



14TH ANNUAL

Southern Eastern Great Lakes Figure Skating Council Competition

February 20-22, 2009

Hosted by the Skating Club of Huntsville
Benton H. Wilcoxon Municipal Ice Complex, Huntsville, AL

THIS COMPETITION WILL UTILIZE THE INTERNATIONAL JUDGING SYSTEM FOR JUVENILE EVENTS AND HIGHER. TEST TRACK FS, IJS JUMPS, AND SYNCHRO EVENTS WILL BE OFFERED.

<http://www.schsv.com/> www.seglskate.org

Rules/Conduct/Eligibility: The competition is sanctioned by US Figure Skating and will be governed by the rules effective for the 2008-2009 qualifying competition season except as modified in this announcement. The Chief Referee is Ms. Kathy Slack. Eligible competitors shall be current members in good standing of US Figure Skating and shall be eligible to enter events based on their test status (as of January 15, 2009) or compete up one level, but not both. Free Skating events are divided into regular Competitive FS events and Competitive Test Track FS events. Competitors may enter FS events in one or the other, not both. Free Skating, Jump and Spin events will be judged using the IJS Mini System for all levels Juvenile and higher. All Test Track events will be judged under the 6.0 system. Please note the qualifications and requirements for each. A minimum of two entries will be required for all flights to be scheduled.

Facility

The competition will be held at Benton H. Wilcoxon Municipal Ice Complex, 3185 Leeman Ferry Road, Huntsville, AL, 35801. The Wilcoxon Municipal Ice Complex has ample seating and parking capacity. The Ice Complex has two NHL regulation ice surfaces measuring 85' x 200'. The facility offers a snack bar. Locker rooms will be available for competitors. Visiting vendors will offer skating and non-skating related products. The facility also has a pro-shop with skating equipment maintenance services.

Entries

All entries must be postmarked no later than January 15, 2009. Payment of all entry fees must accompany completed entry forms and certification forms. Checks must be made payable to the Skating Club of Huntsville. Late entries will be accepted at the discretion of the Skating Club of Huntsville and must include a \$25 late fee. A \$25 service charge will be assessed for each returned check. No refunds will be given after the January 15, 2009 deadline unless the event is cancelled for lack of entries. Entries where incorrect levels were entered on the application form and changes need to be made will be assessed a \$25 change fee.

Event Fees

First single event.....	\$80.00
Additional single events	\$35.00
Pairs (per person as first event)	\$40.00
Pairs (per person as additional event)	\$25.00
Basic Skills	\$35.00
Synchronized Skating Team Event Fees	\$130.00

Practice Ice

Skaters wishing to purchase practice ice must submit the Practice Ice Form along with a separate check for practice ice fees. Phone or email reservations will not be accepted. Practice ice will be \$8 per 20 minute session if arranged by January 15, 2009. Practice will be limited to 20 skaters.

Mail Entries to:

The Skating Club of Huntsville, SEGL 2009, c/o Tony Torres, 1818 Covewood Dr., Huntsville, AL 35801. For more information, contact Tony Torres at 256-426-2455 or tonytorres14@hotmail.com.

Competition Schedule

Competition schedule and practice ice information will be posted online at schsv.com at least 10 days before the competition begins. Information will not be sent by mail.

Registration

The registration desk will be located in the lobby of the Benton H. Wilcoxon Ice Complex. The registration desk will be open prior to the first practice ice each day and will close after the last event of the competition each day. An official bulletin board will be maintained with information regarding schedules and important announcements. Such announcements shall constitute sufficient notice to competitors, coaches, chaperones and officials. Skaters should arrive at the facility a minimum of one hour before their scheduled skate time and should check in with the ice monitor twenty minutes prior to their event.

Music

All competition music must be turned in at the time of registration. Music must be on CDs, which have been labeled clearly with the skater's name and event marked. Due to compatibility and reliability reasons no music may be submitted on re-recordable "CDRW" discs. Competitors must have suitable emergency backup music at rink side. Skaters should remember to pick up their music at the registration desk after their event. The Skating Club of Huntsville will provide music for Basic Skills Events.

Awards

Medals will be given to the 1st, 2nd, 3rd and 4th places in all events. Ribbons will be given to 5th through 8th place for events through Pre-Juvenile events. Awards presentations and will take place immediately following the posting of the results for each event or as early as is possible. Skaters should report to the awards area promptly in competition attire and skates. All Basic Skills entrants will receive a medal or ribbon. A 1st and 2nd place Team Trophy will be awarded to the clubs whose members compile the most event points according to the 2009 point system. Only your home club may be awarded your points. Basic Skills events will be included in the total points.

Critiques

Individual critiques by judges and TS will be offered to skaters and coaches after each Juvenile through Senior Free Skate (excluding Test Track) and Pairs Free Skate Events.

