



February 23 – 25, 2007

Ice Midwest
12140 W. 135th St.
Overland Park, KS



2007 Heart of America Invitational

Rules and Eligibility:

The 32nd Annual Heart of America Invitational Figure Skating competition will be conducted according to the 2007 USFS Official Rulebook for the 2007-2008 competition season, and is open to all eligible members of the USFS. USFS Rule 3055 shall govern the Competition, Club, facility, and USFS liability. This competition will be judged on the 6.0 system of judging. IJS critiques will be available for Novice level and above.

Entries and Fees:

All entries must be POSTMARKED no later than January 12, 2007, and must include the entry fee. A postage meter will not be considered an acceptable proof of mailing date. Late entries will be accepted at the discretion of the LOC if accompanied by a \$25 late fee. Any changes requested after January 12th will incur a \$15 change fee. There will be a \$30.00 fee for returned checks. After January 24, 2007 entry fees are only refundable if the competition is not held, per Section 3235 of the USFSA Rulebook. Fees are as follows:

First Singles Event (including Solo Dance and Championship Juvenile Freeskate)	\$80.00
Second Additional Singles Event(s)	\$25.00
Third + Additional Singles Event(s)	\$20.00
Championship Freeskate Events Intermediate and above	\$95.00 (All skaters Int. and above will perform <u>both</u> short and long programs)
First Pair/Dance Event	\$40.00 (per person)
Additional Pair	\$25.00 (per person, per event)
Additional Dance	\$25.00 (per person, for 2 events)
For two events (2 for the price of 1!)	
Synchronized Team 1 st Event	\$50.00 + \$10.00 per competitor
Synchronized Team 2 nd Event	\$35.00 + \$5.00 per competitor
Other Team events (per person)	\$15.00 Per competitor

The Referee and/or Competition committee reserves the right to limit entries in an event and/or cancel an event based on time restrictions. Refunds will be given in accordance with USFS rules.

Mail completed applications to:

2007 Heart of America Invitational
Shawna Meyer
11300 Marty St.
Overland Park, KS 66210

Make checks payable to:

Silver Blades Figure Skating Club

Also check our web site at: www.silverblades.org for the latest competition information, event schedules, and practice ice schedules.

For questions on the 2007 Heart of America Invitational competition, please email us at:

HOA_KC@yahoo.com

Ice Midwest Facility:

Ice Midwest is located at 12140 W. 135th Street, Overland Park, Kansas (a suburb of Kansas City), approximately 4 miles south of Interstate-435 on Quivira Road. This new, 88,000 square foot, state-of-the-art facility features two indoor ice surfaces measuring 85' x 200' and a half-size studio teaching rink. Seating capacity for up to 350 spectators is available on the two main rinks. There will be limited dressing room

spaces available. The facility includes a snack bar, adult lounge and full service pro shop. For further information and directions visit the web site at: www.icemidwest.com.

Registration:

The Registration desk will be located in the lobby of Ice Midwest. Competitors should check in at the Registration desk as early as possible upon arriving in Overland Park and no later than two (2) hours prior to their event. Registration Hours are:

Friday	5:00 p.m. – 8:00 p.m.
Saturday - Sunday	8:00 a.m. – 6:00 p.m.

Practice Ice:

Practice ice will begin at 4:00 p.m. Friday, February 23, 2007. Practice ice reservation forms should be submitted with the competition application. All practice ice must be paid for in advance. No refunds will be given for practice sessions not used. Once all practice ice has been scheduled, additional practice ice may be available on a first-come, first-serve basis, at registration. Music will be played on official practice ice and on a first-come, first-serve basis thereafter. Music is not guaranteed except on official practice ice. Music must be turned in to the ice monitor before the beginning of the session.

Confirmations:

If you wish to have your competition event times and official practice ice times mailed to you, please include a self-addressed, stamped, legal-sized envelope. Tentative practice and competition schedules will be posted on our website www.silverblades.org.

Official Notices:

An official bulletin board will be maintained at the arena. It is the skater's responsibility to check the bulletin board for event or schedule changes. Skaters must check in with the ice monitor and should be prepared to compete 1 hour prior to scheduled times.

Music:

Music must be turned in at time of registration. Competitors must have an extra copy of their music for practice ice. No music will be returned for use on practice ice. Only cassette tapes (no cases, please) or CDs (standard Compact Disk format only) will be accepted. Cassettes must be clearly marked with name, event entered, length of music and side to be played. CDs must be clearly marked with name, event entered and the music length. Each disc must have only ONE track on it. Any disc with more than one track will not be accepted! Each CD must be in a standard hard sided "jewel case" also labeled with the skater's name and event. Due to compatibility and reliability reasons no music may be submitted on re-recordable "CDRW" discs.

CD's or cassettes to be used for competition must be turned in at time of registration. Competitors must have a duplicate tape or CD available at rink side during their event in case one is needed immediately. CD's and/or tapes not picked up at the close of the competition will be discarded. No CD's or tapes will be mailed.

Awards:

Medals will be given for 1st through 4th places, and ribbons will be awarded for 5th and 6th place, for each event. Trophies will be awarded to 1st through 4th places in championship final round events. All awards will be presented off-ice at the photographer's desk immediately after final results are posted for that event. Medals may be engraved for an additional cost at the time of the awards. Awards will be given to all skaters regardless of placement.

Pictures and Videos:

Videotapes of each event and official awards photos may be arranged through the official event photographer, Local Motion Productions. Silver Blades Figure Skating Club is not responsible for any

arrangements made with the professional photographer. Individuals may use only hand held cameras and no rink power outlets may be used. No flash photography is permitted of skaters on the ice.

