



**2010 SKATE CANADA – CENTRAL ONTARIO  
FIGURE SKATING BOUTIQUE  
FUN COMPETITION**



Sanctioned by Skate Canada and the United States Figure Skating Association

An invitation is extended to all eligible skaters (see details below) to participate in the **2010 Skate Canada - Central Ontario Figure Skating Boutique Fun Competition**. This competition offers individual, group and team categories for participants of all ages. Skate Canada rules and regulations will apply throughout the competition unless otherwise specified.

Although individual skaters are welcome, where there is more than one skater representing a Club, the skaters will be considered to comprise a **TEAM**. A team includes all skaters representing a Club, whether or not they compete together in the same categories. A **TEAM TROPHY** will be awarded to the team with the most points. It is hoped that Clubs will send a group of skaters with a matching article of clothing or colours in order to encourage team spirit and support among skaters from the Club.

**DATE:** APRIL 9-11, 2010  
**HOST:** SKATE CANADA - CENTRAL ONTARIO  
**LOCATION:** Thornhill Community Centre  
 7755 Bayview Ave. (at John St.)  
 Thornhill, ON

Thornhill is just north of Toronto, 30 minutes from Pearson International Airport.

**FACILITY:** East and West Arenas – 85’ x 200’  
**REGISTRAR:** Irma Orzeck – 905-760-9100 ex.229 or Toll Free 1-877-267-0081 ext. 229  
 e-mail: irma@skatecanada-centralontario.com

**ELIGIBILITY:** This competition is open to registered members of Skate Canada and the United States Figure Skating Association. Participants must be eligible persons as defined in Section 2100 of the Skate Canada Rulebook. However, to encourage participation, non Skate Canada members must join the Association by paying the Skate Canada membership fee to the club where you skate.

Competitors who have competed in any part of the Juvenile, Pre-Novice, Novice, Junior or Senior categories at the 2010 BMO Financial Group Skate Canada Central Ontario Sectional Championships (in November 2009) are not eligible to compete in the same discipline. **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
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

**ADDITIONAL ENTRY RESTRICTIONS:**

Skaters can enter only **one category per discipline and only enter a category once.**

- 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 an Individual Showcase AND an Individual Interpretive category
- 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.

**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.

Some categories have been designed for specific skaters, such as Special Needs categories. Participants in these categories may enter any other categories for which they meet the test and/or age requirements.

Where categories specify family members, extended family members such as aunts, uncles, cousins or grandparents as well as parents and children are encouraged to participate. Please note all participants must be a current Skate Canada member. Non Skate Canada members may join the Association by paying the Skate Canada membership fee to the club where you skate.

**Entries will be accepted on a first-come, first-served basis. Club envelopes will be date and time stamped upon arrival. The Committee reserves the right to limit entries in categories as necessary.** In the case of a large entry in any category, the skaters will be drawn into groups, by age if possible, with each group being a final.

**ENTRY FEES:** \$30 per skater for singles categories  
\$36 per team for team categories of 2 – 4 members  
\$10 per skater for group categories of 8 or more members

**All registrations are to come in as a group from the Home Club  
with ONE Club Contact and ONE Club Cheque for the entire group of entries.**

Cheques are to be made payable to “**Skate Canada - Central Ontario**”. Entry forms and corresponding fees must accompany the registration package. Entry forms may be photocopied as required. Post-dated cheques will **not** be accepted. A service charge of \$25.00 will be applied to cheques returned by your bank.

**SEND ENTRIES TO:** Irma Orzeck, Registrar  
2010 Skate Canada - Central Ontario Figure Skating Boutique Fun Competition  
111 Snidercroft Road, Unit A  
Concord, Ontario L4K 2J8

**CLOSING DATE:** **Entries must be received by March 10, 2010**  
Late entries may be accepted at the discretion of the host committee and will be subject to a \$25.00 late fee.

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

**TEST AND AGE REQUIREMENTS:** As at **March 10, 2010 (inclusive)**. Where a Skate Canada test level is indicated (e.g., Junior Bronze), this is considered to be the appropriate level completed for entry into the category. Equivalent USFSA levels are acceptable.

**SKATING UP:** Skaters may compete in a category higher than they are qualified for; however, they may not then compete in the category for which they are qualified. (i.e. for Jr. Bronze – may enter Sr. Bronze but not both). In ice dancing couples categories the couple must skate at the level of the partner with the higher qualifications.

