

2007

# Western Regional Adult Championships Announcement



Saturday, January 20th, 2007

Hosted by Glacier School of Skating

Held at Father David Bauer Arena

Calgary, Alberta  
Canada

Sanctioned by  
Skate Canada  
and

United States Figure Skating Association

## HOST CLUB INFORMATION

**Event Name – Western Regional Adult Championships**

**Event Date – Saturday January 20<sup>th</sup>, 2007**

**Host Club Name – Glacier School of Skating**

### **Competition Chairperson**

Name: Pamela Giangualano

Phone / Email address: (403) 247-3084 skateWRAC2007@shaw.ca

### **Registration Chairperson**

Name: Sandra Blitz

Phone / Email address: (403) 208-7624 sblitz@shaw.ca

### **Technical Representative**

Name: Christine Beard

Phone / Email address: (403) 366-8538 cebrd@mta.ca

### **Arena Details**

Name – Father David Bauer Arena

Address – 2424 University Drive NW, Calgary, Alberta

Phone Number (403) 268-3800

Ice Surface Dimensions 200' x 100'

**Registration Times – a registration desk will be set up at Father David Bauer Arena on Saturday January 20<sup>th</sup>, 2007 and will run throughout the duration of the competition.**

### **Accommodation Information**

Host Hotel: Quality Inn University

Address: 2359 Banff Trail NW, Calgary, AB

Phone: (403) 289-1973 1-800-661-4667 Fax: 1-403-282-1241

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

Room Rate: \$89/night + taxes Traditional King, Queen or Double

Complimentary Continental Breakfast

Indoor Pool and Whirlpool, In-room coffee/tea, microwave

Airport Shuttle Express at airport's Arrival Hall: \$15 for 1 person, \$5 for additional person

Mention: Western Regional Adult Championships #101700

Reservation Cut-Off Date: December 19, 2006

# GENERAL INFORMATION

1. The Event is being held under the current rules of the Association Official Rulebook (revised 2000) and any amendments thereto which became effective after that date. The nature of the Event is defined in the Skate Canada Technical Handbook, 5000 Competitive Program. The Association reserves the right to alter the overall procedures to be followed during any part of the Event, if such alteration is considered to be in the best interest of the skaters or the Association. The Technical Representative, Chief Referee, or Senior Referee present will be the agent of the Association in such an instance.
2. **CATEGORIES:** The following Categories are to be held:  
  
Canskate - Canskate and Canskate Dance  
  
Free Skate:  
Adult STARSkate: Introductory, Pre-Bronze, Bronze, Silver, Gold, Masters  
Competitive Freeskate: Adult Open (short program & free skate)  
  
Similar or Mixed Pairs: Pre-Bronze, Bronze, Silver, and Gold  
Adult National Pairs  
  
Interpretive: Pre-Introductory, Introductory, Bronze, Silver, Gold and Couples Interpretive  
  
Dance:  
Solo Dance: Pre-Preliminary, Preliminary, Jr. Bronze, Sr. Bronze, Jr. Silver, Sr. Silver, and Gold  
Couples Dance: Preliminary, Jr. Bronze, Sr. Bronze, Jr. Silver, Sr. Silver, Gold and Adult National Free Dance  
  
Skills: Pre-Preliminary, Preliminary, Jr. Bronze, Sr. Bronze, Jr. Silver, Sr. Silver, and Gold  
  
Team: Adult Canskate, Adult Bronze, Adult Silver, Adult Gold, Adult Masters and Adult Competitive Team  
  
Creative: Pre-Bronze, Bronze, Silver, and Gold  
  
Collegiate Skate: available in all categories with the adult skaters.
3. **SYSTEM OF MARKING:** Closed marking will be used for all Categories.
4. **PRACTICE ICE:** Limited practice ice may be available. There may be a charge for practice ice. Clubs will be notified if practice ice is available, once entries close and ice needs are finalized.
5. **SCHEDULE OF PRACTICE TIMES AND EVENT SCHEDULE:** Will be emailed if an email address is provided. Otherwise, a schedule will be mailed to all clubs who have skaters in the Event as soon as possible after the closing of the entries.
6. **ENTRIES:** Entrants in Events shall be:
  - a) Eligible persons as defined in Skate Canada Rule Book Section 2100 or U.S.F.S.A. eligible.
  - b) Be Associate members in good standing of the Association.
  - c) At least eighteen (18) years of age as of the close of entries.Registration forms **must be completed in FULL** or they may not be processed!
7. **CLOSING DATE OF ENTRIES:** All entries must be received no later than *Friday December 1, 2006*. In the event of a postal disruption it is the responsibility of the competitor to ensure that their entry is in to the Host Committee Registration person by the closing date, at their own expense. **ALL QUALIFYING TESTS MUST BE PASSED BY DECEMBER 1, 2006. Late entries will not be accepted.**
8. **ENTRY FEES:**

First Solo event	\$50.00 each
Canskate event	\$30.00 each
Additional Solo events	\$25.00 each
First Couples Event	\$50.00 per couple
Additional Couple Event	\$30.00 per couple
Team Event	\$40.00 per team

**A separate entry form must be completed for each event entered.**

Cheques or money orders should be made payable to: **Glacier School of Skating**.  
Cheques must be dated on or before the date of close of entries. CHEQUES POSTDATED AFTER THE CLOSE OF ENTRIES WILL BE RETURNED, REGISTRATION WILL NOT BE PROCESSED.