Planned Program Content Sheets

Competitors in the IJS events (excluding Jump and Spin events) are required to submit a Planned Program Content Sheet. The PPCS is to be completed online no later than February 8, 2009 but can be updated up to February 18, 2009. Please note that PPCS initially submitted online after February 8, 2009 or any PPCS submitted by paper, regardless of date, will incur a \$10 processing fee. Once entered, PPCS may be updated online at any time as often as is desired and without cost. Please go to www.usfsaonline.org and follow the instructions to complete your Planned Program Content Sheet. Designate SEGL 2009 to receive your forms.

Video

Videotaping services will be available for purchase by Saxena Video Productions LLC. Those interested in videotaping for personal use are required to remain in the bleachers. Electrical outlets may not be used. Absolutely no flash photography is allowed during the competition.

Hotel Information

Our host hotel is the Holiday Inn Downtown, 401 Williams Street, Huntsville Alabama 35801, Please use the group name of SEGL 2009. The SEGL 2009 group rate is \$95. Call 1-888-465-4329 or 1-256-2233 for reservations. This property is a full service hotel with a restaurant, indoor pool, sauna, health club and free continental breakfast. It is within 8 minutes of the Benton H. Municipal Iceplex.

2009 SEGL Competition February 20-22, 2009. Entries must be postmarked by January 15, 2009 Applications available on Web: www.schsv.com BE SURE TO COMPLETE BOTH PAGES OF APPLICATION. Partners must complete separate entry forms. Please print.

Competitor's Last Name:				First Name:				USFS #:			
Address:											
City:						State:		Zip:	Phone: ()		
Competitor's Club:				Date of Birth:		Age:		Sex:			
FS Test Passed:			Pair Test:			Skater's Email:					
Partner's Last Name:					Partner's First Name:						
Primary Coach's Last Name:					Primary Coach's First Name:						
Primary Coach's Address:				City:			State:		Zip:		
Coach's Primary Phone: ()		Coach's 2 nd Phone: ()		Coach's Email:				Coach's USFS#:			
Free Skating Events		Compulsory Moves		Jumps Only		Short Programs		Basic Skills Events			
1	Beginner I	25	Beginner I	44	Pre Preliminary	67	Juvenile IJS	89	Snowplow/Tots		
2	Beginner II	26	Beginner II	45	Preliminary	68	Open Juvenile	90	Basic 1		
3	Pre Preliminary A	27	Pre Preliminary	46	Pre Juvenile	69	Intermediate IJS	91	Basic 2		
4	Pre Preliminary B	28	Preliminary	47	Juvenile IJS	70	Novice IJS	92	Basic 3		
5	Preliminary A	29	Pre Juvenile	48	Open Juvenile	71	Junior IJS	93	Basic 4		
6	Preliminary B	30	Adult Pre Bronze	49	Intermediate IJS	72	Senior IJS	94	Basic 5		
7	Pre Juvenile	31	Adult Bronze	50	Novice – IJS	MIF Events		95	Basic 6		
8	Juvenile IJS	32	Adult Silver	51	Junior – IJS	73	Pre Preliminary	96	Basic 7		
9	Open Juvenile	33	Adult Gold	52	Senior – IJS	74	Preliminary	97	Basic 8		
10	Intermediate IJS	Pairs FS		Spin Events		75	Pre Juvenile	Synchro Events			
11	Novice IJS	34	Preliminary	53	Beginner	76	Juvenile	100	BS Beg 1		
12	Junior IJS	35	Pre Juvenile	54	Pre Preliminary	77	Intermediate	101	BS Beg 2		
13	Senior IJS	36	JuvenileIJS	55	Preliminary	78	Novice	102	BS Beg 3		
14	Adult Pre Bronze	37	IntermedatelJS	56	Pre Juvenile	79	Junior	103	Preliminary		
15	Adult Bronze	38	NoviceIJS	57	Juvenile IJS	80	Senior	104	Pre-Juv		
16	Adult Silver	39	JuniorIJS	58	Open Juvenile	Showcase Events		105	Juvenile		
17	Adult Gold	40	SeniorIJS	59	Intermediate – IJS	81	Preliminary	106	Open-Juv		
18	Adult Masters		Pairs SP	60	Novice – IJS	82	Pre Juvenile	107	Intermed.		
Test Track FS Events		41	Novice – IJS	61	Junior IJS	83	Juvenile	108	Novice		
19	Pre Juvenile	42	Junior – IJS	62	Senior IJS	84	Intermediate	109	Junior		
20	Juvenile	43	Senior – IJS	63	Adult Pre Bronze	85	Novice	110	Senior		
21	Intermediate			64	Adult Bronze	86	Junior	111	Adult		
22	Novice			65	Adult Silver	87	Senior		** Circle each event entered		
23	Junior			66	Adult Gold	88	Adult				
24	Senior										

Entry Fees All fees are per skater (unless otherwise noted)			
First Event any level Free Skating, Short Program, Compulsory Moves, MIF, Spins and Showcase:	\$80.00	=	
Additional Single Events:	\$35.00 Each	=	
Pairs (per person as first event)	\$40.00 Each	=	
Pairs (per person as additional event)	\$25.00 Each	=	
Basic Skills Events Only:	\$35.00	=	
Late fee (if application is postmarked after 01/15/09 and accepted) (No Metered Mail Accepted)	\$25.00	=	
Make checks payable to: Skating Club of Huntsville 1818 Covewood Drive Hunstville, AL 35801	Total	=	

Authorization by Club Officer

I hereby approve the entry of _____(skater’s name) into the 2009 SEGL Competition. I further certify that he/she is a member in good standing of our club and has passed the appropriate tests to skate the events entered.