**The Home Club Test Chairman must verify Test qualifications after the entry form has been completed by the skater and/or coach. Failure to properly validate test levels results in incorrect entries and an unfair competition for all skaters. Disqualification will result if incorrect test qualifications are stated on entry form.**

**GENDER:** All singles categories are open to men and ladies. Team or group categories may include any combination of men and ladies competing together. Partnered dance categories are open to both mixed and similar couples. In ballroom dance categories, groups will be divided into similar couples and mixed couples if there are sufficient entries.

**DRESS CODE/COSTUMES:** Except where otherwise stated, skating outfits must comply with Section 6000 D 3.0 (1-4) in the Event Management Handbook and be appropriate for athletic competition, although they may reflect the character of the music or theme chosen. Some categories which are considered more theatrical in nature specifically allow elaborate costumes. Where such costumes are allowed, the following restrictions apply:

- Decoration such as beads, fringe, feathers, ribbons etc. must be affixed firmly so as not to create a danger for the skater.
- Hats and headdresses may be worn as long as they are secured in such a way that the vision of the skater is not impaired; they may also be held with the hand.
- Constructions worn as costumes to create effects such as houses, wings, trees, etc., may be used as long as the skater can enter the ice surface without assistance during the 30 seconds allowed to come on and off the ice. In all cases, the skater's vision must not be impaired.
- All participants must wear skates, even if they act as props in a Production Skate number.

**PROPS:** Unless otherwise stated, there can be no props on the ice, and hand props such as banners, canes or pompoms are not permitted. Props must fit through the 23-inch gate openings to the ice. In Production Skate numbers, additional props may be brought on through the zamboni entrance as long as they can be placed in the time allowed and they do not require excessive space to store. Skaters may not be assisted during the setup time which should not take more than 30 seconds. Except in production numbers, skaters may not be given off-ice assistance during their category. Consideration to the safety of the skaters should be given if props have glitter, feathers, leaves, or other small items affixed to them. Animals or pets used as props are not permitted. Props may not be flame or smoke oriented or of any substance that will affect the surface of the ice. Props such as wet mops, whipped cream, shaving cream are not allowed.

## **MUSIC: SKATERS MUST REGISTER THEIR OWN MUSIC**

Both arenas will be equipped with cassette tape and CD players. Music must be turned in at the time of registration. Cassettes, CDs and their cases must have the competitor's name and category clearly printed. Each skater must provide 2 cassettes or 1 cassette and 1 CD of equal quality for each category, one for competition (marked "master") and one for backup (marked "copy"). The standards for cassettes and CDs are as follows:

### **Standard Specifications for Music**

1. Only one (1) program shall be recorded on each cassette or CD.
2. The start of the music shall be recorded on the cassette or CD at least 3 seconds following the head leader and not more than 5 seconds.
3. Music shall be recorded at equal levels on both left and right channels in stereo.
4. Competitor's name followed by category and music time (not skating time) shall be clearly printed on side one of the cassette or CD.
5. Each cassette or CD shall be enclosed in its plastic container.
6. Music recording levels shall be a maximum of OVU and a minimum of -8VU.

### **SCHEDULE/CONFIRMATIONS:**

A schedule of categories will be posted on the COS website at [www.skatecanada-centralontario.com](http://www.skatecanada-centralontario.com) as soon as possible after **March 19, 2010**. **Confirmations/schedules will not be mailed to individual competitors.**

### **Changes or corrections must be made no later than Friday April 2nd, 2010.**

### **REGISTRATION:**

A registration desk will be set up at the Thornhill Community Centre. All competitors, coaches, and officials are required to register upon arrival at the Arena. Registration will commence one hour prior to the first category of the day. **Skaters must register their own music.** Upon registration, each competitor and his/her coach will receive identification, which must be retained and used as a pass for the duration of the competition. Coach's hospitality will not be provided.

**CONCESSIONS:** There will be JB Video Company, Figure Skating Boutique, Convocation Flowers, Action Pix Photography and D&G Trophies for on-site engraving.

**ADMISSION:**

Adults:	\$6.00 per day, \$15.00 all-event
Seniors:	\$4.00 per day, \$10.00 all-event
Children:	4 – 12 years; \$2.00 per day
	3 years and under: no charge

All-event and single day tickets will be available at the door. There is no reserved seating.