Hotel and Transportation Information:

The official hotel for the competition is the Doubletree Overland Park. It is a full-service hotel, with on-site restaurants, fitness center and indoor heated pool. Centrally located with access to 435 and 69. A block of rooms is being held – please mention Silver Blades FSC/Heart of America and make your reservation by February 2, 2007.



Official Hotel:
Doubletree Overland Park
10100 College Blvd
Overland Park, KS 66210
913-451-6100
Rate: \$75 per night

General Information:

For information regarding the 2007 Heart of America Invitational, please contact competition Chairpersons:

Shelley Fenton
(913) 685-3517
email: yellowdog@kc.rr.com

or
Shawna Meyer
(913) 766-3433
email: HOA_KC@yahoo.com

No calls before 9:00 a.m. CST or after 9:00 p.m. CST. All calls will be returned as collect calls.

For additional information, check our web site at: www.silverblades.org. The latest competition information, event, and practice schedules will be posted as soon as they are available.

Be sure to include the following items with your entry:

- q Completed entry form
- q Practice ice form
- q Entry fees and practice ice fees (checks payable to Silver Blades FSC of KC) – one check may be written for both the entry and practice ice fees
- q Signatures from competitor (parent/guardian if applicable), coach, and club officer
- q Merchandise order form
- q Self-addressed, stamped envelope (if you want your confirmations mailed to you).

Mail to:

2007 Heart of America Invitational
c/o Shawna Meyer
11300 Marty St.
Overland Park, KS 66210

Be sure to include the following items with your advertising:

- q Completed advertising form
- q If Goodwill ad, circle ad desired
- q If business card ad, include business card
- q Any other type of ad, include camera-ready artwork (to size)
- q Advertising payment (checks payable to Silver Blades FSC of KC)

Mail all advertising information (see checklist above) to:

2007 Heart of America Invitational – Advertising
Yelena Perel
15611 Barkley
Overland Park, KS 66223-3573

Heart of America Invitational - Event General Rules

Eligibility:

This competition is open to all eligible members of the USFS. All skaters must compete at, or up to one level above, their USFS test level as of January 12, 2007.

Age Restrictions:

- Adults - All event requirements are defined in the 2007 USFS Rulebook.
- Pre-Juvenile and Juvenile skaters shall be 12 years of age or younger as of January 12, 2007.
- Open Pre-Juvenile and Open Juvenile skaters shall be 13 through 20 years of age as of January 12, 2007.
- Pre-Juvenile groups and lower will be divided by age.
- Juvenile through senior will be grouped by random draw.

Men/Boy's Events:

Two competitors shall constitute a separate event for men/boys. If less than two competitors are in an event, the boys may be combined with the girls.

Team Scoring:

Points will be awarded, according to placement, to a skater's home club for each event skated. First place will receive 6 points, second place - 5 points, third place - 4 points, fourth place - 3 points, fifth place - 2 points, sixth place - 1 point. The club with the highest point total (Silver Blades is not eligible) will be awarded a team trophy.

Pairs skaters may be from different clubs, but must choose one club to receive all points awarded to the pair.

Event Cancellation:

If an event is cancelled due to lack of entries, those skaters entered in the event may compete in the next higher level of the event or receive a refund for the event.

Championship Events

Requirements for the Short Program shall be those set forth in the 2007 Official USFS Rulebook for the 2007-2008 competition season.

1. Championship events will be held at the Juvenile, Intermediate, Novice, Junior, and Senior levels. Intermediate and above will include a short and long program. Juvenile will skate the long program for initial and final rounds.
2. Final rounds will be determined based on the initial round long program results. A minimum of the top 3 competitors from each initial round will continue to the final rounds. Final rounds will consist of the short & long programs. If there are twelve (12) or fewer competitors in an event, no initial round will be held and all skaters will skate both the short and long programs. Trophies will be awarded on the basis of combined short and long program scores.

EVENT	ELEMENTS	TIME
Juvenile	Long - Per 3681	Long - 2:15
Intermediate	Short - Per rule 3671 Long - Per 3672	Short - 2:00 (maximum) Long - 2:30
Novice	Short - Per rule 3661 Men, 3662 Ladies Long - Per 3663	Short - 2:30 (maximum) Long - 3:00 (Ladies); 3:30 (Men)
Junior	Short - Per rule 3651 Men, 3652 Ladies (Group C) Long - Per 3653	Short - 2:50 (maximum) Long - 3:30 (Ladies); 4:00 (Men)
Senior	Short - Per rule 3641 Men, 3642 Ladies Long - Per 3643	Short - 2:50 (maximum) Long - 4:00 (Ladies); 4:30 (Men)
Pairs - Novice	Short - Per USFS rule 4061 Long - Per USFS rule 4062	Short - 2:30 (maximum) Long - 3:30
Pairs - Junior	Short - Per USFS rule 4051 Long - Per USFS rule 4052	Short - 2:50 (maximum) Long - 4:00
Pairs - Senior	Short - Per USFS rule 4041 Long - Per USFS rule 4042	Short - 2:50 (maximum) Long - 4:30

Pairs Free Skate

Requirements for Free Skate program shall be those set forth in the 2007 Official USFS Rulebook for the 2007-2008 competition season.

