

Nonqualifying Competition at the

2011 Eastern Great Lakes Regional Figure Skating Championships Announcement and Registration Information Oct. 7 - 8, 2010



The Nashville Figure Skating Club is delighted to invite you to the Nonqualifying Competition at the 2011 Eastern Great Lakes Figure Skating Championships to be held at the A-Game Sportsplex Arena in Franklin, Tenn. This event will be held in conjunction with the 2011 Eastern Great Lakes Regional Skating Championships and is sanctioned by U.S. Figure Skating. We are planning for an exciting time of skating, and hope the following information will prove helpful to you.

#### LOC INFORMATION

For more information regarding the competition, please contact the competition co-chairs:

Melanie Colson at melanie.colson@nashvillefsc.com or Mary Pemberton at mary.pemberton@nashvillefsc.com

Registration: Christine Anderson stophkbn@hotmail.com

Practice Ice: Debbie Buckner <u>debbie.buckner@nashvillefsc.com</u> You can also visit the NFSC website at <u>www.nashvillefsc.com</u> Chief Referee, Ann Fauver atfsynchro@roadrunner.com

#### RULES/CONDUCT/ELIGIBILITY

The competition is sanctioned by U.S. Figure Skating and will be governed by the rules effective for the current competition season, except as modified in this announcement. Eligible competitors must be current members in good standing of U.S. Figure Skating and shall be eligible to enter events based on their test status (as of Sept. 1, 2010) or compete up one level. Free Skating events are divided into regular Competitive FS events and Competitive Test Track FS events. All events will be judged under the 6.0 system. Competitors may enter FS events in **one or the other, but not both.** Please note the qualifications and requirements for each. Individual events will be cancelled if there are less than two skaters entered. Since time is limited by the requirements of the qualifying competition, events and practice ice sessions may need to be canceled.

#### **FACILITY**

The competition will be held at the A-Game Sportsplex (formerly Southern Ice Arena), 215 Gothic Court, Franklin, TN 37064, which is 15 miles south of downtown Nashville and 5 minutes from historic Franklin. The Sportsplex has two ice surfaces measuring 85' x 200' with slightly rounded corners, spectator seating for 500 and ample parking. Dressing rooms are available. The lobby snack bar serves a variety of food and many restaurants from fast food to four star are within 10 minutes of the rink. Visiting vendors will offer skating related products. In addition to 2 ice surfaces, the A-Game Sportsplex offers dedicated volleyball and basketball courts, a fitness center, yoga, Crossfit, martial arts, and Laser Chase. There is something for everyone in the family! Go to <a href="https://www.agamesportsplex.com">www.agamesportsplex.com</a> for more information.

#### **EVENTS/ENTRIES/FEES**

Entries must be submitted online through <a href="www.sk8stuff.com">www.sk8stuff.com</a> no later than Sept. 1, 2010. ALL registration material must be postmarked by Sept. 1, 2010, with payment included. Please make checks payable to: Nashville FSC and mail payment coupon with payment to: Christine Anderson 209 Padgett Court Franklin, TN 37067

#### **Event Fees**

#### PRACTICE ICE

#### Practice Ice will be available online at www.sk8stuff.com

Practice Ice will begin on Wednesday, Oct. 6, 2010 and will be sold in 30 minute sessions. Each skater may pre-purchase practice sessions on the competition rink. Pre-purchased practice ice will cost \$17 per session if purchased online through <a href="https://www.sk8stuff.com">www.sk8stuff.com</a> and submitted with payment and payment coupon postmarked by Sept. 1, 2010. Please see **Online Practice Ice System**: An online practice ice system will be available approximately Sept. 15, 2010, through Oct. 5, 2010. Everyone who has pre-purchased practice ice will have those sessions assigned on a first come, first served basis, and will be notified by e-mail how to access those assignments online. Directions for purchasing additional practice ice at \$17 per session will be posted on our event web site <a href="https://www.2011eglregionals.com">www.2011eglregionals.com</a>.

Payments by check must be received by the Practice Ice Chair before the additional ice can be reserved. There will be a \$10.00 charge for practice ice request forms not submitted through the online system at <a href="https://www.sk8stuff.com">www.sk8stuff.com</a>

**Practice Ice Desk**: The Practice Ice Desk will be near the Registration Desk in the lobby. It will open one hour before the first practice ice session, Wednesday, Oct. 6, 2010, and will sell additional practice ice as available. If there is a line, then practice ice may be purchased for only one skater at a time. All practice ice fees are nonrefundable and nontransferable.

For Practice Ice questions, please contact Debbie Buckner: Debbie buckner@nashvillefsc.com.