### **PRACTICES:**

There will not be scheduled practice ice.

### **MARKING:**

Closed marking will be used throughout the competition. *At the discretion of the technical representative, Non-Skate Canada judges may be used on the panel.*

### **AWARDS:**

Medals will be given to the first, second, and third place winners of all categories, including group or team categories. Placing ribbons will be awarded to all other competitors in each category.

Points will be awarded to all skaters for participation in categories, plus additional points for winning or placing in the top half. In the categories of up to 4 skaters, where the group is comprised of skaters from different clubs, points earned by the group will be split among the individual skaters. Points for larger group categories will be assigned to the Club represented, even if some skaters are from other clubs. A **TEAM TROPHY** will be awarded to the Club with the most points.

### **MEDICAL:**

There will be medical staff in attendance at the Thornhill Community Centre throughout the competition. The First Aid room will be clearly marked.

### **SKATERS' LUCKY DRAW:**

Each competitor will receive a "lucky draw" ticket.

**HOTELS:**

**OFFICIAL -**

**Holiday Inn Hotel & Suites**

Toronto Markham  
7095 Woodbine Ave.  
Markham, ON L3R 1A3  
Tel: 1-800-387-3303

Rates: \$99.00 for double occupancy  
*Rooms must be reserved by March 9<sup>th</sup>, 2010 to be eligible for the special group rate.*

***Please refer to Skate Canada – Central Ontario FUN Competition***

**ALTERNATES -**

**Sheraton Parkway Toronto North / Best Western Parkway Hotel Toronto North**

600 Highway 7 East Richmond Hill, ON

[www.sheratonparkway.com](http://www.sheratonparkway.com)

[www.bestwesternparkway.com](http://www.bestwesternparkway.com)

Tel: 905-882-3101

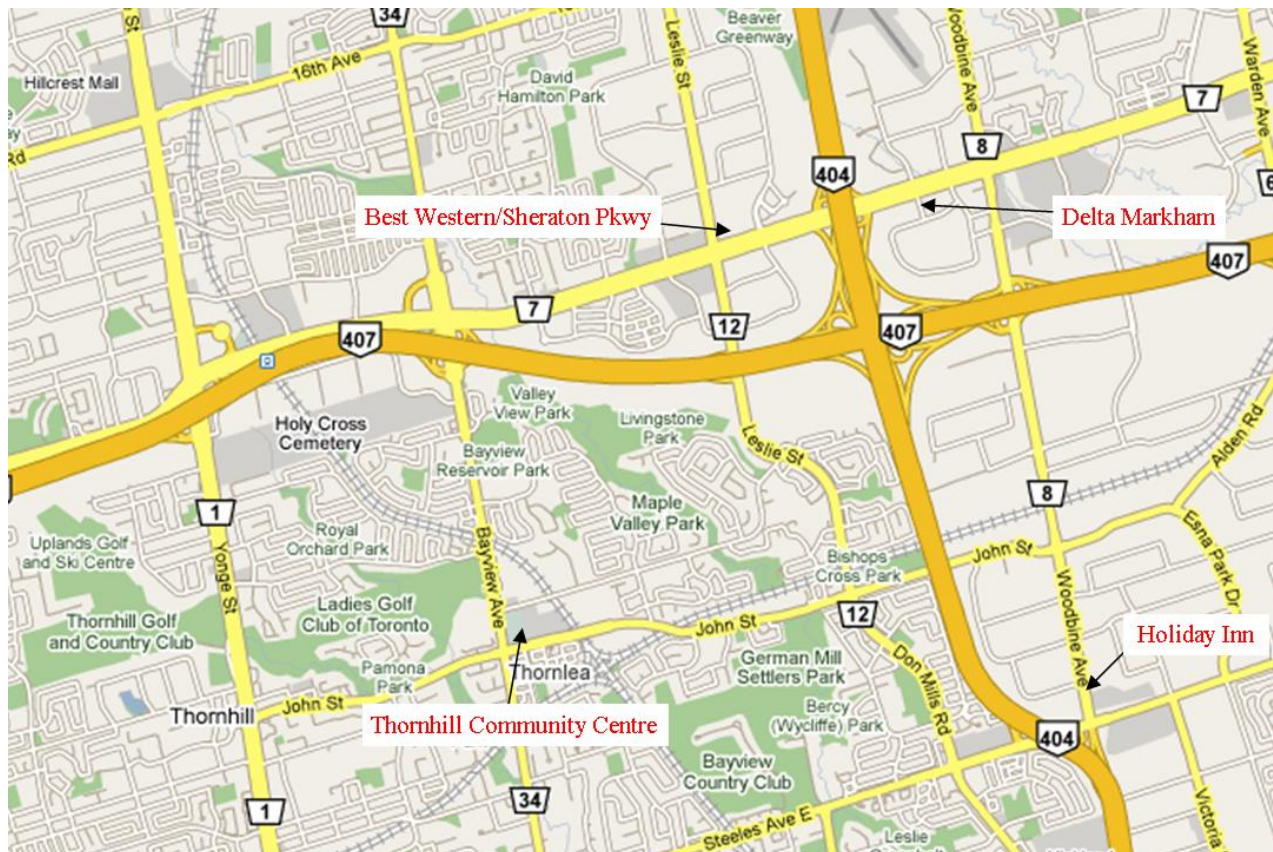
Rates: \$89.00 for Best Western Parkway Rooms  
\$109.00 for Sheraton Parkway Rooms

