



35th ANNUAL HOWARD E. VAN CAMP INVITATIONAL COMPETITION

Hosted by the Lansing Skating Club at Suburban Ice East Lansing

Sanctioned by U.S. Figure Skating

August 7 & 8 & 9, 2009

Registration Deadline: June 27, 2009

Home Page Site: <http://www.Lansingskatingclub.com>

LOCATION:

The Howard E. Van Camp Competition is held at Suburban Ice East Lansing, 2810 Hannah Blvd. East Lansing, Michigan 48823. Suburban Ice East Lansing is a twin NHL ice surface facility measuring 85' X 200' each.

SANCTION:

This non-qualifying competition will be conducted in accordance with the 2009 U.S. Figure Skating rulebook plus changes adopted and enacted at the May 2009 meeting of Governing Council, and is sanctioned by US Figure Skating. The International Judging System will be used for Juvenile – Senior level Free Skating and Intermediate – Senior Short Program events. Juvenile level short program will use the 6.0 judging system. There will also be Test Track Events offered for Preliminary – Senior levels for Free Skating, using the 6.0 Judging System.

TEST SESSION:

The Lansing Skating Club will be hosting a test session on Friday August 7th prior to competition. The session is open to all competitors. All applications will be entered into the schedule on a first-come-first-serve basis as received by the registrar.

PLANNED PROGRAM CONTENT SHEETS (PPCS):

Competitors in IJS events are required to submit a planned program content sheet. The PPCS is to be completed online no later than July 30, 2009. Skaters who do not submit a planned program content sheet online by July 30, 2009 will incur a \$25.00 processing fee. Please note that any PPCS submitted by paper regardless of date, will incur a \$25.00 processing fee. Once entered online, the PPCS may be updated at anytime as often as desired without a processing fee.

ELIGIBILITY AND ENTRIES:

Eligible competitors are current members in good standing with US Figure Skating and shall be eligible to enter events based on their **test status as of June 27, 2009**. Low-level groups will be divided by age whenever possible. All Juvenile and above skaters will be divided into groups based on a random draw. A minimum of two entries will be required for all events to be scheduled. Competitors may enter at or one level above their current freestyle eligibility.

ENTRIES, FEES & CLOSING DATES:

Fees must accompany entries and be made payable to Lansing Skating Club. Entries must be **postmarked no later than June 27, 2009**. Late entries will be accepted at the discretion of the referee for a \$25.00 LATE FEE. A \$25.00 charge, plus all bank fees, will be made for all checks returned by the bank.

Singles Event **Not** Combined \$ 75.00
Each additional event per skater \$ 30.00

Novice, Junior, Senior **Combined** \$105.00
Each additional event per skater \$ 30.00

Mail entries to: Gina Dewitt
Van Camp Competition
6544 Aurelius Road
Lansing, Michigan 48911

SCHEDULE OF EVENTS:

A tentative schedule of events will be posted on The Figure Skater's Web Site: **sk8stuff.com & Lansingskatingclub.com** as well as mailed to each competitor as soon as available. All times are approximate and subject to change. Please confirm your schedule at registration check-in.

MUSIC:

CD's are required! CD's must contain ONE track only and be appropriately labeled. All music should be turned into Registration at least one hour before the event time.

PRACTICE ICE:

Practice Ice will be available Friday, Saturday and Sunday at various times. Practice ice will be filled on a first-come-first-serve basis. Practice ice forms will be mailed out with competition schedules and will also be available online.

Free Skating Events		
Event	Elements	Time
Low Beginner - No Test	Requirements as stated in Rule 3721. Must not have passed the Pre-Preliminary Free Skating test or its equivalent. May include any half revolution jumps plus Salchows and toe loops up to a maximum of 5 jump elements . May include up to 2 spins of a different nature but may not include flying spins, combination spins or backspins. May include 1 step sequence utilizing ½ the ice surface.	1:30 +/- 10 sec
High Beginner – No Test	Requirements as stated in Rule 3721. Must not have passed the Pre-Preliminary Free Skating test or its equivalent. May include any half revolution jumps plus Salchows, loops, and toe loops up to a maximum of 5 jump elements . May include up to 2 spins of a different nature but may not include flying spins. May include 1 step sequence utilizing ½ the ice surface.	1:30 +/- 10 sec
Pre-Preliminary Limited	Required Elements as stated in Rule 3711. Must have passed the Pre-Preliminary Free Skating test & no higher. May not include Axels, double jumps, or flying spins.	1:30 +/- 10 sec
Preliminary Limited	Required elements as stated in Rule 3701. Must have passed the Preliminary Free Skating test & no higher. May include Axels. May not include double jumps or flying spins.	1:30 +/- 10 sec
Preliminary	Passed Preliminary FS test. Required elements as stated in 3701.	1:30 +/- 10 sec
Pre-Juvenile	Passed Pre-Juvenile FS test. Required elements as stated in 3691.	2:00 +/- 10 sec
Open Juvenile	Passed Juvenile FS test. Must be 13 Years of age by 09-01-2009 Required elements as stated in 3681.	2:15 +/- 10 sec
Adult Bronze	Passed Adult Bronze FS test. Required elements as stated in 3800, 3801. No Axel or double jumps. Must be 21 Years of age or older as of 9-01-09.	1:45 Max
Adult Silver	Passed Adult Silver FS test. Required elements as stated in 3790, 3791. Must be 21 Years of age or older as of 9-01-09.	2:10 Max
Adult Gold	Passed Adult Gold FS test. Required elements as stated in 3780, 3781. Must be 21 Years of age or older as of 9-01-09.	2:40 Max

