



Pavilion Skating Club
of Cleveland Heights

Tri-State Memorial Free Skating Championships

Hosted by the Pavilion Skating Club
Cleveland Heights, Ohio
Sanctioned by US Figure Skating



- Dates:** Friday, April 23 – Sunday, April 25, 2010
- Location:** Cleveland Heights Community Center, 1 Monticello Blvd, Cleveland Heights, OH 44118
- Rules:** This competition will be conducted in accordance with the rules set forth in the 2009-10 US Figure Skating Rulebook.
- Co-Chairs:** Diane Moore and Alyson Kallmeyer cluboffice@pavilionfsc.com
- Eligibility:** All US Figure Skating eligible skaters may register and compete. Skaters must be registered members of US Figure Skating. Test status as of March 1, 2010 will determine competition level. Single skaters may compete at their free skating test level as of March 1, 2010 or at one level higher, but not both (except solo dance). Skaters may not compete below their test level as of March 1, 2010.
- Entry Fees:** Fees are per person, per event as follows:

	<u>6.0 Events</u>	<u>IJS Events</u>
First Single Event	\$87	\$92
Additional Single Event	\$30	\$30

Please note: A \$30 service charge will be assessed for NSF check.

- Deadline:** **Completed applications and entry fees must be postmarked by March 15, 2010.** If space permits, applications **may** be accepted after this date, however a \$25 late fee will apply. Change of events after this date may be accepted, but a \$25 late fee will apply. Planned Program Content is due April 15, 2010.
- Mail to:** Pavilion Skating Club of Cleveland Heights
Tri-States Competition
1 Monticello Blvd
Cleveland Heights, OH 44118
- Any delivery service that requires a signature for delivery will not be accepted. A stamped, self-addressed business size envelope must be enclosed with your entry form if you want to receive confirmation of our receipt of your entry. Confirmation, event schedule and practice ice request will be sent to you via email unless you specifically request US Mail. This information will also be available on our club website, www.pavilionfsc.com, or www.sk8stuff.com.
- Refunds:** No refunds will be given after the March 15, 2010 deadline.
- Entries:** There is no limit on the number of entries from each participating club or rink in any event. If there are less than three (3) entries in any event, PSC reserves the right to cancel the event. In the event of a large number of entries to a single level, skaters in non-IJS events will be divided into groups according to age and randomly in IJS events.

Rinks: Rinks are 200' x 100' (IJS events) and 185' x 85' (6.0 events).

Registration: On the day of the competition, all skaters must check in at the Registration Desk which will be located at the skate rental desk. The Registration Desk will be open one hour before the first event. Skaters should be at the rink, checked in and ready to compete one hour prior to the scheduled time of their event.

Music: Music will be reproduced through the arena sound system from CDs furnished by each skater. Skaters are required to deliver their music to the registration desk at the time of registration and at least one hour before the event warm-up time. All music must be turned in properly labeled at the time of registration. All skaters should have appropriate backup music with them at rinkside. Music should be reclaimed at the registration desk following the event.

Awards: Medals will be awarded for 1st through 3rd place for each event. An individual Tri-States Memorial Plaque will be given to the club with the most points.

Event Schedule: Updates and schedules will be available on the Pavilion Skating Club website, www.pavilionfsc.com.

Practice Ice: There will be practice ice available in 30 minute sessions at \$10 per session. Please see the Practice Ice request which will be available with the competition schedule. No program music will be played in practice ice.

Scoring: Scoring will be on the 6.0 system for levels Pre-Juvenile and below and all Test Track events. The IJS will be used for Juvenile – Senior Competition Track.

PLANNED PROGRAM CONTENT SHEETS (PPCS) – Competitors in IJS events are required to submit a planned program content sheet. The PPCS is to be completed no later than April 15, 2010. For those who do not submit the Planned Program Content Sheet by April 15, 2010, a \$25.00 processing fee will be incurred. Please note that any PPCS submitted by paper, regardless of the date, will incur the \$25.00 processing fee. Once entered, a PPCS may be updated online at any time, as often as is desired without cost – but no later than April 15, 2010. Please go to www.usfsaonline.org and follow the instructions to complete your Planned Program Content Sheet. Designate Tri-State Freeskate Competition to receive your form.

EVENTS TO BE SKATED AND ELIGIBILITY

FREE SKATING EVENTS – Well Balanced Program -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. Deductions will be made for skaters including elements not permitted in the event description.

