



August 21 - 23, 2009

Sanctioned by USFS and SkateCanada

Onyx-Rochester Ice Arena, 52999 Dequindre, Rochester, MI 48307, Office phone - 248-601-6699. Three ice surfaces (each surface is 200 x 95), dressing rooms, ample parking, and a concession area.

Rules

The competition will be conducted in accordance with the rules as set forth in the current USFS rulebook or those adopted at the May 2009 meeting of the Governing Council. Chief Referee is Barry Doren and Chief Accountant is Kathy Cook. The **International Judging System** will be used for select events as noted.

Eligibility and Entries

The competition is open to all eligible persons who are members in good standing of USFS or SkateCanada and shall be eligible to enter events based on their test status as of **July 11, 2009**. Single skaters may skate at their free skating test level (**as of July 11, 2009**) or at one level higher, BUT NOT BOTH. Skaters may not compete below their test level as of **July 11, 2009**. Any event with a large number of entries will be divided into smaller groups. Levels Low Beginner through Juvenile will be divided in age groups of 8-10 skaters whenever possible. Intermediate and above will be divided into groups by random draws and group size will be based on total entries received. A minimum of two entries will be required for all flights to be scheduled. Compulsory events may be ladies and men combined. Skaters may enter EITHER an IJS or 6.0 free skate event but NOT both.

Planned Program Content Sheet (PPCS)

All competitors in IJS events are required to submit a Planned Program Content Sheet. **The PPCS is to be completed online no later than August 8, 2009**. Once entered, the PPCS may be updated online at any time as often as is desired and without cost up to August 15. For those who do not submit the PPCS online by August 8, a **\$25 processing fee will be incurred**. Please note that any PPCS submitted by paper, regardless of date, will incur the \$25 processing fee. Please go to www.USFSonline.org and follow the instructions to complete your PPCS. Designate 'Onyx Figure Skating Challenge' to receive your form.

Championship Rounds

Championship Rounds will be held for PreJuvenile and IJS Juvenile through IJS Senior if number of entries and/or time allows. The number of skaters advancing to Final Rounds from each Level/Qualifying Event or Group will be determined after closing date. All levels will advance based on Free Skate qualifying event only. Practice Ice for Final Rounds will be available for sale after each Free Skate event has been completed and results posted. There will be no Final Rounds for any 6.0 Events other than PreJuvenile FS.

Fees and Closing Date

Space is limited so mail early. Any entry not postmarked on or before July 11, 2009 will be considered late and will be accepted only if space allows and will be charged a \$25 late fee. No refunds after closing date for any reason, including medical, unless event is cancelled due to lack of entries. Any entry form missing USFS or SkateCanada number will be charged a \$10 administrative fee. **Any change to skating level or event after the deadline is subject to a \$20 administrative fee**. Any check returned for NSF will be charged a \$30 administrative fee. *Any and all additional fees assessed must be paid at the time of registration and must be paid by cash or money order before skater will be allowed to compete in their event(s).*

Practice Ice

There will be practice ice available beginning Friday, August 21, 2009 at the Onyx Rochester Ice Arena. Practice ice will be sold on a first-come, first-serve basis **by mail only**. You may **pre-purchase** Practice Ice tickets at a **discounted** price any time prior to the closing date. See separate page for further information. Music will NOT be played on any practice ice session. Practice ice schedules and request forms will be included with each competitor's confirmation letter. Reservations must be submitted by return mail only if not pre-purchased. No practice ice will be sold over the telephone or by fax. If you do not get the practice ice session you want, you will be notified by phone or email.

Registration

The official registration desk will be located in the main lobby of the Onyx-Rochester Ice Arena. Registration will open one hour before the start of the competition each day and remain open through the end of the competition each day. Competitors must register at least one hour prior to their event.

Official Notices

The official bulletin board will be maintained in the main lobby of the arena. Posting of schedules and announcements thereon shall constitute sufficient official notice to competitors, coaches, and officials.

Schedule of Events

A schedule of events and confirmation will be mailed to each competitor approximately two weeks before the competition. Please check the official bulletin board immediately upon arrival for any changes.