**THERE WILL BE A \$25.00 CHARGE FOR ANY NSF CHEQUES RECEIVED.**

9. **MUSIC REGISTRATION:** (Rule 5705).

Each skater or pair will provide **2 cassettes or 2 CDs (+ 1 back up cassette) TWO COPIES MUST BE COLLECTED AT REGISTRATION** for the competition upon registration. One for competition (marked as 'Master') and one for back up (marked 'Copy'). The competition copy will be played during the competition. Music will not be played during practices.

Competitors are responsible for the recovery of their own cassettes or CDs at the completion of the Event.

Standard Specifications for Cassettes and CDs:

**SKATERS MUST HAVE A BACK UP CASSETTE FOR ALL EVENTS.**

- 1) Only one (1) program shall be recorded on each cassette or CD.
- 2) The start of the music shall be recorded on the tape 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 music time (not skating time) shall be clearly printed on side one of the cassette or CD.
- 5) Music recording levels shall be a maximum of 0VU and a minimum of -8VU.
- 6) Cassettes or CD's must be marked with the skater's name, Category and total music time and they must be enclosed in their integral container, also marked accordingly.

Compulsory Dance Music – Skate Canada **Series 8** music will be played for all compulsory dances. ISU music will only be played if submitted by the skater and must be as specified above.

10. **ACCIDENTS:** The Association and Committee of the Host Skating School undertake no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in these Championships, all competitors shall be deemed to agree to assume all risks or injuries to the competitor's person and property resulting from, or caused by, or connected with the conduct and management of the competitions. An agreement must also be deemed to release any and all claims they may have against the officials, the Association, the Host Skating School, and their officers. Entries shall be accepted only in accordance with these conditions.
11. **REFUNDS:** No refunds will be issued for any reason after the closing date of entries.
12. **REGISTRATION:** Skaters must register at least one hour prior to their scheduled Category or practice. Music tapes must be turned in at the time of registration. **(2 copies of music must be registered)**. Skaters must report to the Ice Captain one hour prior to their scheduled category.
13. **FLIGHT SYSTEM:** If the number of competitors in a Category warrants it, a flight system will be used. Flights would be determined by skaters' ages.
14. **AGE CATEGORIES:**  
Proof of age is required for all events. Copy of birth certificate, passport, driver's license or similar proof of age is considered acceptable, but the Competition Committee reserves the right to require additional documentation. Age is as of the date of close of entries.

The following age categories will apply to all Free Skate, Interpretive, Solo Dance events if there is a sufficient number of entries:

<b>Adult Introductory</b>	<b>18-24 years</b>
<b>Class I</b>	<b>25-35 years</b>
<b>Class II</b>	<b>36-45 years</b>
<b>Class III</b>	<b>46-55 years</b>
<b>Class IV</b>	<b>56 years and over</b>

15. **EVENT SPECIFICATIONS:** In normal circumstances, each category offered at the competition will be held for men and women separately. It is permissible for events that do not progress skaters on to a subsequent level of Interclub competition to combine events as follows:

- (a) Combine two or more categories in the same event when each category has fewer than three entries;
- (b) Combine two or more categories in the same event when one category has insufficient entries to hold the event;
- (c) Combine men and women in events when insufficient entries are registered in one to hold the event.

The decision to combine events is at the discretion of the Technical Representative and the Host Committee. In any of the above cases, categories may be combined – only with full prior knowledge and agreement of all competitors affected. If a category is not held, due to a lack of competitors, the Host Committee will inform competitors and return entry fees.

In the case where an Event is cancelled due to a lack of competitors, each registered participant will be offered the opportunity to skate an exhibition.

- 16. **CANCELLATION OF EVENTS:** The host skating school reserves the right to cancel events.
- 17. **SKATING UP:** Skating up one level is allowed. However, competitors must register in **ONLY ONE** level of the same Category (i.e., one free skate). When skating up, program must meet the criteria for the higher level.
- 18. **COACH ACCREDITATION:** All coaches must be minimally certified NCCP Level 1, and carry their Photo ID card indicating current membership within the Association and a valid First Aid certificate.
- 19. **WARM-UP TIMES:** Skate Canada has standardized warm-up times for all events. They are as follows:

Canskate	3 minutes
Interpretive, Element Programs	4 minutes
Skating Skills	4 minutes
<b>Each exercise has a separate warm-up.</b>	
STARSSkate Free Skate	5 minutes
All Competitive Events	6 minutes
Dance Events	1 minute without music/3 minutes with music

All other events as specified in the Skate Canada Rulebook.

