

# SKATE CINCINNATI

Hosted by the Figure Skating Club of Cincinnati

Sanctioned by United States Figure Skating

**Basic Skills  
Pre-preliminary - Novice  
New this year!  
Beginner Synchro, Dance & Pairs Events!**

**DATE:** March 18 & 19, 2006

**PLACE:** Sports Plus  
10765 Reading Road  
Cincinnati, OH 45241  
(513) 769-1010

**CO-CHAIRS:** Pat Miller (513) 755-9850 Jessica Egger (513) 469-2575

**ELIGIBILITY:** Eligibility will be based on USFSA level as of February 04, 2006. ALL SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 AND ADULT LEVEL 4 must skate at highest level passed and NO official USFSA tests may have been passed including Moves in the Field or individual dances. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels. (See Attachment A for levels passed and official tests allowed at each competition level.) Skaters must be registered members of a USFSA Basic Skills Program and/or current, full members of USFSA. Skaters will be broken into groups of approximately 6 skaters based on birth date. This competition will be conducted under the rules of The United States Figure Skating as set forth in the 2006 USFS Rulebook for the 2005-2006 qualifying competition season.

## ENTRIES AND

### FEES:

All entries must be POSTMARKED by FEBRUARY 04, 2006. The entry fee must be included with the completed application. No refunds (events or practice ice) will be made after the closing date unless the event is canceled. There will be a \$20 fee for returned checks and \$15 fee for late applications.

Basic Skills Events \$35.00 (Snowplow Sam through Freeskate 6 – 1<sup>st</sup> event)

All Other Levels \$60.00 -1<sup>st</sup> event

Additional Events \$25.00/each – 2<sup>nd</sup> through 8<sup>th</sup> event (all levels)

Synchronized Teams \$50.00/team + \$10.00/skater (including alternates)

Please make checks payable to FSCC and mail completed entries to:

Dottie Janson

4122 Jora Lane

Cincinnati, OH 45209

### PRACTICE ICE:

There will be practice ice available beginning the evening of March 17, 2006 at a fee of \$9.00 for 25 minutes for individuals. Synchro teams may purchase practice ice at \$60 for 20 minutes. A practice ice and competition schedule will be posted at [www.skatecincinnati.org](http://www.skatecincinnati.org) approximately two weeks prior to the competition. Should you prefer a written copy, please send a self addressed, stamped envelope with your completed entry form.

## ARENA

### FACILITIES:

All events will be held at Sports Plus, which has dressing rooms, a snack bar, a restaurant, a pro shop and free parking. Sports Plus has two ice surfaces, each measuring 200' by 85'.

### ADMISSION:

Admission to Skate Cincinnati is FREE.

### REGISTRATION:

The official registration desk will be located near the main entrance at Sports Plus. Competitors must check in 1 hour before their event.

### MUSIC:

Music for Basic Skills Programs will be provided by FSCC. Coaches should contact Jeff Privett at (513) 729-0373 or [jeffprivett@yahoo.com](mailto:jeffprivett@yahoo.com) by February 04, 2006 in order for the tapes to be mailed to your rink. PLEASE OBTAIN MUSIC FROM FSCC TO ENSURE YOU HAVE THE CORRECT MUSIC. The skater must provide their own music for all Free Skating programs. Tapes should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned

in at the time of registration. Skaters should arrive with a backup tape or CD. Tapes can be picked up at the registration desk after their event. CD's are also accepted.

**AWARDS:** All events will be final rounds. Awards will be presented to first, second and third place. All other places will receive ribbons. Awards will be presented off the ice to all participants after final results have been tabulated. Award photography and videotaping may be provided for a fee.

**PROGRAM:** An official Skate Cincinnati program will be available for a nominal fee. To place a "Good Luck" ad, please use the enclosed form.

**SCHEDULE OF EVENTS:** A practice ice and competition schedule will be posted at [www.skatecincinnati.org](http://www.skatecincinnati.org) approximately two weeks prior to the competition. Should you prefer a written copy, please send a self addressed, stamped envelope with your completed entry form.

**LODGING:** Hampton Inn (1.27 mi.) \*\$59.99/night + tax  
10900 Crowne Point Dr. Mention Skate Cincinnati  
Sharonville, OH when making reservation  
(513)771-6888

Other nearby hotels:

Country Inn (513)771-9310

Red Roof Inn (513) 771-5552

Woodfield Suites (513) 771-0300

Preston Hotel (513)771-0700

Drury Inns (513) 771-5601

All accommodations are within 5 to 10 minutes of Sports Plus.

**DIRECT**

**INQUIRIES TO:**

Jessica Egger

(513) 469-2575

[sk8erjess@hotmail.com](mailto:sk8erjess@hotmail.com)

Pat Miller

(513) 755 – 9850

[pat.miller@zoomtown.com](mailto:pat.miller@zoomtown.com)

**Directions to Sports Plus**

From Northern/Central Ohio

- From I-71: Take I-71 South to West on I-275 (exit 17). Follow I-275 west to Route 42 South (exit 46). Follow Route 42 South (Reading Road) through Sharonville to Sports Plus (on the right hand side).
- From I-75: Take I-75 South to Sharon Road ramp (exit 15). Turn left onto Sharon Road. Follow Sharon Road approximately 1.5 miles and turn right on Reading Road. Sports Plus is on the right about ½ mile down.