Short Program Events (Not Combined with Free Skate)

Event	Elements	Time
Juvenile (6.0 Judging)	1. Jump combination — one double jump and one single jump or two double jumps. 2. Axel (may not be repeated). 3. Solo Jump — double jump preceded by connecting steps and/or other free skating movements (may not be repeated). 4. Solo spin — minimum 5 revolutions in position (may commence with a jump) 5. Spin combination — only one change of foot and at least one change of position (4 revs each foot). 6. Step sequence — straight line, circular, or serpentine.	2:00 Max
Intermediate (IJS)	Required Elements as stated in 3670, 3671.	2:00 Max

Championship Singles Events - IJS

Juvenile and Intermediate Events: Final Rounds this will apply only to the free skate event.
Novice-Senior: These are combined events consisting of the Short and Free skate programs.
 Initial rounds will consist of both the Short and Free skate programs. Final round will consist of the **Free skate** program only.
 Elements for the Short program will be the same as those specified in the 2008-2009 US Figure Skating Rulebook.

Event	Elements	Time
Juvenile Free Skate IJS	Required elements as stated in 3680, 3681 (must not be 13 years of age before 09/01/2009).	2:15 +/- 10 sec
Intermediate Free Skate IJS	Required elements as stated in 3670, 3672 (must not be 18 years of age before 09/01/2009).	2:30 +/- 10 sec
Novice Short Program IJS	Required Elements as stated in 3660, 3661, 3662.	2:30 Max Men & Ladies
Novice Free Skate IJS	Required Elements as stated in 3660, 3663.	3:30 +/- 10 sec Men 3:00 +/- 10 sec Ladies
Junior Short Program IJS	Required Elements as stated in 3650, 3651, 3652.	2:50 Max Men & Ladies
Junior Free Skate IJS	Required Elements as stated in 3650, 3653.	4:00 +/- 10 sec Men 3:30 +/- 10 sec Ladies
Senior Short Program IJS	Required Elements as stated in 3640, 3641, 3642.	2:50 Max Men & Ladies
Senior Free Skate IJS	Required Elements as stated in 3640, 3643.	4:30 +/- 10 sec Men 4:00 +/- 10 sec Ladies