- 20. **COLLEGIATE SKATE SCORES:** Collegiate skaters will compete in the adult Categories. When collegiate skaters are competing for points for their post-secondary institution, they must be a current student of that post-secondary institution. Points will be awarded as follows:
  - 6 or more entries - for 1<sup>st</sup> through 6<sup>th</sup> 10, 7, 5, 3, 2, 1 points
  - 5 or less entries – for 1<sup>st</sup> through 5<sup>th</sup> 7, 5, 3, 2, 1 points

In the event of a tie in total team championship points, the Institution with the greatest number of 1<sup>st</sup> place (considering only institutions ties) shall place higher in the overall standings. If it still ties, the greatest number of second place finishes and so on.
- 21. **RESTRICTION OF ENTRIES:** IF NECESSARY, ENTRIES MAY BE LIMITED TO ADHERE TO THE GUIDELINES FOR HOURS OF COMPETITION. IN ANY EVENT WHERE THERE ARE LESS THAN TWO ENTRIES, THE EVENT MAY BE CANCELLED. Entries will be considered based on the date of receipt (or postmark) and competitors affected by such a decision will be notified.
- 22. **USFSA TEST EQUIVALENCES:** Please see Appendix A for details.

# ELIGIBILITY AND CATEGORIES

## COMPETITIVE SINGLES CATEGORIES

### ADULT OPEN COMPETITIVE SHORT PROGRAM:

- (i) TEST: Must have passed the Novice Competitive Singles Test or higher.
- (ii) AGE: Must be 18 years of age or older.
- (iii) SPECIFICATIONS FOR SHORT PROGRAM: A short program to music, which shall not exceed 2 minutes, 50 seconds in duration containing the group of elements announced by Skate Canada for the current season. The groups and requirements shall be as listed in the Technical Handbook.
  - Group 2 Novice elements after January 1, 2007
  - (a) Axel or Double Axel
  - (b) Double Loop immediately preceded by connecting steps or other comparable free skating movements
  - (c) Jump combination: any double or triple jump followed by any double or triple (double Loop or double Axel may not be repeated as first jump)
  - (d) Flying Camel/Back Sit or Death Drop Spin
  - (e) Combination Spin
  - (f) Sit/Change Sit Spin
  - (g) Spiral Step Sequence (Ladies) / Serpentine Step Sequence (Men)

### ADULT OPEN COMPETITIVE FREE SKATE:

- (i) TEST: Must have passed the Novice Competitive Singles Test or higher.
- (ii) AGE: Must be 18 years of age or older.

SPECIFICATIONS FOR FREE PROGRAM: A free skating program to music. Skaters have a choice of the length of music as listed below, depending on the level they are working on. The requirements for this program shall be as listed in the Technical Handbook and follow the well balanced program criteria.

LADIES: 3.0 minutes (+ or – 10 seconds)  
MEN: 3.5 minutes (+ or – 10 seconds)

LADIES: 3.5 minutes (+ or – 10 seconds)  
MEN: 4.0 minutes (+ or – 10 seconds)

LADIES: 4.0 minutes (+ or – 10 seconds)  
MEN: 4.5 minutes (+ or – 10 seconds)

## STARSkate FREE SKATE CATEGORIES

**COMPETITIVE SINGLES TEST EQUIVALENCIES IN THE STARSkate Events:** As regulation 4000 –E – 3.1 states, skaters passing Free Skating tests in the competitive test system are granted equivalencies for regular free skating tests as follows:

Juvenile Competitive Singles Test = Senior Bronze Free Skating Test  
Pre-Novice Competitive Singles Test = Junior Silver Free Skating Test  
Novice Competitive Singles Test = Senior Silver Free Skating Test  
Junior Competitive Singles Test = Gold Free Skating Test

Skaters who have passed any of the competitive test equivalencies must enter the STARSkate Event at the level corresponding to their highest STARSkate test passed or at the level which they received the equivalency in the STARSkate Program, whichever is higher.

**EVENTS WILL BE JUDGED ACCORDING TO THE WELL BALANCED PROGRAM CRITERIA.**

### INTRODUCTORY FREE SKATE

- (i) TEST: Must not have passed **any** portion of the Preliminary Free Skate test.
- (ii) SPECIFICATIONS FOR EVENT: A maximum program time of 1 min 40 sec but may be shorter.  
**MAY INCLUDE JUMPS; WALTZ JUMP, SALCHOW AND TOE LOOP BUT NO HIGHER JUMP OF ONE OR MORE ROTATIONS.**

### **PRE-BRONZE FREE SKATE**

- (i) TEST: Must not have passed any complete Skate Canada Free Skate test.
- (ii) SPECIFICATIONS FOR EVENT: A maximum program time of 1 min 40 sec but may be shorter.  
**MAY INCLUDE JUMPS; LOOP AND FLIP BUT NO HIGHER JUMP OF ONE OR MORE ROTATIONS.**

### **BRONZE FREE SKATE**

- (i) TEST: Must not have passed the complete Junior Bronze Free Skate test.
- (ii) SPECIFICATIONS FOR EVENT: A maximum program time of 2 min 40 sec but may be shorter.