From Kentucky

- From I-75: Take I-75 North to Glendale-Milford Road (exit 14). Turn right onto Glendale-Milford Road. Follow Glendale-Milford Road approximately 1.5 miles and turn left on Reading Road. Follow Reading Road to Sports Plus (about ¾ mile down on the left).

From Indiana

- From I-275: Follow I-275 North, then East as it circles around the north part of Cincinnati. Turn south onto I-75 (exit 43). Take I-75 South to Sharon Road ramp (exit 15). Turn left onto Sharon Road. Follow Sharon Road approximately 1.5 miles and turn right on Reading Road. Sports Plus is on the right about ½ mile down.

From Southeast Ohio

- From I-275: Follow I-275 North, then West as it circles around the north part of Cincinnati. Follow I-275 West to Route 42 South (exit 46). Follow Route 42 South (Reading Road) through Sharonville to Sports Plus (on the right hand side).

## **EVENT: BASIC SKILLS PROGRAM**

Required elements to be skated on ½ ice to FSCC music. The skating order of the required elements is optional. The elements are not restricted as to number of times element is executed, or length of glides, number of revolutions in a spin etc., unless otherwise stated. Minimum number of connecting steps allowed. Skaters may include elements from previous levels. Deductions made if elements from a higher level are skated. Skaters will be judged on Technical Merit and Presentation.

### Snowplow Sam Program (Tots)

1. Forward skating
2. Backward wiggles
3. Glide forward and dip
4. Snowplow stop

### Basic Program A

1. Glide forward and dip
2. Moving snowplow stop
3. Forward two-foot swizzles
4. Backward skating (wiggles or swizzles)

### Basic Program B

1. Backward ½ swizzle pumps on a circle – clockwise or counter clockwise
2. Two-foot spin
3. Forward crossovers – minimum of 5 consecutive, clockwise or counter clockwise
4. Backward one foot glide – right or left

### Basic Program C

1. Backward crossovers – minimum of 5 consecutive, clockwise or counter clockwise
2. One-foot spin
3. Bunny hop
4. Forward (arabesque spiral) on a straight line – right or left

### Basic Program D

1. Beginning one-foot spin, optional free foot position
2. Mazurka or ballet jump
3. Waltz jump
4. Combination move (either direction): 2 forward crossovers into FI mohawk, cross behind, step into 1 back crossover and step to a forward inside edge.

### Adult – Level I (Skaters who have not passed Basic 5 or Adult Level 3)

1. Forward two-foot swizzles
2. Snow plow stop
3. Backward skating (wiggles or swizzles)
4. Forward crossovers – minimum of 5 consecutive, clockwise or counter clockwise
5. Backward one foot glide – right or left

### Adult – Level II (Skaters who have passed Basic 5 or Adult Level 3 but have not passed Free Skate 1)

1. Backward crossovers – minimum of 5 consecutive, clockwise or counter clockwise
2. Two-foot spin
3. Inside Mohawk (either direction)
4. Forward spiral (arabesque) or lunge on a straight line – right or left
5. Forward outside three turns, two on each foot, right and left

## **EVENT: COMPULSORY PROGRAMS**

The skater must demonstrate the required elements and may use any additional elements from previous levels, where applicable. The skating order of the required elements is optional and elements may be repeated. To be skated on ½ ice in program form using a limited number of connecting steps. No music. Time: 1:00 or less unless otherwise indicated. Deductions made if elements from a higher level are skated.

### Free Skate 1

1. Advanced forward stroking – 4-6 consecutive strokes
2. Basic forward outside edges and forward inside consecutive edges – 2-4 outside and 2-4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

### Free Skate 2

1. Forward outside spiral – right or left, and a forward inside spiral – right or left
2. Waltz Three's – right or left
3. Beginning back spin – entry optional
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

### Free Skate 3

1. Forward crossovers in a figure 8
2. Advanced forward swing rolls – 4-6 consecutive edges
3. Back spin
4. Salchow jump
5. Waltz jump/toe loop or salchow/toe loop

### Free Skate 4

1. Spiral sequence, FI spiral, FI mohawk, BO spiral, clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets – right or left
3. Sit spin
4. Loop jump
5. Waltz jump/loop jump

### Free Skate 5

1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral
2. Camel spin
3. Forward upright spin to back upright spin
4. Loop/loop jump
5. Flip jump

### Free Skate 6

1. Five step mohawk sequence – 2-3 sets alternating pattern
2. Camel, sit spin combination – minimum 4 revolutions total
3. Split jump or stag jump
4. Waltz jump, ½ loop, salchow combination
5. Lutz jump

