

**Skate Canada – Central Ontario
Area Competition
“WINTER GLITTERS”**



Co-Hosted by Skate Canada – Central Ontario
and York Region Skating Academy

January 28 & 29, 2012

Sanctioned by Skate Canada

Revised – December 1, 2011

Ed Sackfield Arena

311 Valleymede Drive
Richmond Hill, ON
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:

David Leung
Winter Glitters 2012 Registrar
15 Bowhill Drive
Richmond Hill, ON
L4B 4V4
647-896-2291 (enquires only)
dleung@locussystems.com

Entry Fees:

\$ 45.00 per skater for singles categories
\$ 20.00 per skater for couples dance categories
\$ 45.00 per team for team categories for 2 - 4 members
\$ 45.00 per team for Shoot the Duck and Team Spiral (4 members)
\$ 5.00 per skater for group categories of 8 or more members

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 \$35.00 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 Winter Club.

Entry Deadline: The competition registrar, Mr. David Leung, must receive entries no later than **December 15, 2011**. 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 Pre-Juvenile, Juvenile, Pre-Novice, Novice, Junior or Senior events at the 2012 Skate Canada Central Ontario Sectional Championships (in November 2011) 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 categories
Dance	May <u>NOT</u> enter solo/couples dance 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 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 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.
- Skaters entered in Introductory B or Pre-Preliminary B Freeskate or higher MAY NOT enter Introductory Team Elements.

Test and Age Requirements: Test qualifications and age requirements are as of November 15, 2011. The Test Chairman or President of the skater's home club must verify this.

Male Entries: Two or more male entries in any category will skate in their own group. A single male has the option of skating with the females or skating an exhibition.

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.

Adult Classification: A skater is considered to be an Adult if he/she is 18 years of age or older.

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 a CD/cassette player. **Two CDs or one CD with a back-up 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.

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 on 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 0VU and a minimum of -8VU.

Commencement of Competition: The event schedule will be posted on the Skate Canada – Central Ontario website at: <http://www.skatecanada-centralontario.com/2011-12%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: Competition schedule and entry list will be posted on the Skate Canada – Central Ontario website at: <http://www.skatecanada-centralontario.com/2011-12%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 and Suites
600 Hwy 7, Richmond Hill, ON
L4B 1G7
Tel: 905-881-2121

Map to Arena:



LIST OF CATEGORIES

CANSKATE CATEGORIES

ALL CanSkaters, up to and including Stage 5, must wear a CSA approved hockey helmet while on the ice. Skaters beyond Stage 5 who choose to wear a CSA approved hockey helmet during a competition will not be subjected to any deduction in relation to the use of a CSA approved hockey helmet.

CANSKATE INDIVIDUAL ELEMENTS

Description: Skaters perform elements in *isolation* from the CanSkate Stages. Skaters will be permitted a total of one re-skate in the category if necessary. 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.

CanSkate Yellow	Must not have passed any CanSkate Stage	<ol style="list-style-type: none">1. ½ sit glide2. Forward skating3. Two foot jump on the spot4. Backward 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 fwd
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. Two foot jump gliding bwd
CanSkate Blue	Must not have passed Stage 4	<ol style="list-style-type: none">1. Backward two foot sculling2. Forward Two foot side stop3. Forward spiral4. One foot turn from fwd to bwd (outside edge entry)
CanSkate Purple	Must not have passed Stage 5	<ol style="list-style-type: none">1. Backward circle thrusts2. Forward One foot spin (more than one revolution)3. 1 foot jump fwd to bwd4. Turning on a curve bwd to fwd changing feet (BO-FO) - skaters' choice of foot
CanSkate Green	Must not have passed Stage 6	<ol style="list-style-type: none">1. Forward one foot spin with FO spiralling edge entry (more than one revolution)2. Backward crosscuts3. Rotating power Jump4. One foot turn from bwd to fwd (inside edge entry)

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 four elements in isolation from the CanSkate badge level. **Teams may consist of 2 - 4 skaters.** In groups of four, each skater performs one element; in groups of three, one skater performs two elements, two skaters perform one element; in groups of two, each skater performs two elements. Skaters will be permitted one re-skate per team if necessary. The re-skate 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
- Two foot spin

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
- Forward spiral

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

- Two power jumps (formerly called bunny hops)
- Forward 2 foot side stop
- Backward circle thrusts
- Forward One foot spin (more than one revolution)

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
- Forward one foot spin with FO spiralling edge entry (more than one revolution)

STARSKATE CATEGORIES

All Freeskate categories will be judged using the 2011-2012 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. These categories are open to those skaters who do not meet the criteria for the Adult Classifications.