LEVEL	DESCRIPTION	TIME
SENIOR	Must have passed the Senior Free Skate test, Program requirements – 3643,	4:00 minutes/Ladies 4:30 minutes/Men
JUNIOR	Must have passed the Junior Free Skate test and no higher. Program Requirements – 3653.	3:30 minutes/Ladies 4:00 minutes/Men
NOVICE	Must have passed the Novice Free Skate test and no higher. Program requirements – 3663.	3:00 minutes/Ladies 3:30 minutes/Men
INTERMEDIATE	Must have passed the Intermediate Free Skate test and no higher. Program requirements – 3672.	2:30 minutes
JUVENILE	Must not have reached 13 years of age as of the closing date. Must have passed the Juvenile Free Skate test and no higher. Program requirements – 3681.	2:15 minutes
OPEN JUVENILE	Must be 13 years of age or older as of the closing date. Must have passed the Juvenile Free Skate test and no higher. Program requirements – 3681.	2:15 minutes
PRE-JUVENILE	Must have passed the Pre-Juvenile Free Skate test and no higher. Program requirements – 3691. Max 5 jump elements and 3 spin elements.	2:00 minutes
PRELIMINARY	Must have passed the Preliminary Free Skate test and no higher. Program requirements – 3701. Max 5 jump elements and 2 spin elements.	1:30 minutes
PRELIMINARY LIMITED	Must have passed the Preliminary Free Skate test and no higher. May include axels, but no double jumps or flying spins. Additional program requirements – 3701.	1:30 minutes
PRE-PRELIMINARY	Must have passed the Pre-Preliminary Free Skate test and no higher. Axels are permitted but no double jumps. Additional program requirements – 3711.	1:30 minutes
PRE-PRELIMINARY LIMITED	Must have passed the Pre-Preliminary Free Skate test and no higher. May not include axels, double jumps or flying spins. Additional program requirements – 3711.	1:30 minutes
HIGH BEGINNER	Must not have passed the Pre-Preliminary Free Skate. May include any half revolution jumps plus Salchows, toe-loops, half loops and loops. May not include flying spins. Additional program requirements – 3721.	1:30 minutes
LOW BEGINNER	Must not have passed the Pre-Preliminary Free Skate. May include any half revolution jumps plus Salchows, toe-loops and half-loops. May not include flying spins, combination spins or backspins. Additional program requirements – 3721.	1:30 minutes

TEST TRACK EVENTS – Competitive Test Track Skaters may enter **EITHER** the test track free skate program or the well-balanced track free skate program but **NOT BOTH** during the same non-qualifying competition. Competitors will skate to music of their choice. 6.0 Judging will be used.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 0.1 from **EACH** mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	DESCRIPTION	QUALIFICATIONS	TIME
SENIOR TEST TRACK	Three spins – one must be a flying spin; spin in one position (min 6 revolutions each); and a combination spin consisting of all three positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot). At least four different double jumps – one must be a double Lutz. Jump combinations and sequences allowed. Maximum 8 jump 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)	Skaters must have passed at least the US Figure Skating Junior FS test.	Ladies: 4:00 min. +/- 10 sec. Men: 4:30 min. +/- 10 sec.
JUNIOR TEST TRACK	Three spins – one must be a flying spin; one spin in one position (min. 6 revs. ea.); one combination spin consisting of all three positions and one change of foot (min. 2 revs. ea. pos.; 5 revs. ea. ft.); Max 8 jump elements for men and 7 jump elements for ladies. Double jumps may only be the double Salchow, double toe loop, double loop and the double flip. Jump combos and sequences allowed. Any single jumps. Men & Ladies: One step seq. (see rule 3640 for description.)	Skaters must have passed at least the US Figure Skating Novice FS test but not higher than the Junior FS test.	Ladies: 3:30 min. +/- 10 sec. Men 4:00 min. +/- 10 sec.
NOVICE TEST TRACK	Three different spins in any position (min. 6 revs.); one must be a combination with at least one change of foot (min. 5 ea. ft.). May include flying spins. Any single jumps. Double jumps may only be the double Salchow; double toe loop; and the double loop. Jump combos and sequences allowed. Max 7 jump elements for men and 6 jump elements for ladies. One step or spiral sequence (see rule 3640 for description).	Skaters must have passed at least the US Figure Skating Intermediate FS test but not higher than Novice FS test.	Ladies: 3:00 min. +/- 10 sec. Men: 3:30 min. +/- 10 sec.
INTERMEDIATE TEST TRACK	Three spins in any position (min. 4 revs.), one must be a combination spin with at least one change of foot (min. 4 revs. ea. ft.). 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. Max 6 jump elements. One step seq.; straight line, circular or serpentine using full ice.	Skaters must have passed at least the US Figure Skating Juvenile FS test but not higher than Intermediate FS test.	2:30 minutes +/- 10 sec.
JUVENILE TEST TRACK	Three spins in any position (min. 4 revs.), one must be a combination spin with at least 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 jump elements. One step sequence straight line, circular or serpentine using full ice.	Skaters must have passed at least the US Figure Skating Pre-Juvenile FS test but not higher than the Juvenile FS test.	2:15 minutes +/- 10 sec.
PRE-JUVENILE TEST TRACK	Three spins in any position (min. 4 revs.), one must be a combination spin with change of foot optional (min. 3 revs. ea. ft. or 6 total revs. and no flying spins). Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements. One step seq. straight line, circular or serpentine using full ice.	Skaters must have passed at least the US Figure Skating Preliminary FS test but not higher than Pre-Juvenile FS test.	2:00 minutes +/- 10 sec.