### Beginner Compulsory Program

6. Waltz jump
7. Salchow jump
8. Half flip or half lutz jump
9. Upright scratch spin (minimum 3 revolutions)
10. Forward spiral

### Pre-preliminary Compulsory Program

1. Flip jump
2. Combination jump consisting of any 2 single jumps (no axel)
3. Split jump
4. Sit spin (minimum 3 revolutions)
5. Forward outside spiral

### Preliminary Compulsory Program

Time: 1:15 maximum

1. Single jump of choice (axel permitted)
2. Combination jump consisting of any two single jumps (may not repeat single jump selected above)
3. Camel spin (minimum 3 revolutions)
4. Combination spin (no change of foot)
5. Footwork sequence – straight line or diagonal

### Pre-Juvenile Compulsory Program

Time: 1:15 maximum

1. Axel
2. Combination jump consisting of any two single jumps
3. Layback spin (minimum 4 revolutions)
4. Combination spin (one change of foot)
5. Circular footwork sequence

Adult Pre-Bronze (Skaters who have passed USFSA Pre-Bronze Free Skating Test and no higher than USFSA Pre-Bronze Free Skating Test or Free Skate 4)

1. Half lutz jump
2. Scratch spin from backward crossovers
3. Jump combination: waltzjump/toe loop or salchow/toe loop
4. Spiral sequence: FI spiral, FI Mohawk, BO spiral, clockwise or counterclockwise
5. Connecting steps and edges

Adult Bronze (Skaters who have passed USFSA Adult Bronze Free Skating Test and no higher than USFSA Bronze Free Skating Test or USFSA Preliminary Free Skating Test)

Time: 1:15 maximum

1. Sit spin (minimum 3 revolutions)
2. Toe loop jump
3. Salchow jump
4. Back spin
5. Waltz jump, ½ loop, salchow jump combination
6. Connecting steps and edges

Adult Silver (Skaters who have passed USFSA Adult Silver Free Skating Test and no higher than USFSA Adult Silver Free Skating Test or USFSA Juvenile Free Skating Test)

Time: 1:15 maximum

1. Loop jump
2. Flip jump
3. Combination spin with one change of position, change of foot is optional (minimum 3 revolutions each position)
4. Jump combination consisting of two single jumps, no turn or change of foot between jumps (axel permitted)
5. Connecting steps and edges

Adult Gold (Skaters who have passed USFSA Adult Gold Free Skating Test and no higher than USFSA Juvenile Free Skating Test)

Time: 1:15 maximum

1. Lutz jump
2. Axel jump
3. Camel spin
4. Combination spin with one change of position and one change of foot (minimum 4 revolutions on each foot)
5. Jump combination consisting of two single jumps, no turn or change of foot between jumps
6. Connecting steps and edges

## **EVENT: FREE SKATE PROGRAMS**

Groups will be divided by age. Program duration 1:30 +/- 10 seconds unless otherwise indicated. Skated on full ice to music (no vocals) of the skater's choice. Deductions will be made if elements from a higher test level are skated in the program.

Programs must contain the following required elements and will be judged on Technical Merit and Presentation.

### Freestyle Level 1

1. Advanced forward stroking (4-6 consecutive strokes)
2. Forward outside or forward inside consecutive edges – 2-4 outside or 2-4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

### Freestyle Level 2

1. Forward outside spiral – right or left
2. Waltz three's – right or left
3. Beginning back spin
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

### Freestyle Level 3

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls – 4-6 consecutive edges
3. Back spin
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop

### Freestyle Level 4

1. Spiral Sequence: FI spiral, FI mohawk, BO spiral right or left
2. Forward power 3's, 2-3 consecutive sets – right or left
3. Sit spin
4. Loop jump
5. Waltz jump/loop jump combination

### Freestyle Level 5

1. Spiral Sequence: FO spiral, forward outside 3-turn, one backward crossover, backward inside spiral right or left
2. Camel spin
3. Forward upright spin to back upright spin
4. Loop/loop combination jump
5. Flip jump

### Freeskate Level 6

1. Five step mohawk sequence – 1 set alternating pattern
2. Camel, sit spin combination – minimum of 4 revolutions total
3. Split jump or stag jump
4. Waltz jump, ½ loop, salchow combination
5. Lutz jump

### Limited Beginner Freeskate Program

A well balanced program consisting of half jumps only, salchows and toe loops, combinations consisting of these jumps only, upright forward one and two foot spins, one step sequence and/or spiral sequence. No flying spins or combination spins are permitted.

### Beginner Freeskate Program

A well balanced program consisting of single jumps (no axels or doubles permitted), at least one jump combination or series, a minimum of two spins of a different nature and one step or spiral sequence.

### Pre-preliminary Freeskate Program

A well balanced program consisting of all single revolution jumps (no axels or double jumps permitted), single combination jumps, single jump sequences. A minimum of two spins of a different nature. One step sequence or spiral sequence.

### Preliminary Freeskate Program

A well balanced program consisting of all single revolution jumps (axel permitted), single combination jumps, single jump sequences, no double jumps permitted. A minimum of two spins of a different nature.