1. All events consist of free skating only. Each pair will be judged with emphasis on unison and musical interpretation.

EVENT	ELEMENTS	TIME
Preliminary	Per rule 4101	1:30
Pre-Juvenile	Per rule 4091	2:00
Juvenile	Per rule 4081	2:30
Intermediate	Per rule 4071	3:00
Novice	Per rule 4062	3:30
Junior	Per rule 4052	4:00
Senior	Per rule 4042	4:30
Adult Bronze Pairs	Per rule 4125	2:10 (maximum)
Adult Silver Pairs	Per rule 4123	2:40 (maximum)
Adult Gold Pairs	Per rule 4121	3:40 (maximum)
Masters Adult Pairs	Per rule 4111	3:40 (maximum)

Free Skate

Requirements for Free Skate program shall be those set forth in the 2007 Official USFS Rulebook for the 2007-2008 competition season.

1. Beginner to Pre-Juvenile groups will be according to test level and age.
2. Skaters may skate up one level above their current test level.
3. All free skate events will be skated on full ice.
4. An axel is a single jump.
5. There will be no axels, double jumps, or flying spins at the Beginner or Limited Pre-Preliminary levels.
6. No final rounds will be held in this event.

EVENT	ELEMENTS	TIME
Low Beginner	NO USFS TESTS PASSED As defined in 3721; no axels or double jumps permitted.	1:30
High Beginner	NO USFS TESTS PASSED As defined in 3721; no axels or double jumps permitted.	1:30
Pre-Preliminary	Per 3711; no double jumps permitted.	1:30
Preliminary	Per 3701, single jumps including an axel, up to two <u>different</u> double jumps which may be repeated as individual jumps, jump sequences, or jump combinations.	1:30
Pre-Juvenile/ Open Pre-Juvenile	Per 3691, single jumps including an axel, up to four <u>different</u> double jumps which may be repeated as individual jumps, jump sequences, or jump combinations.	2:00
Juvenile/Open Juvenile	Per 3680 & 3681	2:15
Intermediate	Per 3670 & 3672	2:30
Novice	Per 3660 & 3663	3:00 (Ladies) 3:30 (Men)
Junior	Per 3650 & 3653	3:30 (Ladies) 4:00 (Men)
Senior	Per 3640 & 3643	4:00 (Ladies) 4:30 (Men)
Adult Pre-Bronze	Per rule 3730 & 3806. No lutz, axels or double jumps, or flying spins are allowed.	1:40 (max.)
Adult Bronze	Per rule 3730 & 3801. No axels or double jumps are allowed.	1:40 (max.)
Adult Silver	Per rule 3730 & 3791. Axels are permitted, but no double jumps are allowed.	2:10 (max.)
Adult Gold	Per rule 3730 & 3781. No triple jumps	2:40 (max.)
Masters Adult	Per rule 3730, 3740 & 3741. Must have passed at least the standard Intermediate Free Skating Test or prior to October 1, 1977, the 3 rd figure test.	3:40 (max.)

Short Program

1. Requirements for Short Program events shall be those set forth in the 2007 Official USFS Rulebook for the 2007-2008 competition season.

2. No final rounds will be held in this event.

EVENT	ELEMENTS	MAX. TIME
Juvenile	Same elements as Intermediate but combination jump one Double and one Single	2:00
Intermediate	Per rule 3671 Men, 3672 Ladies	2:00
Novice	Per rule 3661 Men, 3662 Ladies	2:30
Junior	Per rule 3651 Men, 3652 Ladies (Group C)	2:50
Senior	Per rule 3641 Men, 3642 Ladies	2:50
Pairs – Novice	Per rule 4061 (Group B)	2:30
Pairs – Junior	Per rule 4051 (Group B)	2:50
Pairs – Senior	Per rule 4041 (Group B)	2:50

Synchronized

Requirements for Short Program events shall be those set forth in the USFS 2007 Rulebook for the 2007-2008 competition season.

1. Competition will be held in categories where two (2) or more teams are entered.
2. Eligibility requirements are as stated in the 4620 of the 2003 Official USFS Rulebook.

EVENT	REQUIREMENTS	TIME
Preliminary	Per 4710	2:00
Pre-Juvenile	Per 4760	2:00
Open Juvenile	Per 4770	2:30
Juvenile	Per 4700	3:00
Intermediate	Per 4690	3:30
Novice	Per 4680	3:30
Open Collegiate	Per 4790	3:00
Collegiate	Per 4720	4:30
Open Junior	Per 4750	4:00
Junior	Per 4673; Short Program 4671	Short – 2:50 (maximum); Long – 4:00
Senior	Per 4665; Short Program 4667	Short – 2:50 (maximum); Long – 4:30
Open Adult	Per 4780	2:30
Adult	Per 4730	3:30
Masters Adult	Per 4740	3:00

Compulsory Moves (no music)

Groupings will be according to test level and age

1. Moves must be skated exactly as stated, but may be skated in any order.
2. An axel is considered a single jump.
3. The times listed are maximums; less time may be used.
4. Additional or repeated elements and excessive footwork will be penalized.
5. Combination jumps may not have a change of foot or turn between the jumps. Required individual jumps cannot be repeated as part of the combination.
6. Age and test requirements are the same as in Free Skating.