Competitors must perform a well balanced program that must contain:

- Maximum four (4) jump elements composed of single jumps.
  - Axels, double or triple jumps are not permitted.
  - There can be a maximum of two (2) different jumps repeated.
  - These jumps may be repeated as individual jumps and in jump combinations and sequences.
  - Maximum of two (2) combinations or sequences.
- Maximum two (2) different one position spins (ie. Upright spin, sit spin, camel spin).
  - These required spins must have a minimum of 3 revolutions in position.
  - If there is a change of foot, there must be 3 revolutions on each foot.
  - Flying spins are not permitted.
- Men – Maximum one (1) step sequence utilizing at least one half of the ice surface.
- Women – Maximum one (1) step or spiral sequence utilizing at least one half of the ice surface.

### **SILVER FREE SKATE**

- (i) TEST: Must have passed the complete Jr. Bronze Freeskate test but not the complete Sr. Bronze Free Skate test.
- (iii) SPECIFICATIONS FOR EVENT: A maximum program time of 3 min 10 sec but may be shorter.

Competitors must perform a well balanced program that must contain:

- Maximum five (5) different single jump elements.
  - May include a single Axel jump. Double or triple jumps are not permitted.
  - Any repeated jump must be in combination or sequence.
  - No jump can be included more than twice and there can be a maximum of two (2) different jumps repeated.
  - At least one jump combination or sequence must be included with a maximum of two (2) combinations or sequences.
- Maximum three (3) spins of a different nature (ie. Upright spin, sit spin, camel spin).
  - These required spins must have a minimum of 3 revolutions in position.
  - If there is a change of foot, there must be 3 revolutions on each foot.
  - One must be a spin combination (change of foot optional).
- Men – Maximum one (1) step sequence utilizing at least one half of the ice surface.
- Women – Maximum one (1) step or spiral sequence utilizing at least one half of the ice surface.

### **GOLD FREE SKATE**

- (i) TEST: Must have passed the complete Sr. Bronze Freeskate test but not the complete Jr. Silver Free Skate test.
- (iii) SPECIFICATIONS FOR EVENT: A maximum program time of 3 min 40 sec but may be shorter.

Competitors must perform a well balanced program that must contain:

- Maximum six (6) jump elements.
  - May include a single Axel jump, single and double jumps.
  - Double jumps may include only double toe loop, double Salchow and/or double loop.
  - Double flip, double Lutz, double Axel or triple jumps are not permitted.
  - Any repeated jump must be in combination or sequence.
  - No jump can be included more than twice and there can be a maximum of two (2) different jumps repeated.
  - At least one jump combination or sequence of jumps must be included.
  - Maximum of two (2) combinations or sequences. One combo/sequence may have 3 jumps, others may only have 2 jumps.
- Maximum three (3) spins of a different nature (ie. Upright spin, sit spin, camel spin).
  - These required spins must have a minimum of 4 revolutions in position.
  - If there is a change of foot, there must be 4 revolutions in position on each foot.
  - One spin must be a combination (change of foot optional).
  - One spin must be a flying spin.
  - One spin may be of any nature.
- Men – Maximum one (1) step sequence utilizing the full ice surface.
- Women – Maximum one (1) step or spiral sequence utilizing the full ice surface.

## **MASTERS FREE SKATE**

- (i) TEST: Must have passed the complete Jr. Silver Freeskate test or higher. The Masters Free Skate event may be divided into more than one group if necessary depending on the level of entries received.
- (ii) SPECIFICATIONS FOR EVENT: A maximum program time of 4 min 10 sec but may be shorter.

Competitors must perform a well balanced program that must contain:

- Maximum seven (7) jump elements.
  - Must include an Axel-type take off jump.
  - All jumps are permitted.
  - Any repeated jump must be in combination or sequence.
  - No jump can be included more than twice and there can be a maximum of three (3) different jumps repeated.
  - At least one jump combination or sequence of jumps must be included.
  - Maximum of three (3) combinations or sequences.
- Maximum three (3) spins of a different nature (ie. Upright spin, sit spin, camel spin).
  - These required spins must have a minimum of 4 revolutions in position.
  - If there is a change of foot, there must be 4 revolutions in position on each foot.
  - One spin must be a combination (change of foot optional).
  - One spin must be a flying spin.
  - One spin may be of any nature.
- Men – Maximum one (1) step sequence utilizing the full ice surface.
- Women – Maximum one (1) step or spiral sequence utilizing the full ice surface.

## **INTERPRETIVE CATEGORIES**

**EVENTS WILL BE JUDGED ACCORDING TO THE WELL BALANCED PROGRAM CRITERIA.**

**COSTUME REQUIREMENT FOR ALL INTERPRETIVE CATEGORIES:** The clothing for all competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Accessories and props are not permitted.