Pre-juvenile Freeskate Program – Program Duration 2:00 +/- 10 seconds

Juvenile Freeskate Program – Program Duration 2:15 +/- 10 seconds

Open Juvenile Freeskate Program - Program Duration 2:15 +/- 10 seconds age 13 & up

Intermediate Freeskate Program – Program Duration 2:30 +/- 10 seconds

Novice Freeskate Program – Program Duration Ladies 3:00 +/- 10 seconds, Men 3:30 +/- 10 seconds

Adult Pre-Bronze Freeskate Program (Skaters who have passed USFSA Pre-Bronze Free Skating Test and no higher than USFSA Pre-Bronze Free Skating Test or Free Skate 4). Program Duration 1:40 maximum.

Adult Bronze Freeskate Program (Skaters who have passed USFSA Adult Bronze Free Skating Test and no higher than USFSA Bronze Free Skating Test or USFSA Preliminary Free Skating Test). Program Duration 1:40 maximum.

Adult Silver Freeskate Program (Skaters who have passed USFSA Adult Silver Free Skating Test and no higher than USFSA Adult Silver Free Skating Test or USFSA Juvenile Free Skating Test). Program Duration 2:10 maximum.

Adult Gold Freeskate Program (Skaters who have passed USFSA Adult Gold Free Skating Test and no higher than USFSA Juvenile Free Skating Test). Program Duration 2:40 maximum.

## **EVENT: SHOWCASE**

Groups will be divided by age and level categories. Program duration of 1:30 +/- 10 seconds. May skate to a theme of the skater's choice and may have music with words. Judging to emphasize interpretation of music rather than the technical skills. Costumes should compliment music. May use hand props or those skater can get on and off ice without assistance. No feathers.

Group I: Basic Skills – Skaters may not have passed Basic 8.

Group II: Beginner Free Skate – Skaters must have passed Basic 8 but not have passed Free Skate 5. Must not include any full revolution jumps (toe loop and salchow permitted).

Group III: Low Free Skate – Skaters must have passed Free Skate 5 and no higher than USFSA Preliminary Free Skating Test. Single jumps only – NO AXEL.

Group IV: High Free Skate – Skaters must have passed Free Skate 6 and no higher than USFSA Pre-Juvenile Free Skating Test. Single jumps only, axel permitted.

Group V: Adult Beginner Free Skate – Skaters must have passed Basic 8 but not passed Free Skate 5. Must not include any full revolution jumps (toe loop and salchow permitted).

Group VI: Adult Low Free Skate: Skaters must have passed Free Skate 5 and no higher than USFSA Preliminary Free Skating Test or USFSA Adult Bronze Free Skating Test. Single jumps only. NO AXEL.

Group VII: Adult High Free Skate: Skaters must have passed Free Skate 6 or USFSA Adult Silver Free Skating Test and no higher than USFSA Juvenile Free Skating Test. Axel and doubles permitted.

## **EVENT: SPINS**

Spins must be skated exactly as stated but may be skated in any order. Connecting steps may be used but will not affect scoring. All Spin events are skated without music on ½ ice surface.

Pre-Preliminary Spins Time: 1:00 maximum

Scratch spin; two-foot spin; sit spin (min 3 revs per spin)

Preliminary Spins Time: 1:00 maximum

Back spin; camel spin; sit spin (min 3 revs per spin)

Pre-Juvenile Spins: Time 1:15 maximum

Camel spin (min 3 revs); forward to backward scratch spin (min 4 revs per foot); camel to sit spin with no change of foot (min 6 revs total)

Juvenile Spins: Time 1:15 maximum

Sit spin (min 4 revs); combination spin with change of foot, change of position optional (min 4 revs per foot); layback spin (ladies), camel spin (men) (min 4 revs per foot)

Open Juvenile Spins: Time 1:15 maximum age 13 and older

Sit spin (min 4 revs.); combination spin with change of foot, change of position optional (min 4 revs per foot); layback spin (ladies); camel spin (men) (min 4 revs per foot)

Intermediate Spins: Time 1:30 maximum

Sit spin change sit spin (min 4 revs per foot); flying camel (min 5 revs per foot); combination spin with change of foot and at least one change of position (min 5 revs per foot)

Novice Spins: Time: 1:30 maximum

Solo spin – min 6 revs (camel, sit or layback); camel spin change camel spin (min 4 revs per foot); Combination spin with change of foot and at least one change of position (min 5 revs per foot)

Adult Pre-Bronze Spins: (Skaters who have passed USFSA Pre-Bronze Free Skating Test and no higher than USFSA Pre-Bronze Free Skating Test or Free Skate 4).

Time 1:15 maximum

One-foot upright spin (min 3 revs); two-foot spin (min 3 revs); choice of sit spin, broken leg, back spin or attitude (min 3 revs)

Adult Bronze Spins: (Skaters who have passed USFSA Adult Bronze Free Skating Test and no higher than USFSA Bronze Free Skating Test or USFSA Preliminary Free Skating Test).