**Practice Ice for Final Rounds**: Practice ice will be made available if necessary. The practice ice sessions will be in 30 minute ice sessions available for \$17.00. It is possible that final round practice ice sessions will not be on the competition rink. The Nashville Figure Skating Club in following the U.S. Figure Skating guidelines will place all qualifying events including practice ice times above the nonqualifying event. In the event it becomes necessary we will utilize an alternate rink for nonqualifying practice ice. The Centennial Sportsplex is located at 222 25<sup>th</sup> Avenue North Nashville, TN 37203, approximately 20 minutes from A-Game Sportsplex.

Please register online at <a href="www.sk8stuff.com">www.sk8stuff.com</a> for your practice ice no later than Sept. 1, 2010, print the payment coupon, mail the coupon and payment to: Christine Anderson 209 Padget Court Franklin, TN 37067. This must be postmarked no later than Sept. 1, 2010.

#### **COMPETITION SCHEDULE**

The schedule of events will be available on Nashville FSC's website at <a href="www.nashvillefsc.com">www.nashvillefsc.com</a> approximately 14 days prior to the competition. All times will be approximate; the schedule is subject to change. Please check with the registration desk upon arrival for exact times and possible schedule changes. <a href="Information will not be sent by">Information will not be sent by</a> mail.

#### REGISTRATION TABLE/INFORMATION

The Registration Table will be located in the lobby of the A-Game Sportsplex. The table will open no later than 7a.m. each morning and will remain open until the completion of the last event each day. Any changes of events or times will be posted at the registration table. Skaters should arrive at the facility at least one hour prior to their scheduled event and should check in with the ice monitor at least 20 minutes prior to the scheduled start time of their event.

#### **MUSIC**

All competition music must be turned in at the time of registration. Music must be on CDs, which have been clearly labeled with skater's name, level, and event. Only one event may be recorded on a CD. Due to compatibility and reliability reasons, no music may be submitted on re-recordable (CD-RW) discs. Competitors must have suitable emergency back-up music at rink side. Skaters should remember to pick up their music at the registration desk after their event.

### **AWARDS**

Medals will be awarded to the first through fourth place finishers.

#### **VIDEO and PHOTOGRAPHY**

All U.S. Figure Skating Championship Competitions (including the regional championships) will be professionally videotaped and photographed. Videotaping of the competition in any form is not permitted. Photographs are permitted for personal use only, but for the safety of the skaters, **no flash photography** is allowed. Any resale of photography is strictly prohibited. Thank you for your compliance with these policies.

#### FREE SKATING EVENTS

For the purpose of reference, the rules cited are taken from the current U.S. Figure Skating Rulebook 2010-2011. 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 Program Free Skate, but **NOT BOTH.** Deductions will be made for skaters including elements not permitted in the event description. 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.

## WELL BALANCED PROGRAM FREE SKATING EVENTS

JUMP ELEMENTS	SPIN ELEMENTS	STEP SEQUENCE
	NARY GIRLS/BOYS FREE SKATE – 1:30 +/- 10	
Max 5	Max 2	Max 1
• 1 must be an Axel/waltz jump-type jump* • Max 3 combos or sequences • Combos limited to 2 jumps, but one 3-jump combo is permitted. • Number of jumps in jump sequence is not limited. • Only two different double jumps may be attempted (limited to double Salchow, double toe loop, and double loop only) • Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combination, or jump sequence. • Maximum of 2 Axels or any double jump • No double flips, double Lutzes, double	• Spins must be of a different nature • Min 3 revs • Spins may change feet, position, and start with a fly	• Straight line, circular, or serpentine* • Must use one half the ice surface
Axels or triple jumps		
	ENILE GIRLS/BOYS FREE SKATE – 2:00 +/- 10	
Max 5  • 1 must be an Axel-type jump*  • Max 3 combos or sequences  • Combos limited to 2 jumps, but one 3-jump combo is permitted.  • Number of jumps in jump sequence is not limited.  • Number of different double jumps is not limited.  • Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination, or jump sequence.  • Maximum of 2 Axels or any double jump  • No double Axels or triple jumps	Max 3 • Spins must be of a different nature • Min 3 revs • Spins may change feet, position, and start with a fly	Max 1 • Straight line, circular, or serpentine* • Must use entire ice surface
OPEN JUV	ENILE GIRLS/BOYS FREE SKATE – 2:15 +/- 10	SECONDS
	skater must be at least 13 as of 09/01/2010	
Max 5  • 1 must be an Axel-type jump*  • Max 3 combos or sequences  • Combos limited to 2 jumps, but one 3-jump combo is permitted.  • Number of jumps in jump sequence is not limited.  • No more than 3 double jumps may be repeated (1 each), but only as part of a combo or sequence.  • Maximum of 2 of any double jump  • No triple jumps	<ul> <li>Max 3</li> <li>1 flying entry* (may change feet)</li> <li>1 spin combination w/without change of foot*</li> <li>1 spin with only 1 position, no fly and no change of foot* May fly</li> <li>Min 5 rev, 8 for combo, min 2 revs in position; Spins must be of a different nature</li> </ul>	Straight line, circular or serpentine     Must use entire ice surface