### **COMPOSITION OF THE INTERPRETIVE PROGRAM:**

This program shall contain a variety of skating moves - and should be joined with connecting steps demonstrating edges, turns and creativity. These moves should be selected for their value in enhancing the choreographic interpretation of the music rather than for their technical difficulty. Jumps are allowed, but no credit will be given for their technical difficulty. Vocal music is allowed.

**Skaters may enter only one Interpretive Category.**

### **PRE- INTRODUCTORY INTERPRETIVE**

- (i) TEST: Must not have passed any Skate Canada Interpretive Skating test.
- (ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes in length.

### **INTRODUCTORY INTERPRETIVE**

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

### **BRONZE INTERPRETIVE**

- (i) TEST: Must have passed the Bronze Interpretive, Adult Artistic, or Bronze Artistic test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes in length.

### **SILVER INTERPRETIVE**

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

### **GOLD INTERPRETIVE**

- (i) TEST: Must have passed the Gold Interpretive or Gold Artistic test
- (iv) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes in length.



### **OPEN COUPLES INTERPRETIVE**

- (i) TEST: No test requirements. May be mixed or similar couples.
- (ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes in length.

## **SKATING SKILLS CATEGORIES**

### **EVENTS WILL BE JUDGED ACCORDING TO THE WELL BALANCED PROGRAM CRITERIA.**

**MARKING SKATING SKILLS:** Skating Skills exercises will be given two marks which will be added together to determine a total mark for each exercise from each judge. The marking criteria are Technique and Pacing/Performance. The mark for Technique will break the tie. Components of each mark are outlined below:

Technique:

Edge Quality, Ice Coverage, Correctness of Steps

Pacing/Performance:

Ease of Motion, Musicality/Pacing, Posture

### **PRE-PRELIMINARY SKATING SKILLS**

- (i) TEST: Must not have passed the Preliminary Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: One skating skills exercise shall be skated from the Preliminary test:

Preliminary Waltzing Threes

### **PRELIMINARY SKATING SKILLS**

- (i) TEST: Must have passed the Preliminary Skating Skills test but not the Jr. Bronze Skating Skills test.
- (v) SPECIFICATIONS FOR EVENT: One skating skills exercise shall be skated from the Junior Bronze test:

Threes and Power Mohawks

### **JUNIOR BRONZE SKATING SKILLS**

- (i) TEST: Must have passed the Junior Bronze Skating Skills test but not the Sr. Bronze Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: One skating skills exercise shall be skated from the Sr. Bronze test:

Forward Brackets

### **SENIOR BRONZE SKATING SKILLS**

- (i) TEST: Must have passed the Sr. Bronze Skating Skills but not the Jr. Silver Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: One skating skills exercise shall be skated from the Jr. Silver test:

Multi Turns and Power Threes

### **JUNIOR SILVER SKATING SKILLS**

- (i) TEST: Must have passed the Jr. Silver Skating Skills test but not the Sr. Silver Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: One skating skills exercise shall be skated from the Sr. Silver test:

Rockers and Choctaws

### **SENIOR SILVER SKATING SKILLS**

- (i) TEST: Must have passed the Sr. Silver Skating Skills test but not the Gold Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: One skating skills exercise shall be skated from the Gold test:

Counters and Three Change Threes Multi-Circle Double Threes and Mohawks

### **GOLD SKATING SKILLS**

- (i) TEST: Must have passed the Gold Skating Skills test.
- (ii) SPECIFICATIONS FOR EVENT: Skaters will perform an exercise of their own creation as per the Creative Exercise specifications (see below for specifications):

#### **SKATING SKILLS** **CREATIVE EXERCISE SPECIFICATIONS**

Tempo: minimum 112 beats per minute

Duration: not to exceed 2 minutes

- Music: Skater's choice
- Can be vocal
- Can be a selection from the Skating Skills Program music

**Required Content:**

- Three step sequences:
  - 1 Straight line shape
  - 1 Circular shape
  - 1 Serpentine shape
- Turns and field movements may be used anywhere within the shapes.
- More than one example of each shape may be included provided that the music time does not exceed 2 minutes

**Judges will focus on the following when assessing "Technique":**

- Changes of direction using a variety of turns
- Changes of level, hops, jumps, tucks, etc.
- Changes of step length, speed
- Power, edge quality (on one foot)

## SPECIALTY CATEGORIES

**CANSKATE:** - The competitor has not passed any STARSkate test. Elements to be skated:

1. Forward Crosscuts
2. One foot stop
3. Forward lunge
4. Forward spiral on an edge

**CANSKATE DANCE:** - The competitor has not passed any STARSkate test. The elements shall be skated to 6 beats and to the Dutch Waltz music. There will be no introductory steps. Elements to be skated:

1. Forward Progressive on a line the width of the ice
2. Forward Chasses on a line the width of the ice
3. Forward Swing Rolls on a line the width of the ice
4. Backward chasses on a line the width of the ice

## CREATIVE CATEGORIES

**In the Creative Categories, the Host Committee (or Technical Representative) will select a piece of music of the appropriate length to be played. The skaters will hear the music selection for the first time in warm-up and will perform a creative, improvisational program in the competition. The warm-up will be one minute without music followed by the music selection being played twice. After the warm-up the skaters will be escorted to a supervised, sound proof room to await their turn. Category groups must be small enough that all skaters can warm-up together so as not to disadvantage early skaters.**

**PRE-BRONZE MEN/LADIES**

- (i) TEST: Competitors must not have passed more than the complete Preliminary Free Skate test.
- (ii) SPECIFICATIONS FOR EVENT: One program 45 seconds in length.