Club Officer:			
Signature:			
Title: (Pres., VP, Secretary, Treasurer or Test Chair Only)	Phone # ()		
Club (No abbreviation Please):			

Authorization by Competitor and Parent/Guardian

I, _____, am an eligible skater, under the rules of United States Figure Skating, to enter the above events. I agree to hold harmless US Figure Skating, the Skating Club of Huntsville and Benton H Wilcoxon Municipal Ice Center from any loss, damages and /or injury that may be sustained in any manner while participating in any activities of this competition. I agree to abide by the US Figure Skating Code of Conduct. I understand no refunds will be given for any reason. I understand a \$25.00 charge for returned or stop payment check will be assessed.

Competitor’s Signature:	Date:
Parent/Guardian’s Signature: (If competitor is under age 18)	Date:

Authorization by Primary Coach

I have reviewed and approve the entry of this skater in the indicated events.

Coach’s Name:			
Coach’s Address:			
Coach’s Email:			
Coach’s Signature:	Date:		
Coach’s Phone # ()			

Make checks payable to: Skating Club of Huntsville
Mail completed form, and entry fee check to: SEGL 2009
c/o Tony Torres, 1818 Covewood Drive, Huntsville, AL 35801
Phone: 256-426-2455.
WE REGRET THERE WILL BE NO REFUNDS

14th Annual SEGL Competition Hosted
by SC of Huntsville, February 20-22, 2009

PRACTICE ICE FORM

Name: Sex: USFS Number:

Last First M.I.

Street Address:

City: State: Zip: Birth Date: Phone #: email: Club/Rink: Last USFS Level Passed: FS Moves Pairs Basic Skills Level

Partner Name & USFS # (if applicable, separate entry form required):

Coach Name: _____

Coach Address: _____

Coach Email: _____ Coach Phone: _____

Practice ice sessions are 20 minutes in length. The fee when purchased prior to the January 15, 2009 deadline is \$8.00 per 20 minute session. If space allows, the walk-on fee for a 20 minute practice ice session without a reservation is \$10.00. Please indicate below the number and type of practice session that the competitor desires. Moves in the Field, Spins, Compulsory Moves and Showcase will be included in the Free Skating practice. Practice ice sessions may be cancelled if an insufficient number of reservations are received.

Free Skating Session: Level # of sessions Basic Skills Session: Level # of sessions (1 maximum) Pairs Session: Level # of sessions

Notes – list events entered here:

Total # Sessions X \$8.00 = \$

For practice ice, please include a separate check made out to Skating Club of Huntsville. Completed Practice Ice Forms and related payments should be postmarked no later than January 15, 2009 and mailed to: SEGL 2009, c/o Tony Torres, 1818 Covewood Drive, Huntsville, AL 35801. Reservations without payment will not be recognized. Reservations will not be accepted by phone or email. The practice ice schedule will be mailed along with competition schedules only if a self addressed stamped envelope has been provided.

WISH YOUR SKATERS LUCK WITH AN AD IN THE OFFICIAL EVENT

PROGRAM! Enclose check for \$10 to SC of Huntsville. Limit of 15 words.

SKATER:

MESSAGE:

14th Annual SEGL Competition Hosted
by the Skating Club of Hunstville
Competition Events

1- FREE SKATING EVENTS – Well Balanced Program and Competitive Test Track

Skaters may enter the event for which they have passed the required test or one level higher (i.e. skaters may “skate up” one level) except as noted below. Times stated for free skating events are +/-10 seconds. Skaters may enter EITHER the new test track or the well-balanced free skate track, but not BOTH. All Test Track events will be judged under the 6.0 system. Free skate, Jump, Spin and Pair events will be judged using the IJS system for all levels Juvenile and above. Deductions will be made for skaters including elements not permitted in the event description.

Beginner I: This basic level is designed for the beginning competitive skater. Skaters may not have passed the USFS Pre-Preliminary Free Skating test. Skaters may select the moves of their choice but may not include any full revolution jumps other than the Toe loop and Salchow. 1.5 minutes.

Beginner II: Skaters may not have passed the USFS Pre-Preliminary FS test. Skaters may select the moves of their choice but must not include any multi-revolution jumps. Single jumps only no axels. 1.5 minutes.

Pre-Preliminary A: Skaters may have passed the USFS Pre-Preliminary Free Skate test and no higher. Single jumps only – NO AXEL. 1 .5 minutes.

Pre-Preliminary B: Skaters may have passed the USFS Pre-Preliminary Free Skate test and no higher. Single jumps only. AXEL IS PERMITTED. Required elements as stated in 3711. 1.5 minutes.