\*are required elements in the category

## TEST TRACK FREE SKATE EVENTS

LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
Preliminary Test Time: 1:30 +/- 10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile Test Time: 2:00 +/-10	Jumps with not more than one rotation (no Axels).  Jump combinations and sequences are allowed.  Maximum 5 jumping elements.	Three spins in any position (Min 3 revolutions), One must be a combination spin with change of foot optional (Min 3 revolutions on each foot or 6 total revolutions and no flying spins).	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test

Time: 2:15 +/-10    Time: 2:30 +/-10   Imp combinations with not more than 1 1/2 rotations. (Axel permitted). Maximum 5 jumping elements.   May include flying spins.	Juvenile Test	A:1- :	Th	0	C14
The not more than   1 / 2 rotations (Axel permitted).   Maximum 5 jumping elements.   May include flying spins.		Any single jumps and	Three spins in any position	One step sequence	Skaters must have passed
The continue than   11/2 rotations   11/2 rotations   (Axel permitted)   (Axel permitte		5 1	1 -		
Axel permitted).   Maximum 5 jumping elements.   Maximum 6 jumping elements.   May include flying spins.   May include flying spins.	***				
Maximum 5 jumping elements.   Maximum 5 jumping elements.   Max include flying spins.   Maximum 5 jumping elements.   Max include flying spins.   Three spins in any position (Min 4 revolutions)			_		
Passed tests higher than juvenile free skate test test test test					=
Intermediate Test   Any single jumps and only be the double Salchow and double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements.   Any single jumps may only be the double Salchow, double loop. Jump combinations and sequences allowed. Maximum 6 jumping elements   Any single jumps   Auximum 7 jumping elements for men and 6 for ladies.   Any single jumps   Double jumps may only be the double Salchow, double toe loop, double jumps may only be the double Salchow, double toe loop, double jumps may only be the double Salchow, double toe loop and double fip Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.   Any single jumps   Auximum 7 jumping elements for men and 6 for ladies.   Any single jumps   Auximum 8 jumping elements for men And 7 for ladies.   At least four different double jumps   Auximum 8 jumping elements for men And 7 for ladies.   At least four different double jumps   Auximum 8 jumping elements for men And 7 for ladies.   At least four different double jumps   Auximum 8 jumping elements for men And 7 for ladies.   At least four different double jumps   Auximum 8 jumping elements for men And 7 for ladies.   At least four different double jumps   Auximum 8 jumping elements for men And 7 for ladies.   At least four different double jumps   At least four different double jumps   Auximum 8 jumping elements for men And 7 for ladies.   At least four different double jumps   Auximum 8 jumping elements for men And 7 for ladies.   At least four different double jumps   At least fo			`	surface.	
Three spins in any position (Min 4 revolutions)		elements.	1		
Time: 2:30 +/-10    Double jumps may only be the double Salchow and double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements for men and 6 for ladies.					
be the double Salchow and double toe loop.    Jump combinations and sequences allowed.    Max imum 7 jumping elements for men and 6 for Iadies.  Junior Test Time:    Any single jumps.    Jump combinations and sequences allowed.    Max imum 7 jumping elements for men and 6 for Iadies.  Junior Test Time:    Double jumps may only Ladies 3:30 +/-10    Men 4:00+/-10    Men 4:00+/-10    Men 4:00+/-10    Men 4:00+/-10    At least for men And 7 for ladies.  Senior    At least four different double for many position and sequences allowed.    Maximum 8 jumping elements for men And 7 for ladies.  Senior    At least four different double salchow, and double tone loop and double for many point position and sequences allowed.    At least four different double salchow, and double for many point position and sequences allowed.    At least four different double a point position and double for many point positions and sequences allowed.    At least four different double to loop, double to loop, double to loop and double for many position and linimum spin position and long long position and long position and long long	Intermediate Test		Three spins in any position	One step sequence	Skaters must have passed
and double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements. May include flying spins. May single jumps may only be the double Salchow, Maximum 7 jumping elements for men and 6 for ladies.   Any single jumps. Double jumps may only be the double Salchow, double toe loop, double flip Jump combinations and sequence sallowed. Maximum 7 jumping elements for men And 7 for ladies.   Any single jumps may only be the double flip Jump combinations and sequence sallowed. Maximum 8 jumping elements for men And 7 for ladies.   At least four different double for pumps and oduble flip Jump combinations and sequence sallowed. And waimum 8 jumping elements for men And 7 for ladies.   At least four different double in pumps with at least one change of foot (Min 6 revolutions)      Men 4:00+/-10	Time: 2:30 +/-10	Double jumps may only	(Min 4 revolutions)		at