**BRONZE MEN/LADIES**

- (i) TEST: Competitors must not have passed more than the complete Junior Bronze Free Skate test.
- (ii) SPECIFICATIONS FOR EVENT: One program 1.0 minute in length.

**SILVER MEN/LADIES**

- (i) TEST: Competitors must not have passed more than the complete Junior Silver Free Skate test.
- (ii) SPECIFICATIONS FOR EVENT: One program 1.5 minutes in length.

**GOLD MEN/LADIES**

- (i) TEST: Competitors must have passed the Senior Silver or Gold Free Skate test.
- (ii) SPECIFICATIONS FOR EVENT: One program 2.0 minutes in length.

## **PAIRS CATEGORIES (Mixed and Similar)**

**Composition of Partners: Pairs events may be comprised of two women or two men, or one woman and one man. Similar and mixed pairs may compete against each other.**

### **PRE-BRONZE PAIRS**

- (i) TEST: Each of the partners must not have passed any pair test but each must have passed the complete Preliminary Free Skate Test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One program 2.0 minutes in length.

### **BRONZE PAIRS**

- (i) TEST: Each of the partners must not have passed any pair test but each must have passed the complete Junior Bronze Free Skate Test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One program 2.0 minutes in length.

### **SILVER PAIRS**

- (i) TEST: Either or both of the partners may have passed a pair test but each must have passed the complete Senior Bronze Free Skate Test but no higher.
- (ii) SPECIFICATIONS FOR EVENT: One program 2.0 minutes in length.

### **GOLD PAIRS**

- (i) TEST: Either or both of the partners may have passed a pair test but each must have passed the complete Junior Silver Free Skate or higher.
- (ii) SPECIFICATIONS FOR EVENT: One program 2.5 minutes in length.

### **ADULT NATIONAL PAIRS**

Maximum program time of 3 minutes 10 seconds but may be shorter.

Competitors must perform a well-balanced program that must contain:

- Maximum of two different lifts.
- Maximum of one throw jump (single or double).
- Maximum of one solo jump.
- Maximum of one solo jump combination or sequence.
- Maximum of one pair spin or pair spin combination.
- Maximum of one solo spin or solo spin combination.
- Maximum of one spiral figure or death spiral.
- Maximum of one step sequence (straight line, circular or serpentine).

## **DANCE CATEGORIES (Mixed, Similar, Solo, Free Dance)**

**Mixed and Similar Couples Dance may compete against one another.**

### **PRELIMINARY DANCE**

- (i) TEST: Each partner must not have passed the complete Jr. Bronze Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Baby Blues (3 sequences) and Canasta (3 sequences)

### **JUNIOR BRONZE DANCE**

- (i) TEST: Each partner must not have passed the complete Sr. Bronze Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Fiesta Tango (4 sequences) and Willow Waltz (3 sequences)

### **SENIOR BRONZE DANCE**

- (i) TEST: Each partner must not have passed the complete Jr. Silver Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Fourteenstep (4 sequences) and European (1 minute)

### **JUNIOR SILVER DANCE**

- (i) TEST: Each partner must not have passed the complete Sr. Silver Dance test.
- (ii) SPECIFICATIONS FOR EVENT: American Waltz (1 minute) and Rocker Foxtrot (4 sequences)

### **SENIOR SILVER DANCE**

- (i) TEST: Each partner must not have passed the complete Gold Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Paso Doble (3 sequences) and Blues (3 sequences)

### **GOLD DANCE**

- (i) TEST: Each partner must not have passed the complete Diamond Dance test
- (ii) SPECIFICATIONS FOR EVENT: Blues (3 sequences) and Viennese Waltz (3 sequences)

### **ADULT FREE DANCE**

Maximum program time of 2 minutes 10 seconds but may be shorter.

Competitors must perform a well-balanced program that must contain:

- Maximum of 1 dance lift chosen from Stationary, Curve or Straight Line.
- Maximum of 1 dance spin (simple Spin type, not Combination type).
- Maximum of 1 series of synchronized twizzles.
- Maximum of 1 footwork sequence (any shape, no required positions).

## **Solo Dance**

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Skaters in this Category perform the prescribed dance as a solo.