Time 1:15 maximum

One-foot upright spin (min 4 revs); one-foot back spin (min 3 revs); sit spin (min 3 revs)



Adult Silver Spins: (Skaters who have passed USFSA Adult Silver Free Skating Test and no higher than USFSA Adult Silver Free Skating Test or USFSA Juvenile Free Skating Test).

Time 1:30 maximum

Camel spin (min 3 revs); layback, attitude, cross foot or sit spin (min 4 revs); combination spin with only one change of position (min 4 revs in each position)

Adult Gold Spins: (Skaters who have passed USFSA Adult Gold Free Skating Test and no higher than USFSA Juvenile Free Skating Test).

Time: 1:30 maximum

Camel spin (min 4 revs); layback, attitude, cross foot or sit spin (min 4 revs); combination spin with only one change of foot and at least one change of position (min 4 revs per foot)

## **EVENT: JUMPS (No Music)**

Entrants qualify according to their free skating level. Beginner through Juvenile will be on ½ ice, also Adult Pre-Bronze & Bronze. Intermediate, Novice, Adult Silver & Adult Gold will be on full ice. Connecting steps will not affect scoring.

Beginner/Pre-preliminary Jumps: Time - 1 minute max

Toe loop; combination of any two single jumps (**no axels**)

Preliminary Jumps: Time - 1 minute max

Flip or lutz jump; combination of any single jump with a loop jump (axel permitted)

Pre-juvenile Jumps: Time - 1 minute maximum

Axel; any double jump

Juvenile/Open Juvenile Jumps: Time - 1 minute max

Axel; combination of any double jump with a loop jump

Intermediate Jumps: Time – 1 minute max

Axel; Double loop; combination of any two double jumps

Novice Jumps: Time – 1.5 minute max

Double loop; double flip; combination of any two double jumps

Adult Pre-Bronze Jumps: Time - 1 minute max

Waltz or toe loop; combination of any two ½ or single jumps (no axels)

Adult Bronze Jumps: Time – 1 minute max

Flip, salchow or lutz jump; combination of any single jump with a loop jump

Adult Silver Jumps: Time – 1.25 minute max

Flip or loop; any combination of two single jumps (axel permitted)

Adult Gold Jumps: Time 1.5 minute max

Axel; lutz; combination of any two jumps (may include double jumps)

## **EVENT COMPULSORY SOLO DANCE**

Depending upon # of entries, teams may be divided into two flights based on age.

Dutch Waltz – has not passed more than one Pre-Bronze Dance

Rhythm Blues – has not passed more than one Pre-Bronze Dance

Cha-Cha – has not passed more than one Bronze Dance

Fiesta Tango – has not passed more than one Bronze Dance

Hickory Hoedown – has not passed more than one Pre-Silver Dance

**EVENT:  
COMPULSORY PARTNER DANCE**

Similar partners will be permitted in this event. Depending upon # of entries, event may be divided into two flights based on age.

Dutch Waltz

Both partners no higher than Pre-Bronze dance test or Preliminary MIF

Fiesta Tango

Both partners passed at least Preliminary dance test, but no more than one Bronze dance

Hickory Hoedown

Both partners passed at least Pre-Bronze dance, but no more than one Pre-Silver Dance

**EVENT:  
PAIRS**

Pre-Juvenile: Time – 2 minutes

Passed Preliminary Pair test, neither partner higher

Juvenile: Time – 2.5 minutes

Passed Juvenile Pair test, neither partner higher

Intermediate: Time – 3 minutes

Passed Intermediate Pair test, neither partner higher

Adult: Time – 2.5 minutes

**EVENT:  
BEGINNER SYNCHRONIZED SKATING**

All skaters on the team must either be full US Figure Skating members or members of the US Figure Skating Basic Skills program. The team may choose to represent a US Figure Skating club or their Basic Skills Program / Club. In order for the team to be eligible for this event, no skaters on the team may have passed higher than the preliminary or adult bronze test in any discipline. There are no age requirements or restrictions for this event. Skaters may be of any age. Teams must be comprised of 8 – 16 skaters. Teams will skate a program to music of their choice 1-1/2 – 2 minutes. There are no restrictions or requirements on music choice.

See attachment B for required elements.

Depending upon # of entries, teams may be divided into two flights based on age (majority of team).

**INDIVIDUAL ENTRY FORM**  
**SKATE CINCINNATI**  
**MARCH 18 & 19, 2006**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_  
 Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  
 Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Skater/Parent e-mail \_\_\_\_\_ Telephone # (\_\_\_\_) \_\_\_\_\_  
 USFSA # \_\_\_\_\_ Home Club \_\_\_\_\_  
 Instructor's Name \_\_\_\_\_  
 Instructor's Telephone # (\_\_\_\_) \_\_\_\_\_ Instructor's e-mail \_\_\_\_\_  
 Current Level (as of deadline date) Skate with U.S. Level \_\_\_\_ FS \_\_\_\_ MIF \_\_\_\_ Dance \_\_\_\_  
 Instructor's Signature \_\_\_\_\_

Certification of Contestant – The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Figure Skating Club of Cincinnati harmless from any and all liability for injuries either during practice or the competition, and from any and all liability for damages to or loss of property.