COMPETITIVE TEST TRACK (CONTINUED)

LEVEL	DESCRIPTION	QUALIFICATIONS	TIME
PRELIMINARY TEST TRACK	Two spins of a different nature, combination spins allowed (min. 3 revs. each and no flying spins). Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed the US Figure Skating Preliminary FS test but not higher than the Pre-Juvenile FS test.	1:30 minutes +/- 10 sec.
PRE- PRELIMINARY TEST TRACK	Two solo spins of a different nature, no change of foot (min. 3 revs. and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump; toe loop; and Salchow. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than the US Figure Skating Pre-Preliminary FS test.	Maximum 1:40 minutes
BEGINNER TEST TRACK	Two upright spins, change of foot optional (min. 3 revs.). Jumps with not more than one-half rotation (front to back or back to front); single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than US Figure Skating Basic Skills FS badge tests.	Maximum 1:40 minutes
LIMITED BEGINNER TEST TRACK	Two upright spins, no change of foot (min. 3 revs.). Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than US Figure Skating Basic Skills FS badge tests.	Maximum 1:40 minutes

ADULT: OPEN TO SKATERS WHO ARE 21 YEARS OLD OR OLDER.

LEVEL	DESCRIPTION	TIME
MASTERS CHAMPIONSHIP	Must have passed the Intermediate Free Skate test and/or the Adult Gold test. Program requirements – 3741.	3:40 max
ADULT GOLD	Must have passed the Adult Gold Free Skate test or the Juvenile Free Skate test or ISI FS 6. Program requirements – 3781.	2:40 max
ADULT SILVER	Must have passed the Adult Silver Free Skate test or the Juvenile Free Skate test before 10/1/94 or the Pre-Juvenile test after 10/1/94 or ISI FS 5. Program requirements – 3791.	2:10 max
ADULT BRONZE	Must have passed the Adult Bronze Free Skate test or the Pre-Preliminary Free Skate test or ISI FS 4. Program requirements – 3801.	1:50 max
ADULT PRE-BRONZE	Must have passed the Adult Pre-Bronze Free Skate test or the Pre-Preliminary Free Skate test or ISI FS 3. Program requirements – 3806.	1:40 max

COMPULSORY MOVES:

All events shall be skated without music, in a program form using 1/2 of the ice surface. Skaters may not exceed the stated time limit. Test requirements are the same as stated for Freestyle. Skaters may skate up one level but may not skate at more than one level.

LEVEL	DESCRIPTION	TIME
LOW BEGINNER	1. 1/2 revolution jump 2. Toe Loop 3. Two foot spin (minimum 3 revolutions) 4. Lunge	1 minute
HIGH BEGINNER	1. Waltz Jump 2. Salchow jump 3. Half flip or half Lutz jump 4. Forward upright scratch spin (minimum 3 revolutions)	1:15 minutes
PRE-PRELIMINARY	1. Flip jump 2. Single/single jump combination (no Axel) 3. Loop jump 4. Sit spin – forward (minimum 3 revolutions) 5. Forward outside edge spiral	1:15 minutes
PRELIMINARY	1. Single jump (may not repeat in combination) 2. Single/single jump combination 3. One foot back spin (position optional; may not commence with a jump (minimum 3 revolutions) 4. Edge spiral, Spread Eagle or Bauer 5. Step Sequence	1:30 minutes
PRE-JUVENILE	1. Single or double jump (may not repeat in combination) 2. double/single jump combination 3. Combination spin with one change of foot; no change of position; may not commence with a jump. (minimum 4 revolutions each foot) 4. Spin in one position (may not commence with a jump; minimum 4 revolutions) 5. Step sequence	1:30 minutes

SHORT PROGRAM:

All short programs will be skated with music. Program requirements for the 2009-10 season. Test requirements the same as Freestyle.