Jump combinations and sequences allowed.   Maximum 6 jumping elements.   May include flying spins.		be the double Salchow	One must be a combination	line, circular, or	least the U.S. Figure
Sequences allowed.   Maximum 6 jumping elements.   May include flying spins.		and double toe loop.	spin with at least one	serpentine	Skating juvenile free
Sequences allowed.   Maximum 6 jumping elements.   May include flying spins.		Jump combinations and	change of foot	fully utilizing ice	skate test but may not
Maximum 6 jumping elements.   May include flying spins.   Consisting of all three basic squences allowed.   May ingle flying spins.   May include flying spins.				surface.	havepassed tests higher
Provide Test   Any single jumps.   Three spins in any position (Min 6 revolutions)   Double jumps may only Ladies 3:00 +/-10   be the double Salchow, double tool pand double loop. Jump combinations and sequences allowed.   Maximum 7 jumping elements for men and 6 for ladies.   Double jumps may only Ladies 3:30 +/-10   Double flip Jump combinations and sequences allowed.   Maximum 8 jumping elements for men And 7 for ladies.   Three spins:   Consisting of all three basic spin positions and one change of foot (Minimum 2 in elements for men And 7 for ladies.   Three spins:   Consisting of all three basic spin positions and one change of foot (Minimum 2 in each) position and Minimum 5 revolutions on each foot).   Senior			foot).		
Novice Test Time: Ladies 3:00 +/-10 Men 3:30+/-10 Men 3:30+/-10  Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.  Junior Test Time: Ladies 3:30 +/-10  Any single jumps. Double jumps may only be the double Salchow, double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.  Junior Test Time: Ladies 3:30 +/-10 Men 4:00+/-10  Men 4:00+/-10  Senior At least four different double jumps  At least four different double jumps  Three spins in any position (Min 6 revolutions) (Min 6 revolutions) One step or spiral sequence (see rule 3660 for description).  Shatters must have passed at least the U.S. Figure skate test but may not have passed tests higher than novice free skate test  One must be a spin in one position, one a flying spin, (6 revolutions each) one combination spin consisting of all three basic spin positions and one change of foot (Minimum 2 in each) positions and one change of foot (Minimum 2 in each) position and Minimum 5 revolutions on each foot).  Senior At least four different double jumps  Any single jumps.  Three spins: One must be a spin in one of advanced difficulty, covering the full ice surface. (See rule 3650 for each) position and Minimum 2 in each) position and Minimum 5 revolutions on each foot).  Senior Test  Time:  Double jumps may only be the double Salchow, double flip Jump combinations and sequences allowed.  Maximum 8 jumping elements for men And 7 for ladies.  Three spins: One must be a spin in one  Change of foot (Minimum 2 in each) position and Minimum 5 revolutions on each foot).  Men: Two different step  Typical seast the U.S. Figure skate test but may not have passed tests higher than provice free skate test  Two different step  Two different step  Two different step  Two different step  Two			May include flying spins.		
Time: Ladies 3:00 +/-10 Men 3:30+/-10 Men 3:30+/-10  Double jumps may only double toe loop and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.  Junior Test Time: Double jumps may only be the double Salchow, double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.  Junior Test Time: Double jumps may only be the double Salchow, double toe loop, double loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.  Senior Test  At least four different double jumps  Men 4:00+/-10  At least four different double jumps  Men 4: Three spins: One must be a spin in one of advanced difficulty, covering the full ice surface. (See rule 3660 for description).  Sequence skate test but may not have passed tests higher than junior free skate test to the surface. (See rule 3650 for description)  At least four different double flip ach position and Minimum 5 revolutions on each foot).  Senior Test  Three spins: One must be a spin in one  Men: Three spins: One must be a spin in one  Two different step  At least four different double jumps  At least four different double jumps  Men: Two different step	Novice Test			One step or spiral	
Ladies 3:00 +/-10  Men 3:30+/-10  Men 4:00+/-10  Me					-
Men 3:30+/-10   double toe loop and double loop.   Jump combinations and sequences allowed.   Maximum 7 jumping elements for men and 6 for ladies.   Jumior Test   Time:   Double jumps may only Ladies 3:30 +/-10   Men 4:00+/-10   Double toe loop, double loop and double flip Jump combinations and sequences allowed.   Maximum 8 jumping elements for men And 7 for ladies.   Senior					