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 2011-2012 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 2011-2012 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 2011-2012 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 2011-2012 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 2011-2012 Skate Canada – Central Ontario WBP requirements.
- Preliminary A** May have passed the complete Preliminary Freeskate test but no higher complete test. Program Length: 1.5 minutes (+/- 10 seconds)
All single jumps excluding the Axel are permitted. Please refer to the 2011-2012 Skate Canada – Central Ontario WBP requirements.
- Preliminary B** May have passed the complete Preliminary Freeskate test but no higher complete test. Program Length: 1.5 minutes (+/- 10 seconds)
All single jumps including the Axel are permitted. Please refer to the 2011-2012 Skate Canada – Central Ontario WBP requirements.
- Preliminary STARSkate** May have passed the complete Preliminary Freeskate test but no higher complete test. Program Length: 1.5 minutes (+/- 10 seconds)
All single jumps are permitted. May include ONE double jump from 2S or 2T (may NOT repeat). Please refer to the 2011-2012 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: 2.0 minutes (+/- 10 seconds)
All single jumps including the Axel are permitted. Double jumps are not permitted. Please refer to the 2011-2012 Skate Canada – Central Ontario WBP requirements.

Junior Bronze B

May have passed the complete Junior Bronze Freeskate test but no higher complete test.
Program Length: 2.0 minutes (+/- 10 seconds)

All single jumps including the Axel are permitted. One double jump is permitted from 2S, 2T or 2Lo. Please refer to the 2011-2012 Skate Canada – Central Ontario WBP requirements.

Junior Bronze STARSkate

May have passed the complete Junior Bronze Freeskate test but no higher complete test.
Program Length: 2.0 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 2011-2012 Skate Canada – Central Ontario WBP requirements.

Senior Bronze STARSkate

May have passed the complete Senior Bronze Freeskate test but no higher complete test.
Program Length: 2.5 minutes (+/- 10 seconds)

Please refer to the 2011-2012 Skate Canada – Central Ontario WBP requirements.

Junior Silver STARSkate

May have passed the complete Junior Silver Freeskate test but no higher complete test.
Program Length: 3.0 minutes (+/- 10 seconds)

Please refer to the 2011-2012 Skate Canada – Central Ontario WBP requirements.

Senior Silver STARSkate

May have passed the complete Senior Silver Freeskate test but no higher complete test.
Program Length: 3.0 minutes (+/- 10 seconds)

Please refer to the 2011-2012 Skate Canada – Central Ontario WBP requirements.

Gold STARSkate

May have passed the complete Gold Freeskate test.

Program Length: Women - 3.5 minutes (+/- 10 seconds) Men - 4.0 minutes (+/- 10 seconds)

Please refer to the 2011-2012 Skate Canada – Central Ontario WBP requirements.

All Freeskate categories will be judged using the 2011-2012 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

The following categories are open to those skaters who do not meet the criteria for the Adult Classifications: Introductory, Pre-Preliminary, Preliminary, Jr. Bronze, and Sr. Bronze.

Description: Skaters perform **4 required elements** in isolation. **Open to groups of 2 - 4 skaters.** In teams of four, each skater must perform one of the required elements. In teams of three, each skater must perform one of the required elements and one skater performs two elements. In teams of two, each skater will perform two elements. No age restrictions. Skaters will be permitted one re-skate per team if necessary. The re-skated 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 entered in Introductory B Freeskate or higher MAY NOT enter Introductory Team Elements.**

- Waltz Jump
- 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.

- Salchow-Toe Loop Combination
- 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 <ul style="list-style-type: none"> • Lutz • Flip – Toe Loop Combination • Forward Spiral • Sit Spin
Junior Bronze	Skaters may have passed the complete Junior Bronze Freeskate test but no higher complete test <ul style="list-style-type: none"> • Lutz – Loop Combination • Axel • Layback Spin (Ladies) or Back Sit Spin (Men) • Forward change of edge Spiral
Senior Bronze	Skaters may have passed the complete Senior Bronze Freeskate test but no higher complete test <ul style="list-style-type: none"> • Axel – Double Toe Loop Combination • Double Salchow • Flying Camel Spin • Spiral Sequence (must include 2 spirals)
Open	No test restrictions. <ul style="list-style-type: none"> • Double/Double Combination • Double Flip • Combination Spin with one change of foot and three different positions • Ina Bauer or Spread Eagle
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 <u>entire</u> 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 re-skates 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 <u>entire</u> 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 re-skates will be permitted once position has been attained. <u>Backward spirals are not permitted and will be penalized.</u> Open to all ages. No test restrictions.

