

Special Olympics Unified Dance

One skater with special needs and one skater without special needs perform the prescribed dance as a couple. Couple may be mixed or similar.

LEVEL ONE	Canasta Tango – two patterns to be skated.
LEVEL TWO	Fiesta – two patterns to be skated.
LEVEL THREE	Fourteen Step – two patterns to be skated.

Special Olympics Interpretive

Skaters skate an interpretive program of their own creation. Skaters will hear the music immediately prior to their events. The theme this year is Rock & Roll. Music supplied (1.5 minutes) Costumes and props are not allowed.

TRIATHLON CATEGORIES

Specifications for each part of the triathlon categories are outlined in the Skate Canada STARSkate Competition Technical Package 2009-2010. This package may be found on the Members Only section of the Skate Canada website at www.skatecanada.ca. The 6.0 marking system will be used for all categories.

*Entrants must register to compete in the highest Triathlon level that their test qualifications qualify them for.

Bronze Triathlon

TEST: Must have passed at least two of the following tests: Junior Silver Freeskate test and/or Junior Silver Skating Skills test, and/or Bronze Interpretive test.

SPECIFICATIONS: The Bronze Triathlon shall consist of three parts. The specifications and requirements for a well balanced program for each part are available on the Members Only section of the Skate Canada website.

- One Bronze Creative Skating Skills Program – Music 2.0 minutes maximum. Vocal music is permitted. See well balanced program requirements on the Skate Canada website and in Appendix A.
- One Bronze Interpretive Program - 2.0 – 3.0 minutes (+/- 10 seconds) in length.
- One Freeskate Program as per Junior Silver Well Balanced Program requirements – 3.5 minutes (+/- 10 seconds) in length.

N.B. Events to be skated in the order listed

Silver Triathlon

TEST: Must have passed at least two of the following tests: Senior Silver Freeskate test, and/or Senior Silver Skating Skills test, and/or Silver Interpretive test.

SPECIFICATIONS: The Silver Triathlon shall consist of three parts. The specifications and requirements for a well balanced program for each part are available on the Members Login section of the Skate Canada website.

- One Silver Creative Skating Skills Program – Music 2.0 minutes maximum. Vocal music is permitted. See well balanced program requirements on the Skate Canada website.
- One Silver Interpretive Program - 2.0 – 3.0 minutes (+/- 10 seconds) in length.
- One Freeskate Program as per Senior Silver requirements – 3.5 minutes (+/- 10 seconds) in length.

N.B. Events to be skated in the order listed

Gold Triathlon

TEST: Must have passed at least two of the following tests: Gold Freeskate test, and/or Gold Skating Skills test, and/or Gold Interpretive test.

SPECIFICATIONS: The Gold Triathlon shall consist of three parts. The specifications and requirements for a well balanced program for each part are available on the Members Login section of the Skate Canada website.

- One Gold Creative Skating Skills Program – Music 2.0 minutes maximum. Vocal music is permitted. See well balanced program requirements on the Skate Canada website.
- One Gold Interpretive Program - 2.0 – 3.0 minutes (+/- 10 seconds) in length.
- One Freeskate Program as per Gold requirements – 3.5 minutes for Ladies (+/- 10 seconds), 4.0 minutes for Men (+/- 10 seconds) in length.

N.B. Events to be skated in the order listed

BIATHLON CATEGORIES

The specifications for each part of the Biathlon events are outlined in the Skate Canada STARSkate Competition Technical Package 2009-2010. This package maybe found in the Members Only section of the Skate Canada website at www.skatecanada.ca. Biathlon dance teams may be composed of two girls, one girl and one boy or two boys. One partner must skate the girl's steps and one partner must skate the boy's steps.

Bronze Dance Biathlon

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

SPECIFICATIONS: This competition shall consist of 2 parts:

- **COMPULSORY DANCES:** *European Waltz and Rocker Foxtrot*
- **BRONZE CREATIVE DANCE:** One selection of Skate Canada or ISU music or a free choice of music selected from the compulsory dance rhythms of the Senior Bronze Dance Test. No time requirement. The specifications and requirements for a well-balanced program are available on the Members Only section of the Skate Canada website.

N.B. Events to be skated in the order listed

Silver Dance Biathlon

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

SPECIFICATIONS: This competition shall consist of 2 parts:

- **COMPULSORY DANCES:** *Harris Tango and Kilian*
- **SILVER CREATIVE DANCE:** A 2.0 minute (+/- 10 seconds) dance created to Skate Canada or ISU music or a free choice of music selected from the compulsory dance rhythms of the Senior Silver Dance Test. The specifications and requirements for a well-balanced program are available on the Members Only section of the Skate Canada website.

N.B. Events to be skated in the order listed

Gold Dance Biathlon

TEST: At least one partner may have passed the complete Gold Dance test.

SPECIFICATIONS: This competition shall consist of 2 parts:

- **COMPULSORY DANCES:** *Paso Doble and Blues*
- **GOLD CREATIVE DANCE:** A 2.5 minute (+/- 10 seconds) dance created to Skate Canada or ISU music or a free choice of music selected from the compulsory dance rhythms of the Gold Dance and/or Diamond Dance Tests. The specifications and requirements for a well-balanced program are available on the Members Only section of the Skate Canada website.

N.B. Events to be skated in the order listed