Preliminary A: Skaters may have passed the USFS Preliminary FS test and no higher. Single jumps only – including axel. 1.5 minutes.

Preliminary B: Skaters may have passed the USFS Preliminary FS test and no higher. Required elements as stated in 3701. 1.5 minutes.

Pre-Juvenile: Skaters may have passed the USFS Pre-Juvenile FS test and no higher. Required elements as stated in 3690. 3691. 2 minutes.

Pre-Juvenile Test Track: Skaters must have passed at least the USFS Preliminary FS test but may not have passed tests higher than Pre-Juvenile FS test. Three spins in any position, (min. 4 revs.), one must be a combination spin with change of foot optional (min. 3 revs. on each foot or 6 total revolutions and no flying spins). Jumps with not more than one rotation (no axels). Jump combinations and sequences are allowed. Max. 6 jumping elements. One step sequence straight line, circular, or serpentine fully utilizing ice surface. 2 minutes.

Juvenile IJS: Skaters may have passed the USFS Juvenile FS test and no higher. Required elements as stated in 3680, 3681. Skaters may not exceed 12 years of age on 1/15/09. 2.15 minutes.

Juvenile Test Track: Skaters must have passed at least the USFS Pre-Juvenile FS test but may not have passed tests higher than Juvenile FS test. Three spins in any position (Min. 4 revs.), one must be a combination spin with one change of foot (min. 4 revs. On each foot). May include flying spins. Any single jumps and jump combinations with not more than 1 1/2 rotations. (Axel permitted). Maximum 6 jumping elements. One step sequence straight line, circular, or serpentine fully utilizing ice surface. 2:15 minutes

Open Juvenile: Skaters may have passed the USFS Juvenile FS test and no higher. Required elements as stated in 3681. Skaters must be at least 13 years of age on 1/15/09. 2.15 minutes.

Intermediate IJS: Skaters may have passed the USFS Intermediate FS test and no higher. Required elements as stated in 3670, 3672. Skater may not exceed 17 years of age as of 1/15/09. 2.5 minutes.

Intermediate Test Track: Skaters must have passed at least the USFS Juvenile FS test but may not have passed tests higher than Intermediate FS test. Three spins in any position as solo (Min. 4 revs.), one must be a combination spin with at least one change of foot (min. 4 revolutions on each foot). May include flying spins. Any single jumps. Double jumps may only be the double Salchow and the double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements. One step sequence straight line, circular, or serpentine fully utilizing ice surface. 2.5 minutes.

Novice IJS: Skaters may have passed the USFS Novice FS test and no higher. Required elements as stated in 3660, 3663. Ladies – 3 minutes. Men – 3.5 minutes.

Novice Test Track: Skaters must have passed at least the USFS Intermediate FS test but may not have passed tests higher than Novice FS test. Three spins in any position (min. 6 revs.) one must be a combination spin with at least one change of foot (min. 5 revs./each foot). May include flying spins. Any single jumps. Double jumps may only

be the double salchow, double toe loop and the double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements. One step or spiral sequence (See Rule 3640 for description). Ladies 3:00 min, Men 3:30 min.

Junior IJS: Skaters may have passed the USFS Junior FS test and no higher. Required elements as stated in 3650, 3653. Ladies – 3½ minutes. Men – 4 minutes.

Junior Test Track: Skaters must have passed at least the USFS Novice FS test but may not have passed tests higher than the Junior FS test. Three spins – one must be a flying spin, a solo spin (6 revs. each) and a combination spin consisting of all three positions and one change of foot (min. 2 in each pos. and min. 5 revs. on each foot). 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. Maximum 8 jumping elements for men and 7 for ladies. Men: Two different step sequences. Ladies: One step sequence and one spiral sequence (see Rule 3640 for description). Ladies 3:30 minutes, Men 4:00 minutes

Senior IJS: Skaters may have passed the USFS Senior FS test and no higher. Required elements as stated in 3640, 3643. Ladies – 4 minutes. Men – 4.5 minutes.

Senior Test Track: Skaters must have passed at least the USFS Junior FS test. Four spins (min. 6 revs. on all solo spins) – one must be a flying spin, one solo spin, one spin combination consisting of all three positions and one change of foot (min. 2 in each position and min. 5 revs. on each foot). At least four different double jumps one must be a double lutz. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies. Men: Two different step sequences. Ladies: One step sequence and one spiral sequence (See Rule 3640 for description). Ladies 4 minutes. Men – 4:30 minutes

Adult Pre-Bronze: Skaters must be 21 years or older on 1/15/09. Skaters may have passed USFS Adult Pre--Bronze Free Skating Test but no higher. Skaters may select moves of their choice but may not include a lutz or axel. Required elements as stated in 3805, 3806. 1:40 maximum.

Adult Bronze: Skaters must be 21 years or older on 1/15/09. Skaters may have passed USFS Adult Bronze Free Skating test but no higher. Single jumps only no axels. Required elements as stated in 3800, 3801. 1:50 maximum.