### **PRE-PRELIMINARY**

- (i) TEST: Skaters must not have passed the complete Preliminary Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Canasta Tango (3 sequences)

### **PRELIMINARY**

- (i) TEST: Skaters must not have passed the complete Junior Bronze Dance test.
- (ii) SPECIFICATIONS FOR EVENTS: Fiesta Tango (4 sequences)

### **JUNIOR BRONZE**

- (i) TEST: Skaters must not have passed the complete Senior Bronze Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Fourteenstep (4 sequences)

### **SENIOR BRONZE**

- (i) TEST: Skaters must not have passed the complete Junior Silver Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Harris Tango (2 sequences)

### **JUNIOR SILVER**

- (i) TEST: Skaters must not have passed the complete Senior Silver Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Killian (4 sequences)

### **SENIOR SILVER**

- (i) TEST: Skaters must not have passed the complete Gold Dance test.
- (ii) SPECIFICATIONS FOR EVENT: Westminster Waltz (2 sequences)

### **GOLD**

- (i) TEST: Skaters must have passed the complete Gold Dance test or higher.
- (ii) SPECIFICATIONS FOR EVENT : Rhumba (4 sequences)

## TEAM EVENT CATEGORIES

**This is intended as a fun event.** Teams will consist of 4 skaters. Teams may be mixed or similar and may be from different clubs. Elements will be performed in isolation. Each team will complete their elements before the next team performs. Each team may decide in advance which skater will perform each element.

### **ADULT CANSKATE TEAM**

For those skaters who are in the Canskate or group STARSkate Programs and have not yet passed any STARSkate Test.

1. Forward lunge
2. Forward spiral
3. Forward crossovers
4. Backward spiral

### **ADULT BRONZE TEAM**

For those skaters who are in the Canskate or group STARSkate Programs and have not yet passed any portion of the Preliminary Free Skate Test.

1. Waltz Jump
2. Foot Spin
3. Forward Crossovers
4. Forward Spiral

### **ADULT SILVER TEAM**

Skaters must not have passed any portion of the Preliminary Free Skate test.

1. Flip Jump
2. Sit Spin
3. Salchow/Toe Loop Combination Jump
4. Forward Spiral

### **ADULT GOLD TEAM**

Skaters must not have passed any higher than the Jr. Silver Freeskate test.

1. Straight line step sequence
2. Spread Eagle
3. Forward or backward spiral (skaters' choice)
4. Any spin

### **ADULT MASTERS TEAM**

Skaters may be any skating level.

1. Lutz Jump
2. Camel Spin
3. Loop/Loop Combination Jump
4. Backward Spiral

### **ADULT COMPETITIVE TEAM**

Skaters must have passed any competitive test. Elements to be skated:

1. Double Loop Jump
2. Spin Combination with at least 3 positions and 1 change of foot
3. Jump Combination consisting of at least 2 double jumps
4. Combination of 3 Field Movements in Sequence

## Appendix A

### AMERICAN TEST EQUIVILANCES

Free Skating				
USFSA	ISI	Skate Canada Competitive	Skate Canada Test	ISU
Senior	FS 10	Senior Competitive		
Junior	FS 9, 10	Junior Competitive	Gold FS	
Novice	FS 8, 9	Novice Competitive	Senior Silver FS	
Intermediate	FS 7, 8	Pre-Novice Competitive	Junior Silver FS	
Juvenile	FS 6-8	Juvenile Competitive	Senior Bronze FS	
PreJuvenile	FS 5-7		Junior Bronze FS	
Preliminary	FS 4-6		Preliminary FS	
PrePreliminary	FS 3,4			
Adult Gold	FS 5		Junior Bronze FS	FS 6
Adult Silver	FS 4		Preliminary FS	FS 5
Adult Bronze	FS 4		Preliminary FS	FS 4
Adult PreBronze				

Pairs				
USFSA	ISI	Skate Canada Competitive	Skate Canada Test	ISU
Senior		Senior Competitive Pair		
Junior		Junior Competitive Pair		
Novice		Novice Competitive Pair		
Intermediate		Pre-Novice Competitive Pair		
Juvenile		Juvenile Competitive Pair		

Dance				
USFSA	ISI	Skate Canada Competitive	Skate Canada Test	ISU
Gold	Dance 9	Senior Competitive Dance	Gold Dance	1st Class
PreGold	Dance 8	Junior Competitive Dance	Senior Silver Dance	2nd Class
Silver	Dance 6	Novice Competitive Dance	Junior Silver	2nd Class
PreSilver		Pre-Novice Competitive Dance	Senior Bronze Dance	
Bronze	Dance 4		Junior Bronze Dance	3rd Class
PreBronze	Dance 3		Preliminary Dance	
Preliminary	Dance 3		Preliminary Dance	

**Skate Canada: Alberta - NWT/Nunavut**  
**Western Regional Adult Championships Event Entry Form**  
**REGISTRATION FORMS NOT COMPLETED IN FULL WILL BE RETURNED UNPROCESSED!!!**  
**ONE REGISTRATION FORM PER EVENT**