EVENT	ELEMENTS	MAX. TIME
Beginner – Low	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ flip jump 3. Forward spiral 4. Upright scratch spin optional free leg (min. 3 rev.) 	1:00 ½ ice
Beginner – High	<ol style="list-style-type: none"> 1. Salchow Toe loop combination 2. Forward outside spiral 3. Loop jump 4. Upright scratch (min. 3 rev) 	
Pre-Preliminary	<ol style="list-style-type: none"> 1. Flip jump 2. Combination jump consisting of any two single jumps (axels are <u>not</u> permitted) 3. Sit spin (min. 3 rev.) 4. Forward inside spiral 	1:15 ½ ice
Preliminary	<ol style="list-style-type: none"> 1. Single jump of choice (axels are permitted) 2. Combination jump consisting of 2 single jumps (may not repeat the single jump selected above) 3. Camel spin (min. 3 rev.) 4. Forward outside spiral 	1:15 ½ ice
Pre-Juvenile/ Open Pre-Juvenile	<ol style="list-style-type: none"> 1. Combination spin: camel spin to sit spin, no change of foot (min. 6 rev. in pos.) 2. Lutz jump 3. Combination jump consisting of 2 single jumps, one of which is a loop 4. Front scratch to back scratch, exit on spinning foot (min. 3 rev on each foot) 	1:30 ½ ice
Juvenile/ Open Juvenile	<ol style="list-style-type: none"> 1. Combination spin with one change of foot (min. 4 rev. each foot) 2. Axel 3. Combination jump, consisting of two single jumps or 1 double jump and 1 single jump 4. Layback or attitude spin (Girls); Camel spin (Boys) (min. 4 rev.) 5. Straight line footwork 6. One of the following: Ina Bauer, spread eagle or backward outside spiral. 	1:30 Full ice



Team Compulsory Moves (no music)

Groupings will be according to test level and age

1. Teams will consist of 2-4 skaters. Each skater should do at least one element and no elements should be repeated.
2. Moves must be skated exactly as stated, but may be skated in any order.
3. An axel is considered a single jump.
4. The times listed are maximums; less time may be used.
5. Additional or repeated elements and excessive footwork will be penalized.
6. Combination jumps may not have a change of foot or turn between the jumps. Required individual jumps cannot be repeated as part of the combination.

EVENT	ELEMENTS	MAX. TIME
Beginner – Pre-Preliminary	<ol style="list-style-type: none"> 1. Loop jump 2. Front scratch to back scratch, exit on spinning foot (min. 3 rev on each foot) 3. Forward spiral 4. Combination of any two singles NO AXEL 	1:00 Full ice
Preliminary – Pre-Juvenile	<ol style="list-style-type: none"> 1. Single jump of choice (axels are permitted) 2. Forward inside spiral 3. Combination spin: camel spin to sit spin, no change of foot (min. 6 rev. in pos.) 4. Combination double salchow single toe loop 	1:00 Full ice
Juvenile – Intermediate	<ol style="list-style-type: none"> 1. Double Double or Double single combination 2. Combination spin with at least one change of position and at least one change of foot 3. One of the following: Ina Bauer, spread eagle or backward outside spiral. 4. Double Flip 	1:15 Full ice
Novice and above	<ol style="list-style-type: none"> 1. Double Lutz 2. Flying Camel 3. One of the following: Ina Bauer, spread eagle or backward outside spiral. 4. Combination Triple/Double or double/double 	1:15 Full ice

Jumps (no music)

Groupings will be according to test level and age

1. Age and test requirements are the same as for Free Skating.
2. Jumps must be skated in the order in which they are listed and must be exactly as stated, however the order of jumps within the combination jump is optional (example: double-single or single-double)
3. This is not a "mini-program". Only the stroking and edges necessary to prepare for the jumps are allowed. Extra moves and excessive connecting steps will be penalized.
4. An axel is a single jump.
5. Combination jumps may not have a change of foot or turn between the jumps.
6. This event will be conducted as follows: At the conclusion of the warm up, the first skater will perform the first jump twice, then the second jump twice, then the combination jump twice. The judges will score only the best performance of each jump. This will be repeated for the rest of the skaters in order.

EVENT	ELEMENTS	MAX. TIME
Beginner - Low	Salchow / ½ Lutz jump / Waltz jump + Toe loop combination	1:30, ½ ice
Beginner - High	Salchow/ Loop / Flip + Toe Loop combination	
Pre-Preliminary	Loop / Flip / Single jump + Single jump combination (no axel)	1:30, ½ ice
Preliminary	Flip / Lutz / Single jump + Loop combination	1:30, ½ ice
Pre-Juvenile/Open Pre-Juvenile	Lutz / Axel / Single jump + Single jump OR Double jump + Single jump combination	1:30, ½ ice
Juvenile/Open Juvenile	Axel / Double Salchow / Double jump + Toe loop combination	1:30, ½ ice
Intermediate	Axel / Double Toe Loop / Double + Double jump combination	1:30, ½ ice
Novice	Double Loop / Double Flip / Double + Double jump combination	1:30, full ice
Junior	Double Loop / Double Lutz / Double + Double OR Double + Triple jump combination	1:30, full ice
Senior	Double Lutz / Double Axel / Double + Double OR Double + Triple jump combination	1:30, full ice
Adult Pre-Bronze and Bronze	Salchow / Toe Loop / Combination of any 2 jumps (can be ½ revolution)	1:30, ½ ice
Adult Silver	Flip / Loop jump / Single + Toe Loop jump combination	1:30, ½ ice
Adult Gold	Lutz / Axel / Single + Loop jump combination	1:30, ½ ice

NEW!

Team Jumps (no music)

Groupings will be according to test level and age

1. Teams will consist of 2-4 skaters. Each skater should do at least one element and no elements should be repeated.
2. Age and test requirements are the same as for Free Skating.
3. Jumps must be skated in the order in which they are listed and must be exactly as stated, however the order of jumps within the combination jump is optional (example: double-single or single-double)
4. This is not a "mini-program". Only the stroking and edges necessary to prepare for the jumps are allowed. Extra moves and excessive connecting steps will be penalized.
5. An axel is a single jump.
6. Combination jumps may not have a change of foot or turn between the jumps.
7. This event will be conducted as follows: At the conclusion of the warm up, the first skater will perform the first jump twice, then the second jump twice, then the combination jump twice. The judges will score only the best performance of each jump. This will be repeated for the rest of the skaters in order.