Adult Silver: Skaters must be 21 years or older on 1/15/09. Skaters may have passed USFS Adult Silver Free Skating test but no higher. Axel permitted – no doubles. Required elements as stated in 3790, 3791. 2:10 maximum.

Adult Gold: Skaters must be 21 years or older on 1/15/09. Skaters may have passed USFS Adult Gold Free Skating test but no higher. No double Lutz or double Axel jumps. Required elements as stated in 3780, 3781 2:40 maximum.

Adult Masters: Skaters must be 21 years or older on 1/15/09. Skaters may have passed USFS Adult Masters FS test. No jump limitations. Required elements as stated in 3750. 3:40 maximum.

2- SHORT PROGRAM EVENTS

Skaters may "skate up" one level. Short program requirements are listed in the 2008-2009 Rulebook. Group B elements (2008-2009 year) shall be utilized. Short program times are maximum times.

Juvenile IJS: Lutz; Axel; Jump Combination consisting of 2 single jumps or 1 single and 1 double; Solo spin – minimum of 4 revolutions in position, may not commence with a jump; spin combination with only one change of foot and at least one change of position (4 revolutions on each foot); step sequence (straight line, circular or serpentine). 2:00 minute maximum.

Open Juvenile: Lutz; Axel; Jump Combination consisting of 2 single jumps or 1 single and 1 double; Solo spin – minimum of 4 revolutions in position, may not commence with a jump; spin combination with only one change of foot and only one change of position (4 revolutions on each foot); step sequence (straight line, circular or serpentine). 2:00 minute maximum.

Intermediate IJS: Required elements as stated in 3671, 3672 in the 2008 – 2009 Rulebook. 2:00 minutes maximum.

Novice IJS: Required elements as stated in 3661, 3662 in the 2008 – 2009 Rulebook. 2:30 minutes maximum.

Junior IJS: Required elements as stated in 3651, 3552 in the 2008-2009 Rulebook. 2:50 minutes maximum.

Senior IJS: Required elements as stated in 3641, 3642 in the 2008 – 2009 Rulebook. 2:50 minutes maximum.

3-BASIC SKILLS EVENTS

All basic skills events will be skated on half ice and will be skated to music provided by Skating Club of Huntsville. Extra elements are not allowed and will result in deductions. Specified elements may be repeated within the program.

Snowplow/Tot: (Skaters who are five years of age or younger and who have not passed Basic 1)

- 1 March followed by a two foot glide and dip
- 2 Forward two foot swizzles (2-3 in a row)
- 3 Forward snowplow stop
- 4 Backward wiggles (2-6 in a row)

Basic 1: (Skaters who have passed or are working on Basic 1)

- 1 Forward two foot glide
- 2 Forward two foot swizzles (6-8 in a row)
- 3 Forward snowplow stop
- 4 Backward wiggles (6-8 in a row)

Basic 2: (Skaters who have passed or are working on Basic 2)

- 1 Forward one foot glide – either foot
- 2 Backward two foot swizzles (6-8 in a row)
- 3 Two foot turn in place – forward to backward
- 4 Moving snowplow stop
- 5 Forward alternating ½ swizzle pumps, in a straight line

Basic 3: (Skaters who have passed or are working on Basic 3)

- 1 Forward stroking
- 2 Forward ½ (one foot) swizzle pumps on a circle – clockwise or counter clockwise (68 consecutive)
- 3 Moving forward to backward two foot turn either direction
- 4 Backward one foot glide – either foot
- 5 Two foot spin

Basic 4: (Skaters who have passed or are working on Basic 4)

- 1 Forward outside edge on a circle clockwise or counter clockwise
- 2 Forward crossovers – clockwise and counter clockwise (6-8 consecutive)
- 3 Forward outside three turn – right and left
- 4 Backward stroking
- 5 Backward snowplow stop – right and left

Basic 5: (Skaters who have passed or are working on Basic 5)

- 1 Backward outside edge on a circle – clockwise or counter clockwise
- 2 Backward crossovers both directions (6-8 consecutive)
- 3 One foot spin (optional entry, optional free foot position, minimum of 3 revolutions)
- 4 Hockey stop
- 5 Side toe hop – either direction

Basic 6: (Skaters who have passed or are working on Basic 6)

- 1 Forward inside three turn right and left
- 2 T Stop right or left
- 3 Bunny hop
- 4 Forward spiral on a straight line – right or left
- 5 Lunge – right or left

Basic 7: (Skaters who have passed or are working on Basic 7)

- 1 Forward inside open mohawk – right to left and left to right
- 2 Ballet jump – either direction
- 3 Backward crossovers to backward outside edge landing position – clockwise and counter clockwise
- 4 Forward inside pivot

Basic 8: (Skaters who have passed or are working on Basic 8)

- 1 Moving forward inside or forward outside three turns – right and left
- 2 Waltz jump
- 3 Mazurka – either direction
- 4 Combination move – clockwise or counter clockwise (see Basic 8 curriculum in Manual)
- 5 Beginning scratch spin optional free foot position

4- PAIRS FREE SKATING EVENTS

Novice, Junior, and Senior pairs short program will be separate events as listed below and will not be combined. All pairs events requirements will be according to the 2008-2009 USFSA Rulebook.