Music


Music will be reproduced through the rink sound system from **CDs ONLY** furnished by each competitor. **Please legibly label all CD's with skater name, level, and "FS" or "SP" In an effort to avoid any problems that may be caused by stick-on labels, we will not be putting labels on CD's. ALL MUSIC MUST BE TURNED IN AT THE TIME OF REGISTRATION.** CD's must have only one track on it. In the event of short and long programs, two separate CD's must be used. Any CD with more than one track will not be accepted. Skaters should also have an additional CD available rink side as back-up.

Awards

Medals will be awarded for 1st through 4th place in each event and ribbons will be awarded for 5th – 12th place for all events. In addition, medals will be given for 1st – 4th place for all Championship Rounds. The winner of each Championship event will also receive a trophy. Award Ceremonies and pictures will take place immediately following the posting of each event's results.

Video/Photography

Video taping will be available for all events. All skaters will receive a free DVD of their event as a gift. Action photography and professional photographs at the awards ceremonies will be available plus everyone will be welcome to take their own photographs at that time.

<p>First IJS Event \$ 95.00 All IJS competitors must submit a PPCS for each event at USFSOnline.org no later than August 8th.</p> <p>Each Additional IJS Event.....\$ 45.00</p> <p>First 6.0 Event.....\$ 85.00</p> <p>Each Additional 6.0 Event.....\$ 35.00</p> <p>Low Beginner - PreJuvenile Compulsory <u>as only event</u>..... \$ 45.00</p> <p>Basic Program Events\$ 55.00</p> <p> All skaters will receive a DVD of each of their events as our gift.</p> <p>Include \$25 late fee if sending after July 11 Make checks payable to "Onyx-Suburban SA" U.S. Funds only</p>	<p>Mail to: OFSC 2009 Tami Blaszkowski 14569 Royal Drive Sterling Heights, MI 48312</p> <p>NO NEED TO SEND RETURN ENVELOPE A SCHEDULE AND PRACTICE ICE INFO WILL BE SENT TO ALL SKATERS.</p> <p>Direct Inquires to Tami Blaszkowski by email to tblasz@comcast.net</p>
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ENTRY MUST BE POSTMARKED BY JULY 11, 2009

Any entry form postmarked after July 11 will be charged a \$25 late fee

Single Free Skate

- Program requirements not specified below are defined in rules 3630 – 3820.
- Skaters may skate up one level but may not skate at more than one level.

• Test Track Note: **Deductions WILL be made for skaters including technical elements not permitted in the event description.**