LEVEL	DESCRIPTION	TIME
JUVENILE	1. One jump combination consisting of one single jump and one double jump or two double jumps. 2. Axel (may not be repeated in combination) 3. Double jump (may not be repeated in the combination) 4. Solo spin – minimum 4 revolutions in position . May not be commenced with a jump. 5. Combination spin – only one change of foot and at least one change of position (minimum of 4 revolutions on each foot) 6. Step sequence (straight line, circular or serpentine)	2:00 max.
OPEN JUVENILE	1. One jump combination consisting of one single and one double jump. 2. Axel (may not be repeated in combination) 3. Single jump, double toe-loop or double Salchow (may not be repeated in combination). 4. Solo spin – minimum 4 revolutions in position . May not be commenced with a jump. 5. Combination spin – only one change of foot and at least one change of position (minimum 4 revolutions on each foot) 6. Step sequence (straight line, circular or serpentine).	2:00 max.
INTERMEDIATE	US Figure Skating Rulebook 3671	2:00 max.
NOVICE	US Figure Skating Rulebook 3661/3662	2:30 max.
JUNIOR	US Figure Skating Rulebook 3651/3652	2:50 max.
SENIOR	US Figure Skating Rulebook 3641/3642	2:50 max.

SOLO DANCE:

Skaters may compete at a **maximum** of two levels. There must be a minimum of three competitors in order for the event to run.

LEVEL	DESCRIPTION	DANCES
PRELIMINARY	Must not have completed the Pre-Bronze Dance Test	Rhythm Blues
PRE-BRONZE	Must not have completed the Bronze Dance Test	Cha Cha
BRONZE	Must not have completed the Pre-Silver Dance Test	Hickory Hoedown
PRE-SILVER	Must not have completed the Silver Dance Test	Foxtrot
SILVER	Must not have completed the Pre-Gold Dance Test	Tango
PRE-GOLD	Must not have completed the Gold Dance Test	Paso Doble
GOLD		Quick Step

SPIN COMPETITION:

This is an event to encourage and reward good spins. Test requirements are the same as Free Skate. All levels will be skated on 1/2 ice surface. There will be no music. Spins must be skated exactly as stated, but may be skated in any order. All skaters must include one field element such as a spread eagle, bauer or spiral and one footwork sequence. Skaters will link elements together with minimal crossovers. Instead, use turns and field moves. Men and Ladies may be grouped together.

LEVEL	DESCRIPTION	TIME
PRE-PRELIMINARY	One foot spin; optional free leg (3 revolutions); Two foot spin (3 revs); Sit spin (3 revs); Spiral, bauer or spread eagle	1:30 max.
PRELIMINARY	One foot spin (min 4 revs); Sit spin (min 4 revs); Back scratch spin (min 4 revs); Footwork sequence of any pattern Spiral, bauer or spread eagle	1:30 max.
PRE-JUV/JUVENILE	Camel spin (min 4 revs); Spin with only one change of foot – no change of position (min 4 revs per foot); Ladies – Layback; Men – Attitude (min 4 revs) Spiral, bauer or spread eagle Footwork sequence of any pattern	1:30 max.
INTERMEDIATE/NOVICE	Flying spin (min 6 revs); Ladies – Layback; Men – Attitude (min 6 revs); Combination spin with only 2 positions and only one change of foot (min 5 revs each foot); Spiral, bauer or spread eagle Footwork sequence of any pattern	1:30 max.
JUNIOR/SENIOR	Flying spin (min 6 revs); Ladies – Layback; Men – Attitude (min 6 revs); Combination spin with 3 positions and only one change of foot (min 5 revs each foot); Spiral, bauer or spread eagle Footwork sequence	1:30 max.