Preliminary: Skaters may have passed the USFS Preliminary Pair Test and no higher. 1½ minutes.

Pre-Juvenile: Skaters may have passed the USFS Pre-Juvenile Pair Test and no higher. 2 minutes.

Juvenile IJS: Skaters may have passed the USFS Juvenile Pair Test and no higher. Skaters may not exceed 16 years of age as of 1/15/08. 2.5 minutes.

Intermediate IJS: Skaters may have passed the USFS Intermediate Pair Test and no higher. Skaters may not exceed 18 years of age as of 1/15/08. 3 minutes.

Novice IJS: Skaters may have passed the USFS Novice Pair Test and no higher. 3.5 minutes.

Junior IJS: Skaters may have passed the USFS Junior Pair Test and no higher. 4 minutes.

Senior IJS: Skaters may have passed the USFS Senior Pair Test. 4.5 minutes.

5- PAIRS SHORT PROGRAM

All pairs events requirements will be according to the 2008-2009 qualifying season. Group B elements (2008-2009 year) shall be utilized. Short program times are maximum times.

Novice IJS: Required elements as stated in 4060, 4061, 4062 in the 2009 USFS Rulebook. 2:30 minute maximum.

Junior IJS: Required elements as stated in 4050, 4051, 4052 in the 2009 USFS Rulebook. 2:50 minute maximum.

Senior IJS: Required elements as stated in 4040, 4041, 4042 in the 2009 USFS Rulebook. 2:50 minute maximum

6-COMPULSORY MOVES

Test requirements are the same as listed under single free skating events. Compulsory events will be skated on one-half of the ice surface without music. Skaters may not exceed the stated time limit. All times listed are maximums. Compulsory moves may be skated in any order, except where specified. There must be no change of foot or turn between combination jumps. Double jumps may not be substituted for single jumps. An axel is a single jump, except where noted. Excessive footwork and added elements will be penalized. Skaters may skate up one level, but may not skate at more than one level. Skaters may not enter both short program and compulsory moves.

Beginner I: ½ revolution jump, waltz jump, bunny hop, two foot spin, lunge, forward pivot. 1 minute maximum.

Beginner II: Backward crossovers—min. of 4 in each direction, toe loop, half flip, spiral, one foot spin with optional free foot position. 1 minute maximum.

Pre-Preliminary: Salchow, loop jump, single/single combination (no axels), forward inside or outside edge spiral, scratch spin. 1.5 minute maximum.

Preliminary: Lutz, single/single combination (axel permitted), one foot upright back spin, forward outside or inside edge spiral, back outside pivot. 1.5 minute maximum.

Pre-Juvenile: Lutz, single/single combination (axel permitted), camel/sit spin combination with no change of foot (minimum of 6 revolutions), forward inside edge spiral, either a split jump or falling leaf. 1 ½ minute maximum.

Adult Pre-Bronze: Waltz jump, one foot spin (minimum of 3 revolutions), spiral, forward crossovers (both directions), half flip. 1 .5 minute maximum.

Adult Bronze: Salchow, one foot back spin (minimum of 3 revolutions), waltz jump toe loop combination, sit spin (minimum of 3 revolutions), forward inside edges. 1 .5 minute maximum.

Adult Silver: Loop jump, sit spin (minimum 3 revolutions), combination jump with no change of foot between jumps, combination spin with one change of position (minimum 3 revolutions each position), circular footwork. 1 .5 minute maximum.

Adult Gold: Lutz jump, camel spin (minimum 4 revolutions), combination jump with no change of foot between jumps, straight line footwork, combination spin with at least one change of foot. 1 .5 minute maximum.

7- MOVES IN THE FIELD

Each skater shall perform both elements consecutively as in a test situation. **Pre-Preliminary:** Pattern 2: RBO-LBO, RBI-LBI consecutive edges and Pattern 4: Waltz eight **Preliminary:** Pattern 2: Consecutive outside and inside spirals and Pattern 3: Forward power 3turns **Pre-Juvenile:** Pattern 3: 3turns in the field (FO – BI) and Pattern 6: 5step Mohawk sequence **Juvenile:** Pattern 1: 8step Mohawk sequence – 1A only and Pattern 4: Forward outside and inside double threes **Intermediate:** Pattern 3: Backward perimeter power stroking with backward power 3turns and Pattern 4: Backward double 3 turns **Novice:** Pattern 2: Forward stroking to quick rocker turn sequence in both directions and Pattern 4: Backward rocker sequence **Junior:** Pattern 3B: Forward and backward inside rockers and Pattern 4: Power pulls **Senior:** Pattern 2: Extension spiral step and Pattern 4: Quick edge step

8- SPINS

Eligibility is as described in Free Skating events. Spins must be skated exactly as stated but may be skated in any order without music. Connecting moves may be included for the sole purpose of maneuvering between spins and will not be judged. All levels will be skated on half the ice surface. Events/genders may be combined, based on the number of entries, at the discretion of the referee.