*IJS EVENTS please enter your PPC in Members Only at www.usfigureskating.org

TEST TRACK Free Skating Events		
Event	Elements	Time
Preliminary Test Track	<p>Skaters must have passed Preliminary free skate test and no higher.</p> <p>Max 5 jumping elements: Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed.</p> <p>Spins: Two spins of a different nature; combination spins are allowed (minimum of 3 revolutions). No flying spins</p> <p>Connecting moves and steps: should be demonstrated throughout the program.</p>	1:30 +/- 10 sec
Pre-Juvenile Test Track	<p>Skaters must have passed Pre-Juvenile free skate test and no higher.</p> <p>Max 5 jumping elements: Jumps with not more the one rotation (no Axels). Jump combinations and sequences are allowed.</p> <p>3 spins: solo spin in any position (min 4 revolutions); 1 must be a combination spin with a change of foot optional (minimum of 3 revolutions on each foot or 6 total revolutions). No flying spins.</p> <p>1 step sequence: straight line, circular or serpentine fully utilizing the ice surface. Connecting moves and steps should be demonstrated throughout the program.</p>	2:00 +/- 10 sec
Juvenile Test Track	<p>Skater must have passed Juvenile free skate test and not higher (NO age restriction).</p> <p>Max 6 jumping elements: Any single jumps and jump combinations with not more than 1-1/2 rotations (Axel permitted).</p> <p>3 spins: Solo spin in any position (minimum of 4 revolutions); 1 must be a combination spin with one change of foot (minimum of 4 revolutions on each foot). May include flying spins.</p> <p>1 step sequence: straight line, circular, or serpentine fully utilizing the ice surface. Connecting moves and steps should be demonstrated throughout the program.</p>	2:15 +/- 10 sec
Intermediate Test Track	<p>Skater must have passed Intermediate free skate test and no higher.</p> <p>Max 6 jumping elements: Any single jumps. Double Salchow and Double toe loop are the only permitted doubles. Jump combinations and sequences are allowed.</p> <p>3 spins: Solo spin in any position (minimum of 4 revolutions); 1 must be a combination spin with one change of foot (minimum 4 revolutions on each foot). May include flying spins.</p> <p>1 full-ice step sequence: straight line, circular, or serpentine. Connecting moves and steps should be demonstrated throughout the program</p>	2:30 +/- 10 sec
Novice Test Track	<p>Skater must have passed Novice free skate test and no higher.</p> <p>Max 7 jumping elements: Any single jumps. Double jumps may only be the Double Salchow, Double toe loop and the Double loop. Jump combinations and sequences are allowed.</p> <p>3 spins: Solo spin in any position (minimum of 6 revolutions); 1 must be a combination spin with one change of foot (minimum 5 revolutions on each foot). May include flying spins.</p> <p>One step or spiral sequence: fully utilizing the ice surface (see rule 3640 for description). Connecting moves and steps should be demonstrated throughout the program.</p>	Ladies 3:00 +/- 10 sec Men 3:30 +/- 10 sec
Junior Test Track	<p>Skater must have passed Junior free skate test and no higher.</p> <p>Max 8 jumping elements for men 7; for ladies: Any single jumps and double jumps may only be the Double Salchow, Double toe loop, Double loop and the Double flip. Jump combinations and sequences are allowed.</p> <p>3 spins: 1 must be a flying spin; 1 must be a solo spin (6 revolutions each); and 1 must be a combination spin consisting of all three positions and one change of foot (minimum 2 revolutions in each position and minimum 5 revolutions on each foot).</p> <p>Step sequences Men: 2 different step sequences.</p> <p>Step sequences Ladies: 1 step sequence</p> <p>Connecting moves and steps should be demonstrated throughout the program.</p>	Ladies 3:30 +/- 10 sec Men 4:00 +/- 10 sec
Senior Test Track	<p>Skater must have passed Senior free skate test.</p> <p>Max 8 jumping elements for men; 7 for ladies: At least 4 different double jumps. 1 must be a Double Lutz. Jump combinations and sequences are allowed.</p> <p>4 spins: 1 must be a flying spin; 1 must be a solo spin (minimum of 6 revolutions on all solo spins); 1 must be a spin combination consisting of all three positions and one change of foot (minimum 2 revolutions in each position and a minimum of 5 revolutions on each foot).</p> <p>Step sequences Men: 2 different step sequences.</p> <p>Step sequences Ladies: 1 step and 1 spiral sequence (see rule 3640 for description).</p> <p>Connecting moves and steps should be demonstrated throughout the program.</p>	Ladies 4:00 +/- 10 sec Men 4:30 +/- 10 sec

Compulsory Events

Compulsory eligibility is the same as for free skate. Compulsory Moves are skated without music. The specified moves may be done in any order, but must be skated as described and will be skated on half the ice surface. Connecting steps must be distinguishable from a footwork sequence. Events genders may be combined based on the number of entries at the discretion of the referee. An Axel is considered a single jump.

Event	Elements	Time
Low Beginner	1/2 revolution jump; Toe loop; Two foot spin (3 rev min); lunge	1:00 Max
High Beginner	Waltz jump; Salchow jump; 1/2 Flip or 1/2 Lutz jump; Forward scratch spin (minimum 3 revolutions); Forward spiral	1:15 Max
Pre-Preliminary	Flip jump; Single-single jump combination (no Axel); Forward sit spin (minimum 3 revolutions; Loop jump or split jump; Forward outside or inside edge spiral	1:15 Max
Preliminary	Single jump (may not be repeated); Single-single jump combination; One foot backspin (position optional, minimum 3 revolutions, may not commence with a jump); Edge spiral, spread eagle, Ina Bauer, or step sequence	1:30 Max
Pre-Juvenile	Single or double jump (may not be repeated); Single/single jump combination (must include loop); Solo spin (may not commence with a jump, min 4 revolutions in position); Combination spin with 1 change of foot and 1 change of position (minimum 4 revolutions each foot); Edge spiral, spread eagle, Ina Bauer or step sequence	1:30 Max

Spins Events

Spins eligibility is the same as for free skate. All spins events will be skated on 1/2 ice without music. Spins may be skated in any order but must be skated as described. Connecting steps must be used between elements. Event genders may be combined based on the number of entries at the discretion of the referee.