EVENT	ELEMENTS	MAX. TIME
Beginner – Pre- Preliminary	Salchow / Loop jump / Lutz jump / Single + Single combination (NO AXEL)	1:30, ½ ice
Preliminary – Pre-Juvenile	Axel / Combination Lutz Loop/ Double Salchow / Single Jump + Toe loop combination	1:30, ½ ice
Juvenile - Intermediate	Double Flip / Double Salchow / Combination Double Loop + Double Loop or Double Loop + Single Loop / Axel	1:30, ½ ice
Novice and above	Single or Double axel / Double Lutz / Double or Triple Toe Loop / Double Flip + Double Loop combination	1:30, ½ ice

Spins (no music)

1. Age and test requirements are the same as listed under Free Skating.
2. All spins must be executed exactly as stated.
3. Spins may be done in any order, but each spin shall be performed only once.
4. Connecting moves and steps may be incorporated into the program.

EVENT	ELEMENTS	MAX. TIME
Beginner	One foot scratch spin, optional free leg (3 rev); 1 foot back scratch spin, entry optional (3 rev); Sit spin (3 rev)	1:30, ½ ice
Pre-Preliminary	One foot scratch spin, optional free leg (3 rev); 1 foot back scratch spin, entry optional (3 rev); Sit spin (3 rev)	1:30, ½ ice
Preliminary	One foot scratch spin (4 rev); Sit spin (3 rev); Camel spin (3 rev)	1:30, ½ ice
Pre-Juvenile/Open Pre-Juvenile	Combination spin: camel to sit spin, no change of foot (min. 6 rev); Front scratch to back scratch, exit on spinning foot (min. 4 rev on each foot) Ladies - Layback (min 4 rev in position, Men - Camel (min 4 rev in position).	1:30, ½ ice
Juvenile/ Open Juvenile	Camel spin (min. 4 rev in position); Combination spin with one change of foot, change of position optional, must include one of the following positions: camel, sit or attitude (min. 4 rev on each foot); Ladies – Layback or attitude spin (min 4 rev in position), Men – Sit spin (min. 4 rev in position)	1:30, ½ ice
Intermediate	Combination spin: sit/change sit (min. 4 rev on each foot in position); flying camel (min. 5 rev. in position); Combination spin consisting of 1 change of foot and one change of position (min. 4 rev on each foot)	2:00, ½ ice
Novice	Choice of camel, layback or sit spin (min. 6 rev in position); Combination spin: camel/back camel (min 4 rev on each foot in position); Combination spin consisting of one change of foot and one change of position (min. 5 rev on each foot)	2:00, ½ ice
Junior	Flying sit spin or flying reverse (change) sit spin (min. 6 rev in position); Layback, attitude, or crossfoot spin (min. 6 rev in position); Combination spin consisting of 3 positions and one change of foot (min. 5 rev on each foot)	2:00, ½ ice
Senior	4 different spins (solo spins must be a minimum of 6 rev in position); one spin must be a flying spin, and one spin must be a spin combination consisting of at least two positions and at least one change of foot (min 10 total rev)	2:00, ½ ice

Artistic

1. Skaters will select their own music (which may be vocal or instrumental). They must interpret the theme and tempo of the music. Artistic expression and musical interpretation are the major elements being judged. A program, which merely exhibits difficult elements while ignoring musical interpretation, shall be penalized.
2. Appropriate costumes are encouraged. No props are allowed during warm-up.
3. Props may be used only if they can be placed and removed by the skater in 30 seconds. Adult events – props are not allowed on the ice.
4. All programs shall be skated on full ice.
5. Times listed are maximums; less time may be used.
6. Men/boys and ladies/girls may compete in a combined event.
7. Skaters placing fourth and higher in Preliminary and higher artistic/showcase/interpretive solo events, including adult events, will be qualified to enter the next National Showcase. National Showcase contestants must also be qualified by test level. For more information about qualifications, contact Melissa Bowman, National Vice Chair for National Showcase at patinage_tx@verizon.net.

EVENT	ELEMENTS	MAX. TIME
Beginner	Same as Free Skate.	1:30
Pre-Preliminary	Same as Free Skate, no axels permitted.	1:30
Preliminary	Same as Free Skate.	1:40
Pre-Juvenile/Open Pre-Juvenile	Same as Free Skate.	1:40
Juvenile/Open Juvenile	Same as Free Skate.	2:10
Intermediate	Same as Free Skate.	2:10
Novice	Same as Free Skate.	2:10
Junior	Same as Free Skate.	2:40
Senior	Same as Free Skate.	2:40
Adult Artistic	Per 3821	1:40
Masters Adult Artistic	Per 3821	1:40



Interpretive

1. Warm up time will consist of music being played twice after 1 minute.
2. Each skater will hear the music played once more while off ice.
3. All skaters will skate to the same music.
4. Skaters placing fourth and higher in Preliminary and higher artistic/showcase/interpretive solo events, including adult events, will be qualified to enter the next National Showcase. National Showcase contestants must also be qualified by test level. For more information about qualifications, contact Melissa Bowman, National Vice Chair for National Showcase at patinage@earthlink.net.