double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.  Junior Test Time: Double jumps may only Ladies 3:30 +/-10 Men 4:00+/-10 Maximum 8 jumping elements for men And 7 for ladies.  Senior At least four different double jumps  At least four different double jumps  At least four different double jumps  Change of foot (Min 5 revolutions on each foot). May include flying spins.  May include flying spins.  Three spins: One step sequence of at Done step sequence of at Advanced difficulty, Skating novice free skate test difficulty, covering the full ice surface. junior free skate test  Skaters must have passed difficulty, skating novice free skate ice surface. junior free skate test  Men: Skaters must have passed difficulty, skating novice free skate test  Three spins: Senior At least four different double jumps  At least four different double jumps  At least four different double jumps  Change of foot (Minimum 2 in each) position and Minimum 5 revolutions on each foot).  Two different step  Two different step  At least four different double jumps  Two different step  Two different step  Two different step				III	
Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.  Junior Test Time: Double jumps may only Ladies 3:30 +/-10 Men 4:00+/-10 Men 4:00+/-10 Maximum 8 jumping elements for men And 7 for ladies.  Senior At least four different Test  Any single jumps Any single jumps Three spins: One must be a spin in one of advanced of advanced difficulty, one combinations spin consisting of all three basic sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.  Senior At least four different double jumps  One must be a spin in one Three spins: One step sequence of advanced difficulty, one aflying spin, covering the full ice surface. (See rule 3650 for description) Senior At least four different double jumps One must be a spin in one Three spins: One must be a spin in one Two different step  Troo different step	141011 3.30 17 10	•		description).	
sequences allowed.  Maximum 7 jumping elements for men and 6 for ladies.  Any single jumps.  Double jumps may only Ladies 3:30 +/-10 Men 4:00+/-10  Men 4:00+/-10  Senior  At least four different double jumps  At least four different double jumps  Three spins:  One step sequence of at advanced difficulty, covering the full jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.  Three spins: One must be a spin in one of at least the U.S. Figure Skating novice free skat test but may not have passed tests higher than novice free skate test  One must be a spin in one of at least the U.S. Figure Skating novice free skat test but may not have passed tests higher than novice free skate test  Skaters must have passed at  Three spins: One must be a spin in one  Two different step  Two different step  Two different step  Two different step					
Maximum 7 jumping elements for men and 6 for ladies.  Junior Test Time: Ladies 3:30 +/-10 Men 4:00+/-10 Men 4:00+/-10 May include flying spins.  Any single jumps. Double jumps may only be the double Salchow, double toe loop, double loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.  Senior Test  May include flying spins.  Three spins: One must be a spin in one of at least the U.S. Figure Skating novice free skate test of the double flip one combination spin covering the full ice surface. (See rule 3650 for description)  Senior At least four different double jumps  At least four different double jumps  Three spins: One must be a spin in one  Two different step  Three spins: Tree spins: Tree spins: One must be a spin in one  Two different step  To how step sequence  Skaters must have passed tests higher than junior free skate test  Now include flying spins.  One step sequence  at least the U.S. Figure  Skating novice free skate test  Skating novice free skate test  (See rule 3650 for description)  Men: Skaters must have passed  at least four different at piunior free skate test  Three spins: One must be a spin in one  Two different step			1 7		
elements for men and 6 for ladies.  Junior Test Time: Double jumps may only Ladies 3:30 +/-10 Men 4:00+/-10  Men 4:00+/-10  Double jumps may only loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for elements for men And 7 for ladies.  Senior Test  Any single jumps. Three spins: One must be a spin in one Of at advanced least the U.S. Figure One must be a spin in one of at least the U.S. Figure One must be a spin in one of at least the U.S. Figure One ombination spin covering the full ice passed tests but may not have passed tests higher than junior free skate test One must be a spin in one  Two different step  Two different step  At least four different double jumps  Trot  Three spins: One must be a spin in one  Two different step  Two different step  Two different step  Two different step			1 '		
Junior Test			way include flying spins.		novice free skate test
Junior TestAny single jumps.Three spins:One step sequenceSkaters must have passed at the U.S. Figure and only position, one a flying spin, one a flying spin, one a flying spin, double toe loop, double loop and double flip Jump combinations and sequences allowed.One must be a spin in one of at least the U.S. Figure advanced difficulty, one combination spin consisting of all three basic spin positions and one surface.Skating novice free skate test but may not have passed tests higher than junior free skate testMaximum 8 jumping elements for men And 7 for ladies.Change of foot (Minimum 2 in each) position and Minimum and ladies.(See rule 3650 for description)Senior TestAt least four different double jumpsThree spins: One must be a spin in oneMen: Two different step					