Club/Group Authorized Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Competitor Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Check all events to be entered.**

Basic Skills Program

Snowplow Sam \_\_\_\_\_  
 Basic Program A \_\_\_\_\_  
 Basic Program B \_\_\_\_\_  
 Basic Program C \_\_\_\_\_  
 Basic Program D \_\_\_\_\_  
 Adult Level I \_\_\_\_\_  
 Adult Level II \_\_\_\_\_

Showcase Programs

Group I \_\_\_\_\_  
 Group II \_\_\_\_\_  
 Group III \_\_\_\_\_  
 Group IV \_\_\_\_\_  
 Group V \_\_\_\_\_  
 Group VI \_\_\_\_\_  
 Group VII \_\_\_\_\_

Compulsory Programs

Free Skate 1 \_\_\_\_\_  
 Free Skate 2 \_\_\_\_\_  
 Free Skate 4 \_\_\_\_\_  
 Free Skate 5 \_\_\_\_\_  
 Free Skate 6 \_\_\_\_\_  
 Beginner \_\_\_\_\_  
 Pre-preliminary \_\_\_\_\_  
 Preliminary \_\_\_\_\_  
 Pre-juvenile \_\_\_\_\_  
 Adult Pre-Bronze \_\_\_\_\_  
 Adult Bronze \_\_\_\_\_  
 Adult Silver \_\_\_\_\_  
 Adult Gold \_\_\_\_\_

Spins

Pre-preliminary \_\_\_\_\_  
 Preliminary \_\_\_\_\_  
 Pre-juvenile \_\_\_\_\_  
 Juvenile \_\_\_\_\_  
 Open Juvenile \_\_\_\_\_  
 Intermediate \_\_\_\_\_  
 Novice \_\_\_\_\_  
 Adult Pre-Bronze \_\_\_\_\_  
 Adult Bronze \_\_\_\_\_  
 Adult Silver \_\_\_\_\_  
 Adult Gold \_\_\_\_\_

Free Skate Programs

Level 1 \_\_\_\_\_  
 Level 2 \_\_\_\_\_  
 Level 3 \_\_\_\_\_  
 Level 4 \_\_\_\_\_  
 Level 5 \_\_\_\_\_  
 Level 6 \_\_\_\_\_  
 Limited Beginner \_\_\_\_\_  
 Beginner \_\_\_\_\_

Free Skate (Cont'd)

Pre-preliminary \_\_\_\_\_  
 Preliminary \_\_\_\_\_  
 Pre-juvenile \_\_\_\_\_  
 Juvenile \_\_\_\_\_  
 Open Juvenile \_\_\_\_\_  
 Intermediate \_\_\_\_\_  
 Novice \_\_\_\_\_  
 Adult Pre-Bronze \_\_\_\_\_  
 Adult Bronze \_\_\_\_\_  
 Adult Silver \_\_\_\_\_  
 Adult Gold \_\_\_\_\_

**Entry Form – cont'd**

<u>Jumps</u>		<u>Solo Dance</u>	
Beginner/Pre-prelim	_____	Dutch Waltz	_____
Preliminary	_____	Rhythm Blues	_____
Pre-Juvenile	_____	Cha Cha	_____
Juvenile & Open Juve	_____	Fiesta Tango	_____
Intermediate	_____	Hickory Hoedown	_____
Novice	_____		
Adult Pre-Bronze	_____	<u>Partnered Dance</u>	
Adult Bronze	_____	Dutch Waltz	_____
Adult Silver	_____	Fiesta Tango	_____
Adult Gold	_____	Hickory Hoedown	_____
<u>Pairs</u>		<u>Synchro</u>	_____
Pre-Juvenile	_____		
Juvenile	_____		
Intermediate	_____		
Adult	_____		

**ENTRY DEADLINE FEBRUARY 04, 2006**

Entry Fees

Basic Skills	\$35.00	_____	(Snowplow through Freeeskate 6)
Other Events (1 <sup>st</sup> event)	\$60.00	_____	
Additional Events	\$25.00	_____	
Practice Ice - Individual	\$ 9.00/session	_____	
Program Ads	\$ 6.00.	_____	
Late entry fee	\$15.00	_____	
Total Enclosed		_____	(Check payable to FSCC)

**MAIL CHECK AND COMPLETED ENTRY FORM TO: Dottie Janson, Figure Skating Club of Cincinnati, 4122 Jora Lane, Cincinnati, OH 45209. DEADLINE: February 04, 2006**

**Beginner Synchronized Skating Entry**

Synchronized Skating Entry (page 1 – please also complete team roster)

Name of Team	_____	Club Represented	_____
Contact Person	_____	E-mail	_____
Mailing Address	_____	Phone	_____
Instructor	_____	E-mail	_____
Mailing Address	_____	Phone	_____

**Entry fee is \$50 per team plus \$10 for each skater, including alternates**

Synchro:

Team	\$50.00	_____
# of skaters _____ x	\$10.00	_____ (including alternates)
Practice Ice	\$60.00/session	_____
<b>Total enclosed</b>		_____ <b>(Check payable to FSCC)</b>

**Beginner Synchronized Skating / Entry Form (pg. 2)**  
**Team Roster**

Name of Team \_\_\_\_\_

Name of Club/Program Represented \_\_\_\_\_

Please list skaters, including alternates, in alphabetical order. It is not necessary to indicate who is an alternate.