EVENT	ELEMENTS
Beginner	Same as Free Skate.
Pre-Preliminary	Same as Free Skate, no axels permitted.
Preliminary	Same as Free Skate.
Pre-Juvenile/Open Pre-Juvenile	Same as Free Skate.
Juvenile/Open Juvenile	Same as Free Skate.
Intermediate	Same as Free Skate.
Novice	Same as Free Skate.
Junior	Same as Free Skate.
Senior	Same as Free Skate.
Adult Artistic	Per 3821
Masters Adult Artistic	Per 3821



Similar Pairs

1. Open to any two skaters
2. Time Limit is between 1.5 and 2.0 minutes
3. No restrictions on level, age or gender
4. Music may have words

Sol o Dance

Requirements for Dance Program shall be those set forth in the 2007 Official USFS Rulebook for the 2007-2008 competition season.

1. Skaters may enter as many dances as they wish.
2. Skaters may skate up as high as they wish, but may not skate down.

Level	Dances		
Preliminary	Dutch Waltz	Canasta Tango	Rhythm Blues
PreBronze	Swing Dance	Cha Cha	Fiesta Tango
Bronze	Hickory Hoedown	Willow Waltz	Ten Fox
PreSilver	Fourteenstep	European Waltz	Foxtrot
Silver	American Waltz	Tango	Rocker Foxtrot
PreGold	Blues	Paso Doble	Starlight Waltz
Gold	Viennese Waltz	Quickstep	Argentine Tango

Partner Dance

Requirements for Dance Program shall be those set forth in the 2007 Official USFS Rulebook for the 2007-2008 competition season.

1. Skaters may not skate down.
2. Dances will be skated in the order listed.

EVENT	ELEMENTS	TEST & TIME REQUIREMENTS
Preliminary	Dutch Waltz, Cha Cha (3 seq. each)	No more than one Pre-Bronze dance passed
Pre-Juvenile	Initial Round: Group B Rhythm and Blues, Canasta Tango (3 seq. Each) Final Round: Dutch Waltz, Cha Cha (3 seq. each)	Per 4442 Must have passed 2 Preliminary dances and no more than Pre-Bronze and Preliminary Moves in the Field. Both partners must be age 13 or under.
Juvenile/ Open Juvenile	Initial Round: Fiesta Tango Willow Waltz Final Round: Free Dance in accordance	Per 4432 2:15
Intermediate	Initial Round: Fourteenstep European Waltz Final Round: Free Dance in accordance	Per 4422 2:30
Novice	Initial Round: Kilian Tango Final Round: Free Dance in accordance	Per 4412 3:00
Junior	Initial Round: Viennese Waltz Cha Cha Congelado Original Dance* Final Round: Free Dance in accordance	Per 4402 2:30 3:00
Senior	Initial Round: Yankee Polka Original Dance* Final Round: Free Dance in accordance	Per 4302 2:30 4:00

2007 Heart of America Invitational Application

February 23 – 25, 2007

ENTRY FORM MUST BE POSTMARKED BY January 12, 2007.

Name: _____ Birthdate: _____ Age: _____ Sex: _____
 Address: _____ USFS#: _____
 City: _____ Home Club: _____
 State: _____ Zip: _____ E-mail: _____
 Partner Name: _____ (fill out separate entry forms and mail together)

Highest USFS	Freestyle: _____	Field Moves: _____
Test Passed:	Pairs: _____	Basic Skills: _____
		Dance: _____

Parent/Guardian Name: _____
 Home Phone: _____ Work Phone: _____
 Coach's Name: _____
 Coach's Address: _____
 Coach's Phone: _____ Coach's E-mail: _____

Individual Events:

- CHAMPIONSHIP EVENTS**
- Juvenile
 - Intermediate
 - Novice
 - Junior
 - Senior

- SHORT PROGRAM**
- Juvenile
 - Intermediate
 - Novice
 - Junior
 - Senior

- SPINS**
- Beginner
 - Pre-Preliminary
 - Preliminary
 - Pre-Juv/Open PJ
 - Juv/Open Juv
 - Intermediate
 - Novice
 - Junior
 - Senior

- ARTISTIC**
- Beginner
 - Pre-Preliminary
 - Preliminary
 - Pre-Juv/Open PJ
 - Juv/Open Juv
 - Intermediate
 - Novice
 - Junior
 - Senior
 - Adult
 - Masters Adult

- FREE SKATE**
- Beginner
 - Ltd. Pre-Pre.
 - Pre-Preliminary
 - Preliminary
 - Pre-Juv/Open PJ
 - Juv/Open Juv
 - Intermediate
 - Novice
 - Junior
 - Senior
 - Adult Pre-Bronze
 - Adult Bronze
 - Adult Silver
 - Adult Gold
 - Masters Adult

- COMPULSORIES**
- Beginner
 - Pre-Preliminary
 - Preliminary
 - Pre-Juv/Open PJ
 - Juv/Open Juv

- JUMPS**
- Beginner
 - Pre-Preliminary
 - Preliminary
 - Pre-Juv/Open PJ
 - Juv/Open Juv
 - Intermediate
 - Novice
 - Junior
 - Senior
 - Adult PreBrz/Brz
 - Adult Silver
 - Adult Gold

- INTERPRETIVE – NEW!**
- Beginner
 - Ltd. Pre-Pre.
 - Pre-Preliminary
 - Pre-Juv/Open PJ
 - Juv/Open Juv
 - Intermediate
 - Novice
 - Junior
 - Senior
 - Adult PreBronze
 - Adult Bronze
 - Adult Silver
 - Adult Gold
 - Masters Adult

- SOLO DANCE**
- Preliminary
 - Pre-Bronze
 - Bronze
 - Pre-Silver
 - Silver
 - Pre-Gold
 - Gold