Beginner: Two Foot Spin, Scratch Spin; Sit Spin (minimum 3 revolutions per spin). 1 minute maximum.

Pre-Preliminary: Scratch Spin; Back Spin; Sit Spin (minimum 3 revolutions per spin). 1 minute maximum.

Preliminary: Back Spin; Camel Spin; Sit Spin (minimum 3 revolutions per spin). 1 minute maximum.

Pre-Juvenile: Camel Spin (minimum 3 revolutions); Forward to Backward Scratch Spin (minimum 4 revolutions per foot); Camel to Sit Spin with no change of foot (minimum 6 revolutions total). 1.15 minutes maximum.

Juvenile IJS: Sit Spin (minimum 4 revolutions); Combination Spin with change of foot, change of position optional (4 revolutions per foot); Layback Spin (ladies), Camel Spin (men) (minimum 4 revolutions). 1.5 minutes maximum.

Open Juvenile: Sit Spin (minimum 4 revolutions); Combination Spin with change of foot, change of position optional (4 revolutions per foot); Layback Spin (ladies), Camel Spin (men) (minimum 4 revolutions). 1.5 minutes maximum.

Intermediate IJS: Sit Spin change Sit Spin (minimum 4 revolutions per foot); Flying Camel (minimum 5 revolutions); Combination Spin with change of foot and at least one change of position (minimum 5 revolutions per foot). 1.5 minutes maximum.

Novice IJS: Solo Spin – Camel, Sit or Layback (minimum of 6 revolutions); Camel Spin change Camel Spin (minimum 4 revolutions per foot); Combination Spin with change of foot and at least one change of position (minimum 5 revolutions per foot) 1.5 minutes maximum.

Junior IJS: Flying Sit Spin or Flying Reverse Sit Spin (minimum 6 revolutions); Combination Spin utilizing all 3 positions and one change of foot (minimum 5 revolutions per foot); Layback (ladies), Cross Foot (men) (minimum 6 revolutions). 2 minutes maximum.

Senior IJS: Solo Spin of choice (minimum 6 revolutions); Flying spin of choice (minimum 6 revolutions); Combination Spin utilizing all 3 positions and one change of foot (minimum 10 revolutions total). 2 minutes maximum.

Adult Pre-Bronze: One Foot Upright Spin (minimum 3 revolutions); Two Foot Spin (minimum 3 revolutions); Pivot of choice. 1.15 minutes maximum.

Adult Bronze: One Foot Upright Spin (minimum 4 revolutions); One Foot Back Spin (minimum 3 revolutions); Sit Spin (minimum 3 revolutions) 1.15 minutes maximum.

Adult Silver: Camel Spin (minimum 3 revolutions); Layback Spin, Attitude or Sit Spin (minimum 4 revolutions); Combination Spin with only one change of position (minimum 4 revolutions each position) 1.15 minutes maximum.

Adult Gold: Camel Spin (minimum 4 revolutions); Layback Spin, Attitude or Sit Spin (minimum 4 revolutions); Combination Spin with only one change of foot and at least one change of position (minimum 4 revolutions per foot). 1.5 minutes maximum.

9- JUMPS

Eligibility is as described in Free Skating events. Jumps must be skated exactly as stated, in the order listed without music. Juvenile level and above will be skated on full ice and judged using the IJS system. Events/genders may be combined, based on the number of entries, at the discretion of the referee.

Pre-Preliminary: 1) Single flip/loop combination, 2) Single salchow/toe loop combination, 3) Lutz or Axel.

Preliminary: 1) Single lutz/loop combination, 2) Double salchow 3) Axel.

Pre-Juvenile: 1) Axel, 2) Double toe loop, 3) Double salchow.

Juvenile IJS: 1) Axel, 2) Double toe loop, 3) Double flip in combination with another single or double jump.

Intermediate IJS: 1) Axel, 2) Double toe, 3) Any double/double combination or double/single combination.

Novice IJS: 1) Double Loop, 2) Double Flip, 3). Any double/double combination

Junior IJS: 1) Double Lutz, 2) Double Axel, 3) Any double/double combination

10- SHOWCASE

Skaters will provide their own music. The themes are open. Vocal music is allowed. The program shall stress creativity with an emphasis on musical interpretation and an overall artistic performance. Spins and jumps are allowed, but shall not be highlighted and shall be used only to emphasize the artistic quality of the program. Costumes are encouraged. Hand held props only. Props must be carried at all times.

Preliminary: Preliminary Free Skate Test, No Higher	1:40 max
Pre Juvenile: Pre Juvenile Free Skate Test, No Higher	1:40 max
Juvenile: Juvenile Free Skate Test, No Higher	2:10 max
Intermediate: Intermediate Free Skate Test, No Higher	2:10 max
Novice Novice Free Skate Test, No Higher	2:40 max
Junior: Junior Free Skate Test, No Higher	2:40 max
Senior Senior Free Skate Test, No Higher	2:40 max
Adult 21 years Min. age	2:40 max

11- Synchronized Skating:

A. Basic Skills Beginner 1

A team of 8 to 16 skaters. The majority of the team must be under 9 on the preceding July 1.