*Rooms must be reserved by March 9<sup>th</sup>, 2010 to be eligible for the special group rate.*

***Please refer to Skate Canada - Central Ontario FUN Competition***

**Delta Markham**

50 East Valhalla Drive  
Markham, ON L3R 0A3  
Tel: (905) 477-2010



## CANSKATE CATEGORIES

OPEN TO ALL AGES

### **CANSKATE INDIVIDUAL ELEMENTS**

**Description:** Skaters perform elements in *isolation* from the CanSkate Stage. Skaters will not be permitted a reskate of an element. Skaters will be divided into groups and perform the elements on half of the ice surface. **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.**

<b>CanSkate Yellow</b>	Must not have passed any CanSkate Stage	<ol style="list-style-type: none"><li>1. ½ sit glide</li><li>2. Backward skating</li><li>3. Two foot turn on the spot</li><li>4. Two foot jump on the spot</li><li>5. Forward skating</li></ol>
<b>CanSkate Red</b>	Must not have passed Stage 2	<ol style="list-style-type: none"><li>1. Backward skating</li><li>2. Fwd glide (2 feet to 1)</li><li>3. Fwd two foot sculling</li><li>4. Two foot jump while gliding fwd</li><li>5. Two foot spin</li></ol>
<b>CanSkate Orange</b>	Must not have passed Stage 3	<ol style="list-style-type: none"><li>1. Two foot turn fwd to bwd</li><li>2. Backward skating</li><li>3. Two foot spin</li><li>4. Forward spiral (Stage 3 - Challenge Skill)</li><li>5. Forwards glide on one foot</li></ol>
<b>CanSkate Blue</b>	Must not have passed Stage 4	<ol style="list-style-type: none"><li>1. Backward two foot sculling</li><li>2. Backwards glide on a curve (two feet to one foot)</li><li>3. Forward Two foot side stop</li><li>4. Forward spiral</li><li>5. One foot turn from fwd to bwd (outside edge entry)</li></ol>
<b>CanSkate Purple</b>	Must not have passed Stage 5	<ol style="list-style-type: none"><li>1. Backwards circle thrusts</li><li>2. Forward One foot spin</li><li>3. 1 foot jump fwd to bwd</li><li>4. Forward spiral</li><li>5. Forward outside edge development (step, step, edge)</li></ol>
<b>CanSkate Green</b>	Must not have passed Stage 6	<ol style="list-style-type: none"><li>1. Forward one foot spin</li><li>2. Backwards crosscuts</li><li>3. Rotating power Jump</li><li>4. Shoot the Duck – Stage 5 challenge skill</li><li>5. Fwd inside three turn</li></ol>

## 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

## FREESKATE AND TEAM 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](http://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

**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.**

## 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

For **Ballroom-style** Categories: Up to 4 couples/skaters will skate at the same time. Couples/Skaters 1 and 2 will start at one end and couples 3 and 4 at the other end. For safety, couples/skaters are to space themselves appropriately.

In all individual categories where two or more male skaters have entered, a separate category will be held.