Time: Ladies 3:30 +/-10 Men 4:00+/-10 Men 4:00+/-10  Double jumps may only be the double Salchow, double toe loop, double loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.  Senior Test  Double jumps may only be the double Salchow, double East the U.S. Figure advanced difficulty, covering the full itest but may not have passed tests by the double flip consisting of all three basic spin positions and one consisting of all three basic spin positions and one elements for men And 7 for ladies.  Three spins: One must be a spin in one of advanced difficulty, covering the full ice passed tests but may not have passed tests higher than junior free skate test (See rule 3650 for description)  Senior Test  Three spins: One must be a spin in one  Two different step  Troo different step  Troo different step	Junion Tost		Three spins:	One sten seguence	Skatara must have passed
Ladies 3:30 +/-10  Men 4:00+/-10  be the double Salchow, double toe loop, double loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.  Senior  Test  be the double Salchow, double Salchow, double Salchow, double flip Jump combinations and sequences allowed. Shating novice free skate test one combination spin covering the full itest but may not have passed tests higher than junior free skate test one consisting of all three basic spin positions and one change of foot (Minimum 2 in each) position and Minimum description)  Senior  At least four different double jumps  Done must be a spin in one  Troo different step  Advanced difficulty, covering the full itest but may not have passed tests higher than junior free skate test  (See rule 3650 for description)  Senior  Three spins:  One must be a spin in one  Two different step  To different step					-
Men 4:00+/-10  double toe loop, double loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.  Senior  At least four different double jumps  double toe loop, double (6 revolutions each) one combination spin covering the full itest but may not have passed tests higher than junior free skate test (See rule 3650 for description)  Senior  At least four different double jumps  Test  double toe loop, double (6 revolutions each) one combination spin covering the full itest but may not have passed tests higher than junior free skate test (See rule 3650 for description)  Senior  Three spins: One must be a spin in one  Two different step  Trood ifferent step  Trood ifferent step  Trood ifferent step					
loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.  Senior Test  loop and double flip Jump combinations and consisting of all three basic sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.  Three spins: One must be a spin in one  covering the full ices but may not have passed tests higher than junior free skate test (See rule 3650 for description)  description)  Skaters must have passed tests higher than junior free skate test  Men: Two different step  Two different step					
Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.  Senior  At least four different double jumps  At least four different double jumps  Consisting of all three basic spin positions and one change of foot (Minimum 2 in each) position and Minimum description)  Three spins: One must be a spin in one  Consisting of all three basic surface. (See rule 3650 for description)  Men: Two different step  Two different step  Two different step	Men 4:00+/-10				
sequences allowed. Maximum 8 jumping change of foot (Minimum 2 in elements for men And 7 for ladies.  Senior At least four different double jumps Senior Test Senior Three spins: One must be a spin in one Senior Two different step at			-		
Maximum 8 jumping elements for men And 7 for ladies.  Senior  At least four different double jumps  Change of foot (Minimum 2 in each) position and Minimum 5 revolutions on each foot).  Three spins:  One must be a spin in one  Men:  Two different step  at  Skaters must have passed at					
elements for men And 7 for ladies.  Senior At least four different double jumps  each) position and Minimum description)  5 revolutions on each foot).  Men: Skaters must have passed to double jumps  One must be a spin in one  Two different step  at					junior free skate test
Senior     At least four different double jumps     Three spins:     Men:     Skaters must have passed at       Test     One must be a spin in one     Two different step     at				*	
SeniorAt least four different TestThree spins: One must be a spin in oneMen: Two different stepSkaters must have passe at				description)	
Test double jumps One must be a spin in one Two different step at			· ·		
					Skaters must have passed
Time.   One work has doubted				_	
	Time:	One must be a double	position, one a flying spin,	sequences.	least the U.S. Figure
		Lutz.	,	Ladies:	Skating junior free skate
Men 4:30+/-10 Jump combinations and one spin combination One step sequence test	Men 4:30+/-10			One step sequence	test
sequences allowed. consisting of all three basic and one		•	e e e e e e e e e e e e e e e e e e e		
Maximum spin positions and one spiral sequence				spiral sequence	
8 jumping elements for change of foot (see rule 3640 for		8 jumping elements for	change of foot	(see rule 3640 for	
men and (Minimum 2 in each description).				description).	
7 for ladies. position and Minimum 5		7 for ladies.	position and Minimum 5		
revolutions on each foot).					