Skater name	Membership #	Age	Signature of skater / parent if under 18

**Certification of team:** The skaters on the roster are eligible to enter the beginner synchronized skating level. It is agreed that the competitors and family (by virtue of their signatures above) holds the Figure Skating Club of Cincinnati and/or Sports Plus harmless from any and all liability during practice or the competitions, and from any and all liability for damages to or loss of property.

Instructor Signature \_\_\_\_\_

## PRACTICE ICE APPLICATION

There will be practice ice available beginning Friday March 17, 2006. No music will be played except synchro teams. Practice ice is \$9 for 25 minutes for individuals, \$60 for 20 minutes for synchro teams. A practice ice and competition schedule will be posted at [www.skatecincinnati.org](http://www.skatecincinnati.org) approximately two weeks prior to the competition. Should you prefer a written copy, please send a self addressed, stamped envelope with your completed entry form.

Practice Ice Request For Individual:

Name \_\_\_\_\_ Skater/Parent e-mail \_\_\_\_\_  
 Events to be skated \_\_\_\_\_  
 Number of sessions requested \_\_\_\_\_ Total cost at \$9/ session \$ \_\_\_\_\_

Practice Ice Request For Team:

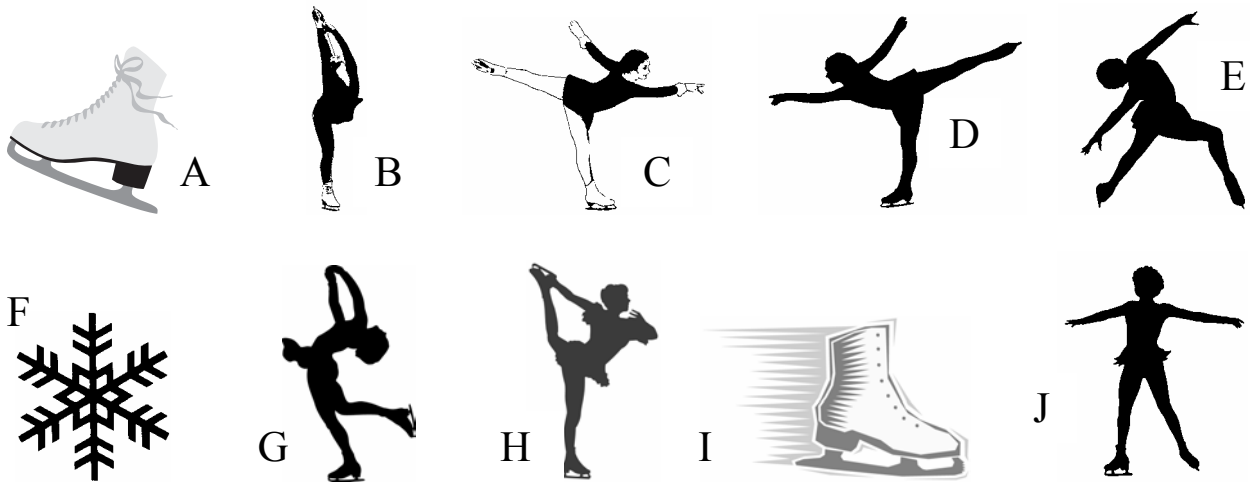
Team Name \_\_\_\_\_ Club Name: \_\_\_\_\_  
 Team Manager/Contact Name \_\_\_\_\_ E-mail \_\_\_\_\_  
 Number of sessions requested \_\_\_\_\_ Total cost at \$60/session\$ \_\_\_\_\_

Please include this application and practice ice fees with the entry form and entry fees.

MAIL CHECK AND COMPLETED ENTRY FORM TO: Dottie Janson, Figure Skating Club of Cincinnati, 4122 Jora Lane, Cincinnati, OH 45209. DEADLINE: February 04, 2006. Please check with the registration desk upon arrival.

### PROGRAM ADS

Personal ads are a great way to thank your coach and wish your favorite skater "Good Luck"! The Figure Skating Club of Cincinnati invites you to submit a personal advertisement for the 2006 Skate Cincinnati program. Choose a personal ad from the selections below. Indicate the letter of the graphic you like and print your message below. Ads are \$6.00 each. Payments for ads along with this form should be included with the entry form and fees.