### 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.

<b>Pre-Preliminary</b>	Not passed complete Preliminary Dance test	DANCE: Dutch Waltz
<b>Preliminary</b>	Not passed complete Junior Bronze Dance test	DANCE: Swing
<b>Junior Bronze</b>	Not passed complete Senior Bronze Dance test	DANCE: Ten Fox
<b>Senior Bronze</b>	Not passed complete Junior Silver Dance test	DANCE: Fourteenstep
<b>Junior Silver</b>	Not passed complete Senior Silver Dance test	DANCE: Rocker Foxtrot
<b>Open</b>	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.

<b>Open A</b>	No test restrictions	DANCE: Canasta Tango
<b>Open B</b>	No test restrictions	DANCE: Fiesta Tango

### SOLO DANCE

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

<b>Pre-Preliminary</b>	Not passed complete Preliminary Dance test	DANCE: Dutch Waltz
<b>Preliminary</b>	Not passed complete Junior Bronze Dance test	DANCE: Fiesta Tango
<b>Junior Bronze</b>	Not passed complete Senior Bronze Dance test	DANCE: Fourteenstep
<b>Senior Bronze</b>	Not passed complete Junior Silver Dance test	DANCE: Keats Foxtrot
<b>Junior Silver</b>	Not passed complete Senior Silver Dance test	DANCE: Paso Doble
<b>Senior Silver</b>	Not passed complete Gold Dance test	DANCE: Quickstep
<b>Open</b>	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.

<b>Preliminary</b>	Not passed complete Junior Bronze Dance test	DANCE: Canasta Tango
<b>Junior Bronze</b>	Not passed complete Senior Bronze Dance test	DANCE: Ten Fox
<b>Senior Bronze</b>	Not passed complete Junior Silver Dance test	DANCE: Rocker Foxtrot
<b>Open</b>	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.

<b>Open</b>	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.

<b>Pre-Preliminary</b>	Not passed the complete Preliminary Freeskate test	Length: 1.0 minute (+/- 10 seconds)
<b>Preliminary</b>	Not passed the complete Junior Bronze Freeskate test	Length: 1.5 minutes (+/- 10 seconds)
<b>Junior Bronze</b>	Not passed the complete Senior Bronze Freeskate test	Length: 1.5 minutes (+/- 10 seconds)
<b>Group/Family</b>	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 category 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.

<b>Pre-Introductory</b>	Not passed any Interpretive tests
<b>Introductory</b>	Must have passed the Introductory Interpretive test but no higher
<b>Bronze</b>	Must have passed the Bronze Interpretive test but no higher
<b>Silver</b>	Must have passed the Silver Interpretive test but no higher
<b>Gold</b>	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.

<b>Gold Ribbon Elements</b>	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. <ol style="list-style-type: none"><li>1. Forward skating across the ice.</li><li>2. Forward gliding on two feet.</li><li>3. Any stop</li><li>4. Forward gliding on two feet, bending knees to grasp ankles.</li></ol>
<b>Gold Ribbon Freeskate</b>	Skaters perform a free skating program to music (maximum 2.0 minutes). Skaters must supply their own music. Costumes & Props are not allowed.
<b>Gold Ribbon Solo Dance</b>	Skaters perform the prescribed dance individually. Dutch Waltz – two patterns to be skated.
<b>Gold Ribbon Unified Dance</b>	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
<b>Gold Ribbon Interpretive</b>	Skaters skate an Interpretive program of their own creation. Skaters will hear the music immediately prior to their categories. 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 categories 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.

<b>LEVEL ONE</b>	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. <ol style="list-style-type: none"><li>1. Forward skating across the width of the ice surface using alternating feet</li><li>2. Forward glide on left foot (skaters choice of entry)</li><li>3. Forward glide on right foot (skaters choice of entry)</li><li>4. Forward half snowplow stop – right foot</li><li>5. Forward half snowplow stop – left foot</li><li>6. Backward skating any form – equivalent to ½ the width of the ice surface</li></ol>
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## 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.

## 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.

<b>LEVEL ONE</b>	Canasta Tango – two patterns to be skated.
<b>LEVEL TWO</b>	Fiesta – two patterns to be skated.
<b>LEVEL THREE</b>	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 categories. The theme this year is Rock & Roll. Music supplied (1.5 minutes) Costumes and props are not allowed.