## PAIRS FREE SKATE EVENTS

PRE-JUVENILE PAIRS FREE SKATE – 2:00 +/- 10 SECONDS	
LIFTS	<ul><li>1</li><li>• Group 1 OR Group 2 waist loop lift</li><li>• NO carry type lifts or carry features permitted</li></ul>
TWIST LIFTS	N/A
THROW JUMP	1 Optional - Single
SOLO JUMP	1 - Single
JUMP SEQUENCE/ COMBINATION	<ul><li>1 Optional</li><li>Double Axel and triple jumps are not permitted</li><li>Jump combination not permitted</li></ul>
SOLO SPIN/ COMBINATION	<ul><li>Solo Spin</li><li>Min 3 revs</li><li>No change of foot or position</li></ul>

PAIR SPIN/	1
COMBINATION	• Pair Spin with min 3 revs
COMBINATION	• No change of foot or position
	1 Optional
DEATH SPIRAL OR	• Death Spiral or pivot figure
PIVOT FIGURE	No minimum requirements
	• Pivot figure not eligible for features
	1
	• Footwork and connecting moves utilizing one-half
STEP SEQUENCE	the ice surface stroking both forward and backward,
	clockwise and counterclockwise
JUVENILE PAIRS F	REE SKATE – 2:30 +/- 10 SECONDS
	Max 2
	• Both may be from Group 1 OR 1 Group 2 waist loop
	lift
T TYPE	• Carry lifts, variations of position, no-handed, combo
LIFTS	lifts and lifts that turn in both directions are NOT
	permitted.
	• The lady may release hands on platter lift after full
	extension • Min 1 rev by lady
	• Min 1 rev by rady • Min 1 rev by man and max 3 1/2 revs by man
TWIST LIFTS	N/A
THROW JUMP	Max 1 – Single
SOLO JUMP	Max 1 - Single  Max 1 - Single or double
SOLOJUMP	Max 1 – Single of double  Max 1
JUMP SEQUENCE/	• Max 2 jumps in combo
COMBINATION	No limit to number of jumps in Jump Sequence
COMBINATION	• Single or double jumps only
	Max 1
	• Solo Spin or Solo Spin Combination
SOLO SPIN/	• Change of foot and position and flying entry are
COMBINATION	optional
	• Min 5 revs
DATE CODY	Max 1
PAIR SPIN/	• Pair Spin with min 3 revs
COMBINATION	• Change of position optional
	• No change of foot
	Max 1
DEATH COID ALOD	• Death Spiral or pivot figure
DEATH SPIRAL OR PIVOT FIGURE	Regular 1-hand to 1-hand hold required
	• In death spiral or pivot figure position, both partners
	must execute min 1/2 rev with man in pivot position.
	Pivot figure is not eligible for features
	Max 1
STEP SEQUENCE	Step Sequence
	• Straight line, circular or serpentine, must utilize full
	ice surface

#### **DANCE EVENTS**

**Pre-Juvenile**: First round dances are Canasta Tango and Rhythm Blues. Second Round dances are Cha Cha and Swing Dance. Two patterns per dance. Music is provided by Nashville Figure Skating Club.

#### **Test and Age Requirements**

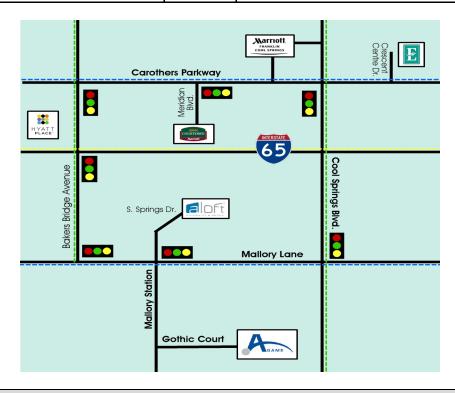
Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the preliminary moves in the field test or higher and two standard preliminary dances but no higher than the standard pre-bronze dance test.

**Note:** It is permissible for one or both of the partners to have passed the next higher free dance test and still remain eligible to compete at the lower dance level, provided that neither skater has competed at the higher dance level in qualifying competition. Further, if the skater chooses to compete at the lower dance level, they must do so with a partner other than the one with whom they passed the higher free dance test. Age requirements as of Sept. 1 prior to the regional championships: Under 14 years of age