ICE DANCING CATEGORIES

Dance categories may be double paneled if scheduling allows.

ICE DANCING (COUPLES)

The following categories are open to those skaters who do not meet the criteria for the Adult Classifications: Pre-Preliminary, Preliminary, and Jr. Bronze.

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: Canasta Tango
Junior Bronze	Not passed complete Senior Bronze Dance test	DANCE: Willow Waltz
Senior Bronze	Not passed complete Junior Silver Dance test	DANCE: Ten Fox
Junior Silver	Not passed complete Senior Silver Dance test	DANCE: American Waltz
Open	No test restrictions	DANCE: Blues

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

The following categories are open to those skaters who do not meet the criteria for the Adult Classifications: Pre-Preliminary, Preliminary, Jr. Bronze, Sr. Bronze, and Jr. Silver.

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 CREATIVE DANCE

Description: A dance created by the coach and skater using a selection of music from the appropriate dance level or a free choice of music. Please refer to the Creative Dance Manual for specifics on requirements for each level.

Preliminary	Not passed complete Preliminary Dance test
Bronze	Not passed complete Senior Bronze Dance test
Silver	Not passed complete Senior Silver Dance test
Gold	Not passed complete Gold Dance test

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

The following categories are open to those skaters who do not meet the criteria for the Adult Classifications: Pre-Preliminary, Preliminary and Jr. Bronze.

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

These categories are open to those skaters who do not meet the criteria for the Adult Classifications.

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

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 one foot (left or right)
 3. Forward half snowplow stop – (left or right foot)
 4. 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.

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.

CREATIVE SKILLS CATEGORIES

The specifications for the creative skills categories are outlined in the 2011-2012 Skate Canada STARSkate Competition Technical Package under Triathlon. 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 Creative Skills

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: 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.

Silver Creative Skills

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: 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.

Gold Creative Skills

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: 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.

ADULT CATEGORIES

QUALIFICATIONS FOR ENTRY

Skaters entering must be 18 years of age or older.

The following age categories may apply to Free Skating and Interpretive categories if there are a sufficient number of entries:

Class 0	18 – 24 years
Class I	25 - 35 years
Class II	36 - 45 years
Class III	46 – 55 years
Class IV	56 years & over

All age categories may be divided or combined depending on the number of registrations and at the discretion of the Technical Representative and/or the Competition Committee. Men's and ladies' singles categories may not be combined. The Competition Committee also reserves the right to alter age categories should it be deemed necessary for the betterment of the event.

ADULT FREESKATE

Free Skating programs should meet the requirements as outlined in the Skate Canada Adult Competition Technical Package 2011-2012. This package may be found in the Members Only login of the Skate Canada website www.skatecanada.ca.

Adult Bronze Free Skating

- (i) **TEST:** Must not have passed the complete Junior Bronze Free Skating test.
- (ii) **SPECIFICATIONS FOR EVENT:** One free skating program of maximum 2 minutes 40 seconds in length. Program time may be shorter.

Adult Silver Free Skating

- (i) **TEST:** Must have passed the complete Junior Bronze Free Skate test but not the complete Senior Bronze Free Skating test.
- (ii) **SPECIFICATIONS FOR EVENT:** One free skating program of maximum 3 minutes 10 seconds in length.

Adult Gold Free Skating

- (i) **TEST:** Must have passed the complete Senior Bronze Free Skate test, but not the complete Junior Silver Free Skating test.
- (ii) **SPECIFICATIONS FOR EVENT:** One free skating program of maximum 3 minutes 40 seconds in length.

Adult Masters Free Skating

- (i) **TEST:** Must have passed the complete Junior Silver Free Skate test or higher, but no competitive Singles test.
- (ii) **SPECIFICATIONS FOR EVENT:** One free skating program of maximum 4 minutes 10 seconds in length.

Adult Competitive Free Skating

- (i) **TEST:** Must have passed a complete Competitive Singles Free Skate test. The Adult competitive category will not be divided by age class unless entry numbers warrant.
- (ii) **SPECIFICATIONS FOR EVENT:** One free skating program of maximum 4 minutes 10 seconds in length.

ADULT INTERPRETIVE

Bronze Adult Interpretive

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

Silver Adult Interpretive

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

Gold Adult Interpretive

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

* Skaters will be further divided by age and/or free skate, dance and skating skills test level at the discretion of the Technical Representative.