Low Beginner 1:30	Open to skaters who have not passed their PrePreliminary Free Skate Test or its equivalent. May include any half revolution jumps plus Salchow, toe-loops, and half-loops (but no other full revolution jumps). May not include flying spins, combination spins or backspins.
High Beginner 1:30	Open to skaters who have not passed their PrePreliminary Free Skate Test or its equivalent. May include any half revolution jumps plus, Salchow, toe-loops, half-loops, and loops (but no other full revolution jumps). May not include flying spins.
No Test 1:30	Open to skaters who have not passed any official USFS Free Skate Tests. A well-balanced program consisting of: Jumps with a maximum of 5 jump elements (no axels or double jumps allowed), Spins: maximum of 2 spin of a different nature. Step sequence: one step sequence utilizing ½ ice surface. (Rule 3721)
PrePreliminary Limited 1:30	Must have passed the Pre-Preliminary Free Skating test & no higher. May not include Axels, double jumps, or flying spins.
PrePreliminary 1:30	Must have passed the PrePreliminary Free Skate Test & no higher. May include axels. May not include double jumps. (Rule 3711)
Preliminary Limited 1:30	Must have passed the Preliminary Free Skating test & no higher. May include Axels. May not include double jumps or flying spins. (Rule 3701)
Preliminary 1:30	Must have passed the Preliminary Free Skate Test & no higher. (Rule 3701).
PreJuvenile 2:00	Must have passed the PreJuvenile Free Skate Test & no higher. (Rule 3691).
Open Juvenile 2:15	Open to skaters 13 years old or older as of closing date. Must have passed the Juvenile Free Skate Test & no higher. (Rule 3681)
Juvenile TT(6.0) 2:15	Must have passed the Juvenile Free Skate Test & no higher. There are no age restrictions. <ul style="list-style-type: none"> • Max: 6 jumping elements. Any single jumps and jump combinations with not more than 1 ½ rotations (Axel permitted). • 3 Spins: Any position (min 4 revolutions), 1 must be a combination spin with one change of foot (min.. 4 revolutions on each foot). May include flying spins. • 1 full-ice step sequence: straight line, circular, or serpentine. • Deductions WILL be made for skaters including technical elements not permitted in the event description
Juvenile IJS 2:15	Open to skaters who have not reached the age of 13 years old as of the closing date. Must have passed the Juvenile Free Skate Test & no higher. (Rule 3681)
Intermediate TT (6.0) 2:30	Must have passed the Intermediate Free Skate Test & no higher. <ul style="list-style-type: none"> • Max: 6 jumping elements: Any single jumps. Double jumps may only be the double Salchow and the double toe loop. Jump combinations and sequences allowed. • 3 Spins: Any position (min 4 revolutions), 1 must be a combination spin with at least one change of foot (min. 4 revolutions on each foot). May include flying spins. • 1 full-ice step sequence: straight line, circular, or serpentine. • Deductions WILL be made for skaters including technical elements not permitted in the event description
Intermediate IJS 2:30	Must have passed the Intermediate Free Skate Test & no higher. (Rule 3672)
Novice TT (6.0) 3:00 (Ladies) 3:30 (Men)	Must have passed the Novice Free Skate Test & no higher. <ul style="list-style-type: none"> • 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 allowed. • 3 Spins: Any position (min 6 revolutions), 1 must be a combination spin with at least one change of foot (min. 5 revolutions on each foot). May include flying spins. • 1 full-ice step sequence: straight line, circular, or serpentine. (see Rule 3640 for description) • Deductions WILL be made for skaters including technical elements not permitted in the event description
Novice IJS 3:30 (Men) 3:00 (Ladies)	Must have passed the Novice Free Skate Test & no higher. (Rule 3663)
Junior TT(6.0) 3:30 (Ladies) 4:00 (Men)	Must have passed the Junior Free Skate Test & no higher. <ul style="list-style-type: none"> • 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 allowed. • 3 Spins: 1 must be a flying spin, 1 must be a solo spin (6 revolutions min) and 1 must be a combination spin consisting of all three positions and one change of foot (min. 2 revolutions in each position and min. 5 revolutions on each foot). • Steps-Men: 2 different step sequences • Steps-Ladies: 1 step sequence and 1 spiral sequence (see Rule 3640 for description) • Deductions WILL be made for skaters including technical elements not permitted in the event description
Junior IJS 3:30 (Ladies) 4:00 (Men)	Must have passed the Junior Free Skate Test & no higher. (Rule 3653)
Senior TT (6.0) 4:00 (Ladies) 4:30 (Men)	Must have passed the Senior Free Skate Test. <ul style="list-style-type: none"> • 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. • 4 Spins: 1 must be a flying spin, 1 must be a solo spin combination consisting of all three positions and one change of foot (min. 2 revolutions in each position and min. 5 revolutions on each foot). • Steps-Men: 2 different step sequences • Steps-Ladies: 1 step sequence and 1 spiral sequence (see Rule 3640 for description) • Deductions WILL be made for skaters including technical elements not permitted in the event description
Senior IJS 4:00 (Ladies) 4:30 (Men)	Must have passed the Senior Free Skate Test. (Rule 3643)

Compulsory Moves

Skated without music

Test requirements are the same as listed under Single Free Skate Events. To be skated on one-half (1/2) of the ice surface. Moves must be skated exactly as stated and may be skated in any order. There must be no change of foot between jumps in the combination jump. An axel is considered a single jump. If a program exceeds the time limit, that portion of the program will not be judged. **All times listed are maximum.** All moves in all levels are to be connected in a free flowing presentation. Excessive footwork and added elements will be penalized. Spin revolutions must be in position to be counted.