Synchronized Team Competition 2007 Heart of America Invitational February 23 – 25, 2007

ENTRY FORM MUST BE POSTMARKED BY January 12, 2007

Team Name:			
Club Name:		Team USFS Number:	
Team Contact Name:		Contact Phone:	Contact Email:
Address:		City:	State: Zip:
Level Entered: (Please check events entered)	Preliminary:	Juvenile:	Junior Classic:
	Youth Introductory:	Intermediate:	Junior:
	Teen Introductory:	Novice:	Senior:
	Collegiate Introductory:	Collegiate:	
	Adult Introductory:	Adult:	Masters Adult:
Coach's Name:		Coach's Phone:	Coach's Email:
Coach's Address:		City:	State: Zip:

	Name	USFS #	DOB	Age		Name	USFS #	DOB	Age
1				11					
2				12					
3				13					
4				14					
5				15					
6				16					
7				17					
8				18					
9				19					
10				20					

Synchronized Team (1st Event) _____ @ \$50.00 = \$ _____
 Number of Competitors (1st Event) _____ @ \$10.00 each = \$ _____

 Synchronized Team (2nd Event) _____ @ \$35.00 = \$ _____
 Number of Competitors (2nd Event) _____ @ \$5.00 each = \$ _____

Total: \$ _____

- OVER -

Approval and Release:

The undersigned approves the entry and agrees to hold harmless the USFS, Silver Blades Figure Skating Club, Ice Midwest and all their employees and agents from any and all loss, damage and/or injury that may be sustained by the entrant in any manner while participating in any activities of said competition.

In accordance with the USFS rulebook, entry fees are not refundable after the close of entries, unless no competition exists in a particular division.

I also understand that the competition committee reserves the right to limit the number of entries in any event, or if required, to eliminate an event or events due to time constraints. I agree that if my application is incomplete, I will accept a collect telephone call to supply additional information.

This team agrees to conduct themselves, both on and off the ice, in a manner that will reflect favorably upon the competition and upon the sport of figure skating and that is consistent with the high standards of the sport. This team agrees to respect the person and property of other skaters.

Signature of Team Leader/Coach

Professional Certification:

I have read and checked this entry form and certify the above team is entering a division appropriate for their skating ability, and for which the skaters are qualified according to applicable rules.

Signature Title Date

Club Certification:

All skaters listed as members of the _____, including alternates, are to the best of my knowledge, eligible members of the USFS and are in good standing with our club.
(team name)

Signature of Club Officer Date

Title Club Name

Mail Completed Applications and Payment (checks to Silver Blades FSC of KC) to:

2007 Heart of America Invitational
c/o Shawna Meyer
11300 Marty St.
Overland Park, KS 66210

2007 Heart of America Invitational Application Practice Ice Request Form

FORM MUST BE POSTMARKED BY January 12, 2007

Name _____ USFS# _____
 Address _____ Skating Level _____
 City _____ State _____ Zip _____
 Home Phone _____ Email _____
 Coach _____ Coach Email/ Phone _____
 Date/Time of Arrival _____
 Pairs/Dance Partner _____

Official practice ice sessions will begin on Thursday, August 25, 2007. When all requests for pre-paid practice ice have been assigned, and depending on the competition schedule, additional practice ice may be made available at registration. This additional practice ice time will be sold on a first-come, first-serve basis. Pairs and Dance partners must skate the same pairs and dance practices.

REMINDER: Skaters must provide a second CD or tape for use during official practice ice.

Practice ice time is available at the following rates for a 30-minute session:

Freestyle \$10.00
 Pairs/Dance \$16.00 (per couple); \$10.00 if solo dance
 Synchronized practice time is available at \$75.00 per team for a 15-minute session.

Friday, 2/23/07	_____	# of Freestyle sessions	\$ _____
	_____	# of Dance sessions	\$ _____
	_____	# of Pair sessions	\$ _____
	_____	# of Synchro. Sessions	\$ _____
Saturday, 2/24/07	_____	# of Freestyle sessions	\$ _____
	_____	# of Dance sessions	\$ _____
	_____	# of Pair sessions	\$ _____
	_____	# of Synchro. Sessions	\$ _____
Sunday, 2/25/07	_____	# of Freestyle sessions	\$ _____
	_____	# of Dance sessions	\$ _____
	_____	# of Pair sessions	\$ _____
	_____	# of Synchro. Sessions	\$ _____
_____		TOTAL DUE:	\$ _____
_____			_____
_____			_____
_____			_____

MAIL COMPLETED APPLICATION AND PAYMENT (made out to SBFSC) TO:

2007 Heart of America Invitational
 c/o Shawna Meyer
 11300 Marty St.
 Overland Park, KS 66210

2007 Heart of America Invitational Advertising Form

THIS FORM MUST BE POSTMARKED BY JANUARY 12, 2007.

The Silver Blades Figure Skating Club invites you to submit an advertisement to be printed in the program for the 2004 Heart of America Figure Skating Invitational. Putting on a competition is increasingly expensive. We are actively soliciting and encouraging everyone to contribute to help defray costs. We would appreciate your circling as many "options" as you can.

AD SIZE: (Please circle desired ad)

Goodwill Ads (select one from the next page)	\$ 15.00
Business Card Ad	\$ 25.00
Quarter Page (camera ready)	\$ 40.00
Half Page (camera ready)	\$ 80.00
Full Page (8½ x 11, camera ready)	\$150.00
Patrons – Gold Level	\$ 50.00
Patrons – Silver Level	\$ 25.00
Patrons – Bronze Level	\$ 20.00

TOTAL: \$ _____

Please send your business card, artwork, this form and your check made payable to the SBFSC HOA by January 12, 2007. Goodwill ads on back of form may be personalized as desired. If you have any questions, please contact Laurie Mazon at (913) 681-5855. No calls before 9:00 am CST or after 9:00 pm CST – all calls will be returned as collect calls.