Event	Elements	Time
Preliminary	One foot spin; Forward sit spin; Back scratch spin (all minimum 4 revolutions)	1:30 Max
Pre-Juvenile/Juvenile	Forward camel spin (minimum 5 revolutions); Combination spin with one change of foot and no change of position (minimum 4 revolutions on each foot); Combination spin with no change of foot and at least one change of position (minimum 2 revolutions in each position)	1:30 Max
Intermediate/Novice	Flying spin (minimum 6 revolutions); Layback spin (ladies), Camel spin (men), (minimum 6 revolutions); Combination spin with one change of foot and at least one change of position (minimum 6 revolutions on each foot, minimum 2 revolutions in each position)	2:00 Max
Junior/Senior	Flying Spin (minimum 8 revolutions); Layback Spin (ladies), Camel Spin (men), (minimum 8 revolutions); Combination Spin with one change of foot and at least two changes of position (minimum 6 revolutions on each foot, minimum 2 revolutions in each position)	2:00 Max

Jumps Events

Jump eligibility is the same as for free skate. Preliminary through Juvenile will be skated on 1/2 ice; other levels will skate on full ice. Jumps may be skated in any order but must be skated as described. Skaters will be given two opportunities to perform each jump and will be judged on the best one. Repeated jumps must be the same as the original.

Events genders may be combined based on the number of entries at the discretion of the referee.

Event	Elements	Time
Preliminary	Flip; Lutz; Combination of 2 single jumps, one of which must be a loop	1:30 Max
Pre-Juvenile/Juvenile	Axel; Single or double Jump; Combination of 1 double and 1 single or 2 double jumps (no Double Axel)	1:30 Max
Intermediate/Novice	Double Loop; Double Flip; Combination of any 2 double jumps	2:00 Max
Junior/Senior	Double Flip; Double Lutz; Combination of any 2 double jumps or 1 triple and 1 double	2:00 Max

Solo Dance

The following dances will be skated to compulsory dance music provided by the LOC. Each dance is a separate event. Solo dance events will not be split by gender. 2 patterns will be skated for each dance. Skaters may enter a dance event from the dances listed at the level the skater has completed, partially completed, or one level higher than the skaters currently tested. Adult and young skater events may or may not be separated into different events based on the number of entrants.

Dutch Waltz	Rhythm Blues	Canasta Tango
Cha Cha	Fiesta Tango	Swing Dance

Artistic Showcase

Showcase events are skated to music of the skater's choice (the LOC reserves the right to reject selections deemed inappropriate). Programs should be specifically designed to entertain and/or emotionally move the audience. Costumes are encouraged. Props will be allowed and the skater will have thirty(30) seconds to place and remove props. Props must be limited to those the skater can carry on and off the ice unassisted through the normal skater's entrance door. Props are not allowed on the ice during the warm-up. Test requirements are the same as for the free skate levels indicated.

Event	Elements	Time
SOLO-Group I	Beginner- No Axels, No double jumps	1:40 Max
SOLO-Group II	Pre-Preliminary/Preliminary- No Axels, No double jumps	1:40 Max
SOLO-Group III	Pre-Juvenile/Juvenile- Axels allowed, No double jumps	2:10 Max
SOLO-Group IV	Intermediate/Novice- May include one double jump	2:10 Max

Interpretive Showcase

The organizing committee will pre-select and edit musical choices appropriate for these events. During warm-up, skaters will listen to a selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the 3rd time before they perform to the music. The listening skater will not be allowed to view the performing skater.

JUDGING RULES: Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music and interpretation/expression. Spins and jumps performed must be appropriate to competition level.

COACHING RULES: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

Event	Elements	Time
Group I	Beginner- No Axels, No double jumps	1:30 Max
Group II	Pre-Preliminary/Preliminary- No Axels, No double jumps	1:30 Max
Group III	Pre-Juvenile/Juvenile- Axels allowed, No double jumps	2:00 Max
Group IV	Intermediate/Novice- May include one double jump	2:00 Max

GENERAL COMPETITION INFORMATION

The registration desk will be located in skate rental and will be open no later than one hour before the first practice session. Practice Ice forms will be mailed with the Competition Schedule.

FINAL ROUNDS will be held for Preliminary-Senior events when required.

*** IJS event skaters: please enter your program component forms on the US Figure Skating Web Site by July 30, 2009. www.usfigureskating.org in the *Members Only* section. \$25.00 fee will be charged to those without program component forms entered.**