Message Ad 1: \_\_\_\_\_  
 Message Ad 2: \_\_\_\_\_  
 Message Ad 3: \_\_\_\_\_

Please include this application and program ad fees with the entry form and entry fees.

MAIL CHECK AND COMPLETED ENTRY FORM TO: Dottie Janson, Figure Skating Club of Cincinnati, 4122 Jora Lane, Cincinnati, OH 45209. DEADLINE: February 04, 2006.

## ATTACHMENT A

### COMPULSORIES

<u>Level Passed</u>	<u>Competition Level</u>	<u>Official Tests Allowed</u>
Freestyle 1	Freestyle 1 or 2, NOT BOTH	Pre-Prelim MIF ONLY
Freestyle 2	Freestyle 2 or 3, NOT BOTH	Pre-Prelim MIF ONLY
Freestyle 3	Freestyle 3 or 4, NOT BOTH	Pre-Prelim MIF ONLY
Freestyle 4	Freestyle 4 or 5, NOT BOTH	Pre-Prelim MIF ONLY
Freestyle 5	Freestyle 5 or 6, NOT BOTH	Pre-Prelim MIF ONLY
Freestyle 6	Freestyle 6 or Beginner, NOT BOTH	Pre-Prelim MIF ONLY
NONE	Beginner or Pre-Prelim, NOT BOTH	NONE
Pre-Prelim	Pre-Prelim or Preliminary, NOT BOTH	Pre-Prelim FS/Preliminary MIF
Preliminary	Preliminary	Preliminary FS/Preliminary MIF

### PROGRAMS WITH MUSIC

<u>Level Passed</u>	<u>Competition Level</u>	<u>Official Tests Allowed</u>
Snowplow Sam 1	Snowplow Sam ONLY	NONE
Snowplow Sam 2	Snowplow Sam ONLY	NONE
Snowplow Sam 3	Snowplow Sam ONLY	NONE
Basic 1	Basic Program A	NONE
Basic 2	Basic Program A	NONE
Basic 3	Basic Program B	NONE
Basic 4	Basic Program B	NONE
Basic 5	Basic Program C	NONE
Basic 6	Basic Program C	NONE
Basic 7	Basic Program D	NONE
Basic 8	Basic Program D	NONE
Freestyle 1	Freestyle 1 or 2, NOT BOTH	Pre-Prelim MIF ONLY
Freestyle 2	Freestyle 2 or 3, NOT BOTH	Pre-Prelim MIF ONLY
Freestyle 3	Freestyle 3 or 4, NOT BOTH	Pre-Prelim MIF ONLY
Freestyle 4	Freestyle 4 or 5, NOT BOTH	Pre-Prelim MIF ONLY
Freestyle 5	Freestyle 5 or 6, NOT BOTH	Pre-Prelim MIF ONLY
Freestyle 6	Freestyle 6 or Beginner, NOT BOTH	Pre-Prelim MIF ONLY
NONE	Beginner or Pre-Prelim, NOT BOTH	NONE
Pre-Prelim	Pre-Prelim or Preliminary, NOT BOTH	Pre-Prelim FS/Preliminary MIF
Preliminary	Preliminary	Preliminary FS/Preliminary MIF

\*If a skater competes in a beginner category or higher, they may not go back to compete in the Basic Skills Freestyle categories.

\*\*For Beginner and above events, USFSA rulebook #1032 applies.

# ATTACHMENT B

## BEGINNER SYNCHRONIZED SKATING

PROGRAM REQUIREMENTS: The competitive program shall consist only of the following required elements skated in any order. Teams should link the elements together with steps and a minimum of stopping in the program. Teams are not allowed to perform any additional elements. Coaches should refer to the U.S. Figure Skating Basic Skills Instructor's Manual for further details on the elements and teaching tips.

Required elements:

1. **Line:** The line must cover the whole ice surface and include forward and backward skating. There should be no change of hold, and shoulder to shoulder hold is suggested.
2. **Block:** The block should cover the entire ice surface and include two changes of axis. See the block in Synchro 2, Synchro 3 and Synchro 4 for illustrations of changing axis.
3. **Wheel:** A 4-spoke wheel with backwards skating that completes at least two full rotations (720 degrees). See the wheel element in Synchro 2.
4. **Intersection:** An intersection with one line on each side of the rink approaching each other. See intersection in Synchro 2 and Synchro 3. Skaters must do a one foot glide at the point of intersection. What they do after the intersection is optional.
5. **Circle:** Once circle, in either hand to hand or shoulder to shoulder hold. The circle must rotate at least two full rotations (720 degrees), and contain the combination element (item C) from Basic 8.

Other notes:

Changes of direction and hold, in addition to traveling are not expected. The only features that should be included are step sequences. The steps in these sequences should only be turns and free skating moves from Basic 1-8 and Free Skate 1.

JUDGING OF THIS EVENT: The main emphasis of this level is mastering the basic skills of synchronized skating: control in the elements, straight lines, unison, use of guiding and shadowing, etc. The focus is not on difficulty of the steps or transitions.