Name: _____
Organization: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: _____ Work Phone: _____
Ad Size: _____ Patron Level: _____

THANK YOU FOR YOUR SUPPORT!

MAIL TO:
Yelena Perel
15611 Barkley
Overland Park, KS 66223-3573

2007 Heart of America Invitational - ADVERTISING

FOR CLUB USE ONLY:

FORM:
CHECK:
ARTWORK:
PROGRAM:

SKATE
GREAT!



GOOD
LUCK!



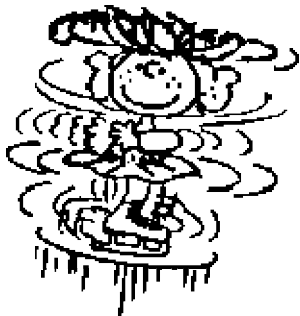
GOOD
LUCK!



SK8
GR8!



SKATE
GREAT!

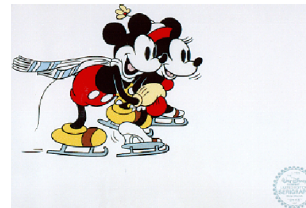


SKATE
PURRFECT!



AND

A PERFECT
PAIR



SKATE
GREAT!



SKATE
GREAT!



SKATE
GREAT!



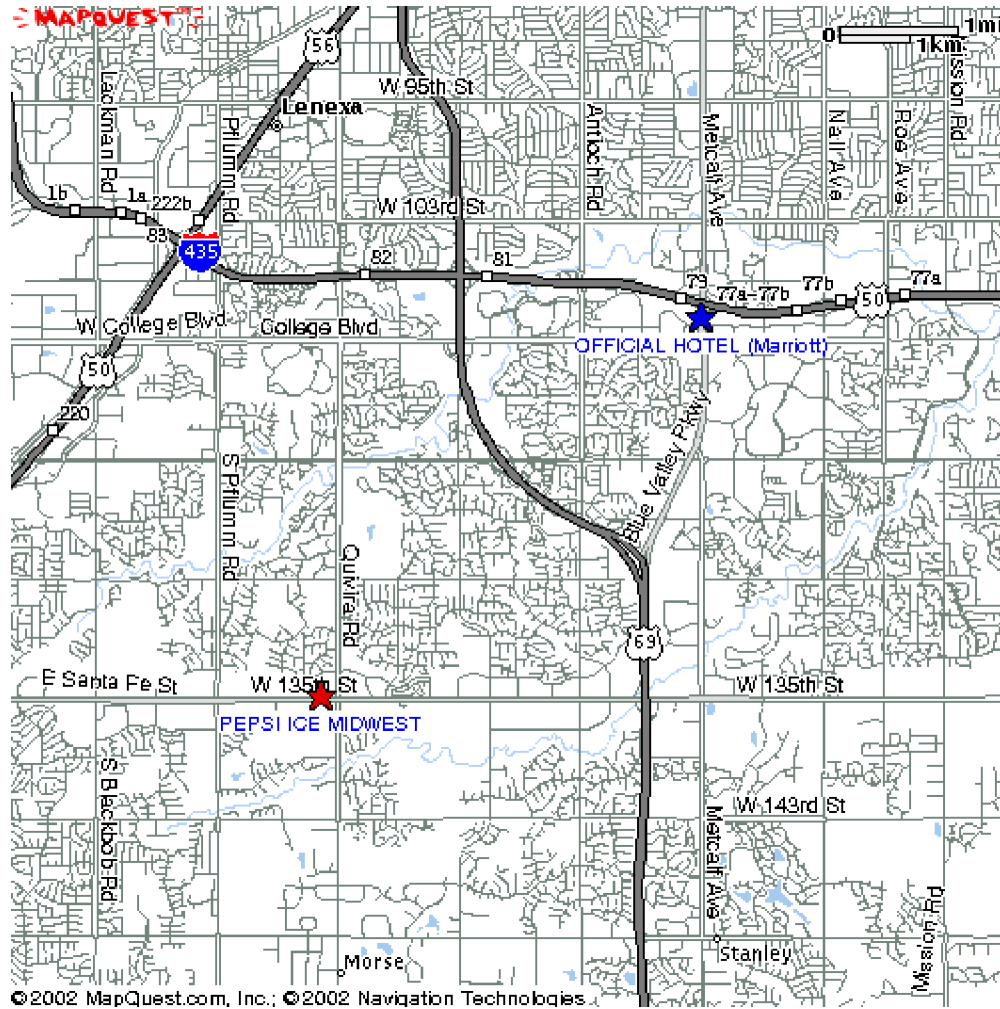
GOOD
LUCK!



SKATE
GREAT!



Driving Directions to Ice Midwest



Ice Midwest is located at the corner of 135th Street and Quivira in Overland Park; the facility is accessible from several different area streets.

From the Doubletree:

Follow College Boulevard West to Quivira. Turn left (south). Turn right (west) on 132nd Terrace, the ice rink will be in front of you.

From I-35:

Take the Santa Fe exit and go east. Turn left (north) at Quivira and then left on 132nd Terrace, the ice rink will be in front of you.

From Highway 169 South:

Take the 135th Street exit and go west. Turn right (north) at Quivira and then left on 132nd Terrace, the ice rink will be in front of you.