Pavilion Skating Club of Cleveland Heights

Tri-State Memorial Free Skating Championships

April 23-25, 2010

Entry Form

Must be postmarked by March 15, 2010

Please print all information:

Competitor's Name: _____ Birth Date: ___/___/___ Age: ___ Sex: M or F
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: () _____ Cell: () _____ Email: _____
 USFS# (Skate Canada #) _____ Home Club: _____
 Highest Test Passed: Freeskate: _____ Dance: _____ Moves in the Field: _____

Events	Free Skate	Compulsory	Short Program	Spins	Test Track
Limited Beginner					
Beginner					
Low Beginner					
High Beginner					
Pre-Preliminary					
Pre-Preliminary Limited					
Preliminary					
Preliminary Limited					
Pre-Juvenile					
Juvenile	(IJS)				
Open Juvenile					
Intermediate	(IJS)		(IJS)		
Novice	(IJS)		(IJS)		
Junior	(IJS)		(IJS)		
Senior	(IJS)		(IJS)		
Adult - Masters Championship					
Adult Silver					
Adult Bronze					
Adult Pre-Bronze					

SOLO DANCE

Preliminary		Bronze		Silver		Gold	
Rhythm Blues		Hickory Hoedown		Tango		Quickstep	
Pre-Bronze		Pre-Silver		Pre-Gold			
Cha-Cha		Foxtrot		Paso Doble			

***Fees:**

IJS Events – 1st Event **\$92.00** \$ _____
IJS – Additional Event **30.00** \$ _____
6.0 and Other Events: **87.00** \$ _____
Additional 6.0/
Other Events **30.00** \$ _____

Mail Entry Form to:

Pavilion Skating Club of Cleveland Heights
 Tri-States Competition
 1 Monticello Blvd
 Cleveland Heights, OH 44118

Make checks payable to Pavillion Skating Club.
 \$30 fee for all returned checks.

***Entry fee includes DVD of each event skated.**

TOTAL \$ _____

Office Use Only:
Received: _____ Check #: _____ Amount: _____

Competitor's Name: _____

COACH INFORMATION: _____

NAME (PRINTED):	Phone: ()
Email Address:	

CERTIFICATION OF ELIGIBILITY		
I hereby approve this entry and certify that this skater is a member in good standing of this club, is an amateur in accordance with US Figure Skating rules and, to the best of my knowledge, is eligible to enter the specified events:		
Signature of Competitor (Parent/Guardian if minor)	_____	Date _____
Signature of Club Official	_____	Title _____ Date _____

WAIVER OF RESPONSIBILITY

Skater/Parent Guardian: I understand and agree that the US Figure Skating and the Pavilion Skating Club, including its Board of Directors, and all volunteers assisting in the organization of the competition, and the Cleveland Heights Community Center and their appointees or employees undertake no responsibility for damages or injury or loss of property suffered by the Skater, Competitor, Parent and/or Guardian. As a condition of an in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by, or connected with the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, US Figure Skating, the Pavilion Skating Club, including its Board of Directors and all volunteers assisting in the organization of the competition. Skater/Parent/Guardian acknowledge that their entry forms shall be accepted only on such condition.

Signature of Competitor (Parent/Guardian if minor) _____ Date: _____

AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT

In the event I am unavailable, I hereby give permission for any emergency medical treatment for: _____ (Please print full legal name of skater) to the direction of the Chairpersons of this competition. I understand that these Chairpersons have no formal medical background but will seek appropriate care and treatment. I, the undersigned, will assume and take sole responsibility for all financial obligations arising out of the treatment of the above named individual.

I, the undersigned, will hold U.S. Figure Skating, the Pavilion Skating Club, the organizers and their appointments or employees, the Cleveland Heights Community Center and their appointees or employees harmless from any claim rising out of any aid afforded the above named individual. I further indemnify all above mentioned parties from any claims and other parties might have with regards to aid provided to the above named individual.

Skater's Signature(Parent/Guardian if minor) : _____ Date : _____

Contact Person: _____ Relationship _____ Phone () _____
(if guardian cannot be reached)

Skater's Physician's Name: _____ Phone () _____

Skater's Dentist's Name : _____ Phone () _____

Emergency Medical Information (allergies, pre-existing conditions, allergies to medications, etc.)

Insurance Company _____

Name of Insured _____

Policy # _____

CLEVELAND HEIGHTS COMMUNITY CENTER

1 Monticello Boulevard (at Mayfield Road)

Cleveland Heights, OH 44118 (216)691-7373

Is on the corner of Mayfield rd. (Rt. 322) and Monticello Blvd and is located near a great selection of restaurants, shopping and attractions.



The host hotel for The Tri-States Skating Competition is the:

Hilton Garden Inn – Mayfield Village

700 Beta Drive

Mayfield Village, OH 44143

(440) 646-1777

Rate: \$89/night

Mention Pavilion Skating Club - Tri-States Competition when making reservations.

Wilson Mills Rd. becomes Monticello Blvd. a few miles west of Beta Drive.