Competitor's Name	Please circle: Male    Female		
Home Address and Postal Code	email		
Home and Emergency Phone Number			
Skate Canada or USFSA Number			
Date of Birth	Day	Month	Year    Age Category
Health Care Number			
Name of Home Club			
Signature of Home Club Officer			
Club Contact Person			
Home Club Phone/Fax / Email			
Name of Coach	Signature and verification of event entered		
Category Entering (Men, Ladies, Pairs, Interpretive, etc)			
Level (Preliminary, Bronze, etc.)			
Name of Partner (if applicable)			
Title of Interpretive Program			
Music Time	Are you a Collegiate Skater? Yes or No    Institution:		
Test Qualifications (highest passed)	Free Skate:	Elements:	Skating Skills:
*Competitive test equivalencies must be taken into account when registering for Test Stream Events	Dance:	Interpretive:	Competitive:

**NOTE: Competitors entering more than one Category must complete an entry form for EACH Category**  
**For those Categories with an age restriction, a copy of the birth certificate or other proof of age must be shown at the registration table.**

<b>RETURN FORM TO:</b>	<b>Sandra Blitz</b> <b>WRAC 2007 Registrar</b> <b>143 Arbour Butte Road NW</b> <b>Calgary AB T3G 4N6</b>
<b>ENTRY FEES:</b>	<b>DEADLINE:      Friday December 1, 2006</b> <b>\$50 – 1<sup>st</sup> event</b> <b>\$30 – Canskate events</b> <b>\$25 – additional solo events</b> <b>\$30 – additional couples events</b> <b>\$40 – per team</b>
<b>CHEQUES PAYABLE TO: Glacier School of Skating</b>	

**Participant's Release**

By my participation in this event, I consent to the known and foreseeable physical risks inherent in the sport of figure skating. These risks include, but are not limited to: travel to and from the arena, ice conditions, equipment failure, falls, collisions with other participants and/or instructors, and facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs, and any person acting on my behalf, the Host skating school and Skate Canada: Alberta-NWT/Nunavut, and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, agents and sponsors, from any claim arising from any illness or injury to my person as a result of my participation in this activity.

Participant's Name (print):	Participant's Signature:
Date:	

Forms may be returned if not completed in full and signed.

## Team Events Entry Form

**Submit one entry form (and payment) per team**

Team Name			
Team Members 1.		2.	
3.		4.	
Emergency Phone #			
Name of Home Club			
Club Contact Person		Club Contact Phone #	
Club E mail address		Club Fax #	
Name of Coach		Coach Phone #	
Circle in which event the Adult Team is registering.	<b>Adult Team Events</b>		
	Canskate		
	Bronze		
	Silver		
	Gold		
	Masters		
Competitive			
Test Qualifications (highest passed amongst the team)	Free Skate	Interpretive	Competitive

**Return Forms by:** December 1, 2006

**to:** Sandra Blitz  
WRAC 2007 Registrar  
143 Arbour Butte Road NW  
Calgary AB T3G 4N6

**Cheques Payable to:** Glacier School of Skating

**Entry Fees: \$40/team event**

**Participant's Release**

By my participation in this event, I consent to the known and foreseeable physical risks inherent in the sport of figure skating. These risks include, but are not limited to: travel to and from the arena, ice conditions, equipment failure, falls, collisions with other participants and/or instructors, and facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs, and any person acting on my behalf, the Host skating school and Skate Canada: Alberta-NWT/Nunavut, and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, agents and sponsors, from any claim arising from any illness of injury to my person as a result of my participation in this activity.

Signature of Home Club Officer	Coaches signature verifying accuracy of entry
Participant's Name (print)	Participant's Signature
Participant's Name (print)	Participant's Signature
Participant's Name (print)	Participant's Signature
Participant's Name (print)	Participant's Signature
Participant's Name (print)	Participant's Signature
Date:	



## **ATHLETE PROFILE**

We would kindly ask that you complete the following information and submit it with your Competition entry forms. It will be used to assist us in publishing a souvenir program.

Name: \_\_\_\_\_

Is this your first time competing as an adult?      Y      N

If you are returning to WRAC, are you willing to act as a "buddy" to a first year competitor?    Y    N

How many years did you skate as a child? \_\_\_\_\_

How many years have you skated as an adult? \_\_\_\_\_

Please complete the following sentence:

My favourite part of skating is \_\_\_\_\_

I will be attending:

Friday evening's "Meet and Greet"    Y      N      Number of guests: \_\_\_\_\_

Saturday evening's "Party"            Y      N      Number of guests: \_\_\_\_\_

Sunday morning's "Brunch"            Y      N      Number of guests: \_\_\_\_\_

More information will follow once plans are confirmed. It is expected that the Friday evening social will be complimentary. The number of guests will determine the price for the Saturday dinner and Sunday brunch. We are estimating the costs for now to be \$25-\$30 for dinner and \$20 for brunch.

If possible, we will try to arrange for pickup at the Calgary Airport.

Would you be interested in this?    Y      N

If yes, please provide your travel arrangements:

Arrival Date/Time \_\_\_\_\_

Airline/Flight # \_\_\_\_\_

Thank you for taking the time to complete this form!

Happy skating.