Program duration: 1 ½ - 2minutes +/- 10 sec.

Required elements:

a. **Circle:** 1 circle, include a 2-foot turn and a forward inside and/or forward outside edge glide

b. **Line:** Cover the ice and include only forward skating skills.

c. **Block:** Cover the ice and include only one configuration.

d. **Wheel:** A 4-spoke wheel with backward pumps.

e. **Intersection:** 2 lines facing each other, forward 2-foot glide at the point of intersection.

RESTICTIONS:

- No additional elements allowed.

- Holds may only include shoulder-to-shoulder and hand-to-hand.

- No changes or direction and traveling within elements.

- No steps or moves in Basic 6 or higher.

B. Basic Skills Beginner 2

A team of 8 to 16 skaters. The majority of the team must be 9 – 11 years old on the preceding July 1.

Program duration: 1 ½ - 2minutes +/- 10 sec.

Required elements:

a. **Circle:** 1 circle, include the combination move* from Basic 8

b. **Line:** Cover the ice may include both forward and backward skating skills.

c. **Block:** Cover the ice and include 1 or 2 configurations.

d. **Wheel:** Wheel of choice with backward pumps.

e. **Intersection:** 2 lines facing each other, forward 2-foot or 1-foot glide at the point of intersection.

RESTRICIONS:

- No additional elements allowed.

- Holds may only include shoulder-to-shoulder and hand-to-hand

- No changes or direction and traveling within elements.

- No steps or moves in Free Skate 2 or higher.

Synchronized Skating:

C. Basic Skills Beginner 3	<p>A team of 8 to 16 skaters. The <u>majority</u> of the team must be at least 12 years old on the preceding July 1</p> <p>Program duration: 2–2 ½ minutes +/- 10 sec.</p> <p>Required elements:</p> <p>a. Circle: 1 circle, include the combination move* from Basic 8</p> <p>b. Line: Cover the ice must include both forward and backward skating skills.</p> <p>c. Block: Cover the ice and include 2 or 3 configurations.</p> <p>d. Wheel: Wheel of choice.</p> <p>e. Intersection: 2 lines facing each other, forward 1-foot glide or forward lunge at the point of intersection.</p> <p>RESTRICTIONS:</p> <p>- <i>No changes or direction and traveling within elements.</i></p> <p>- <i>No steps or moves in Free Skate 2 or higher.</i></p>
D. Preliminary:	<p>A team of 8 to 16 skaters. All skaters must be under 12. The majority of the team must be under 10 on the preceding July 1.</p> <p>Program duration: 2 minutes.</p> <p>Well balanced program: Rule 4710</p>
E. Pre-Juvenile:	<p>A team of 8 to 12 skaters. The majority of the team must be under 12 on the preceding July 1.</p> <p>Program duration: 2 minutes.</p> <p>Well balanced program: Rule 4760</p>
F. Open Juvenile:	<p>A team of 8 to 12 skaters. The majority of the team must be under 19 on the preceding July 1. All skaters must have passed the pre-preliminary moves in the field test.</p> <p>Program duration: 2 ½ minutes.</p> <p>Well balanced program: Rule 4770</p>
E. Juvenile:	<p>A team of 12 to 20 skaters. Skaters must be under 13 on the preceding July 1 and have passed the preliminary moves in the field test.</p> <p>Program duration: 3 minutes.</p> <p>Well balanced program: Rule 4700</p>
F. Intermediate:	<p>A team of 12 to 20 skaters. Skaters must be under 18 on the preceding July 1 and have passed the pre-juvenile moves in the field test.</p> <p>Program duration: 3 ½ minutes.</p> <p>Well balanced program: Rule 4690</p>
G. Novice:	<p>A team of 12 to 20 skaters. Skaters must be under 16 on the preceding July 1 and have passed the juvenile moves in the field test.</p> <p>Program duration: 3 ½ minutes.</p> <p>Well balanced program: Rule 4680</p>
H. Junior:	<p>A team of 12 to 16 skaters. Skaters must be at least 12 and under 19 on the preceding July 1. All skaters must have passed the intermediate moves in the field test.</p> <p>Short program duration: Maximum 2 minutes, 50 seconds</p> <p>Free skate duration: 4 minutes</p> <p>Well balanced program and short program: Rule 4670</p>
I. Senior:	<p>A team of 16 skaters. Skaters must be at least 14 on the preceding July 1 and have passed the novice moves in the field test.</p> <p>Short program duration: Maximum 2 minutes, 50 seconds</p> <p>Free skate duration: 4 ½ minutes.</p> <p>Well balanced program and short program: Rule 4660</p>
N. Adult:	<p>A team of 12 to 20 skaters. Skaters must be at least 21 and the majority of the team must be at least 25 on the preceding July 1. All skaters must have passed either the preliminary moves in the field test, the adult bronze moves in the field test, the preliminary figure test or the preliminary dance test.</p> <p>Program duration: 3 ½ minutes</p> <p>Well balanced program: Rule 4730</p>