CATEGORY	MINUTES	REQUIRED ELEMENTS
Low Beginner	1:00	<ol style="list-style-type: none"> 1/2 revolution jump Toe-loop 2 foot spin (min. 3 revolutions) Lunge
High Beginner	1:00	<ol style="list-style-type: none"> Waltz jump/toe-loop combination Loop or Salchow jump Forward scratch spin (min. 3 revolutions) Forward spiral
PrePreliminary	1:15	<ol style="list-style-type: none"> Single jump (no axel, may not be repeated in combination) Single/single jump combination (no axel) Forward spin (min. 3 revolutions) Forward spiral sequence (3 or 4 positions)
Preliminary	1:30	<ol style="list-style-type: none"> Single jump (axel permitted) Single-single jump combination (may not repeat single jump selected above) 1 foot back spin (position optional, may not commence with jump, min. 3 revolutions) Edge spiral, spread eagle or bauer Step sequence
PreJuvenile	1:30	<ol style="list-style-type: none"> Single jump (may not be repeated in combination) Double/single jump combination (must include loop as either single or double jump) Combination spin with no change of position and 1 change of foot (may not commence with jump, min. 4 revolutions) Solo spin (may not commence with jump, min. 4 revolutions) Step sequence

Short Program

To be skated with music. All times are maximums. Additional program requirements as defined in 3610-3621

Elements to be skated are as stated in the 2009 USFS Rulebook or those adopted at the May 2009 meeting of the Governing Council.

Juvenile IJS OR Open Juvenile (6.0) (separate events)	2:00	<ol style="list-style-type: none"> 1 Axel (may not be repeated in the combination) 2 Double jump (may not be repeated in the combination) 3 One jump combination consisting of two double jumps or one single jump and one double jump. 4 Solo spin – minimum 4 revolutions in position. May not commence with a jump 5 Spin combination with only one change of foot and at least one change of position (min 4 revolutions each foot) 6 Step sequence (straight line, circular, or serpentine)
Intermediate IJS	2:00	As stated in the 2009 USFS Rulebook (Rule 3671)
Novice IJS	2:30	As stated in the 2009 USFS Rulebook (Rule 3661 or 3662)
Junior IJS	2:50	As stated in the 2009 USFS Rulebook (Rules 3651 & 3652) Elements to be skated are for the 2009-2010 season
Senior IJS	2:50	As stated in the 2009 USFS Rulebook (Rule 3641 & 3642)

Spins Only

Skaters will qualify according to their Free Skating level. Spins may be joined with appropriate connecting moves and will be skated on one-half ice. There will be a one and a half minute time limit, and no music. Spins must be skated exactly as stated, but may be performed in any order. Revolutions are minimums. **Levels will be broken into smaller groups if numbers warrant.**

PrePreliminary: <ul style="list-style-type: none"> One-foot spin, optional free leg (3 revs) Two-foot spin (3 revs) Forward sit spin (3 revs) 	PreJuvenile: <ul style="list-style-type: none"> Camel spin (4 revs) Forward sit to back sit spin (4 revs each foot) Front to back scratch spin (4 revs each foot)
Preliminary: <ul style="list-style-type: none"> Scratch spin (5 revs) Forward sit spin (3 revs) Camel spin (3 revs) 	Juvenile / Open Juvenile (combined for this event however if number of entries warrant, flights will be broken into smaller groups based on age): <ul style="list-style-type: none"> Spin combination with 1 change of position and 1 change of foot (4 revs each foot) Flying camel spin (5 revs) Forward sit to back sit spin (5 revs each foot)

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Please consult with your coach before submitting your entry form to ensure that you have entered the correct events.

BASIC PROGRAM WITH MU: BASIC 1 – BASIC 8

- The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.
- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level.
- A .2 deduction will be taken **for each** element performed from a higher level
- Time: 1:00 +/-10 Seconds

<p>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 4. Combination move clockwise or counter clockwise two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one foot upright spin optional free foot position 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Forward inside 3turn from a standstill R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge R or L 5. Tstop R or L 	<p>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6 – 8 consecutive in both directions 3. One foot spin min of three revolutions 4. Side Toe hop either direction 5. Hockey stop
<p>Basic 4</p> <ol style="list-style-type: none"> 1. Forward outside three turn from a standstill R & L 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6 – 8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop R or L 	<p>Basic 3</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 – 8 consecutive 3. Moving forward to backward two foot turn in either direction 4. Backward one foot glide either foot 5. Two foot spin
<p>Basic 2</p> <ol style="list-style-type: none"> 1. Forward one foot glide either foot 2. Two foot turn in place forward to backward 3. Backward two foot swizzles 6 – 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	<p>Basic 1</p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 – 8 in a row 3. Backward wiggles 6 – 8 in a row 4. Forward snowplow stop

We look forward to seeing you in August!