Initial Round - Rhythm Blues, Canasta Tango Final Round - Cha-Cha, Swing Dance

#### HOTEL ACCOMMODATIONS

Hotel Name	Rate	Hotel Name	Rate
A-Loft	\$109.00	Hyatt Place	\$115.00
http://www.starwoodhotels.com/alofthotels		www.franklin.place.hyatt.com	
7109 South Springs Drive		650 Bakers Bridge Ave.	
Franklin, TN 37067		Franklin, TN 37607	
615-435-8700		615-771-8900	
Marriott	\$129.00	Wingate	\$103.00
www.franklinmariott.com		wingatecs@comcast.net	
700 Cool Springs Blvd.		1738 Carothers Parkway	
Franklin, TN 37607		Brentwood, TN 37027	
615-261-6100			
<b>Embassy Suites</b>	\$149.99	Marriott Courtyard	\$109.00
www.embassysuites.com		www.marriott.com	
820 Crescent Centre Drive		2001 Meridian Blvd.	
Franklin, TN 37067		Franklin, TN 37067	
615-515-5151		615-778-0080	



## **DRIVING DIRECTIONS**

#### From BNA Airport

Approx 22 miles

- I-440 W toward Memphis
- Take Exit 5, I-65 S (Huntsville)
- Proceed through Brentwood
- Take Exit 68B Cool Springs Blvd
- Take a (R) onto Mallory Lane
- At second light, take a (L) Mallory Station
- Take a (L) onto Gothic Ct. (Lee Company)
- Gothic Ct. dead ends at A-Game!

#### From Birmingham

Approx 177 miles

- I-65 North toward Nashville
- Take Exit 68B Cool Springs Blvd
- Take a (R) onto Mallory Lane
- At second light, take a (L) Mallory Station
- Take a (L) onto Gothic Ct. (Lee Company)
- Gothic Ct. dead ends at A-Game!

#### From CHATTANOOGA

Approx. 144 miles

I-24 West to Exit 74A (I-840)
Take I-840 toward Franklin
Proceed to Exit 31 (I-65N)
Take Exit 68B Cool Springs Blvd
Take a (R) onto Mallory Lane
At second light, take a (L) Mallory Station
Take a (L) onto Gothic Ct. (Lee Company)
Gothic Ct. dead ends at A-Game!

#### From LOUISVILLE

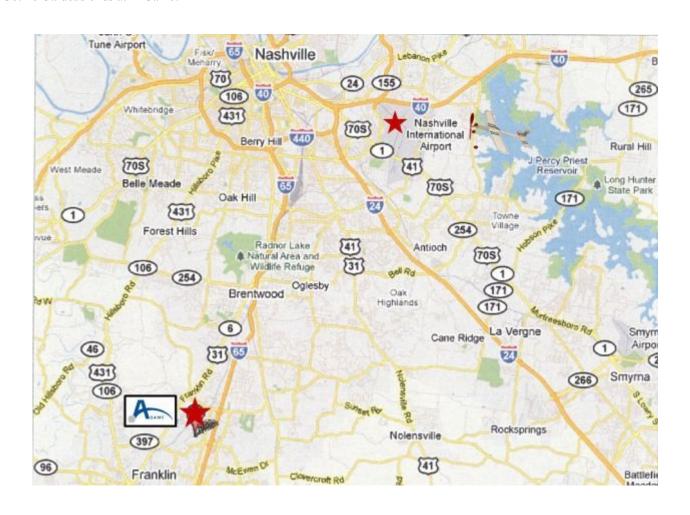
Approx. 192 miles

I-65 South toward Nashville Proceed through downtown Continue on I-65 South thru Brentwood Take Exit 68B Cool Springs Blvd Take a (R) onto Mallory Lane At second light, take a (L) Mallory Station Take a (L) onto Gothic Ct. (Lee Company) Gothic Ct. dead ends at A-Game!

#### From MEMPHIS

Approx. 230 miles

I-40 East to I-440 E
I-440 E toward Nashville
Take Exit 5, I-65 S ( Huntsville)
Proceed through Brentwood
Take Exit 68B Cool Springs Blvd
Take a (R) onto Mallory Lane
At second light, take a (L) Mallory Station
Take a (L) onto Gothic Ct. (Lee Company)
Gothic Ct. dead ends at A-Game



# 2011 Eastern Great Lakes Regional Figure Skating Championships Practice Ice Paper Form

# This form requires and additional \$10.00 fee

THIS FORM IS TO BE POSTMARKED Sept. 1, 2010

(PAYMENT MUST BE INCLUDED WITH FORM)

#### COPY ALL MATERIALS AS NEEDED

<i>NAME:</i>		AGE BII	RTH DATE:	·
ADDRESS:			_STATE:	ZIP:
PHONE:	EMAIL ADDRESS:			<del></del>
HOME CLUB:		U.S. FIGURE SKA	TING #:	
COACH'S NAME:		PHONE:		
COACH'S EMAIL:				
EVENT ENTERED:				·
Final round practice ice sessions rate of \$17.00 per session.	will be made available i	if necessary. Practic	e Sessions	are 30 minutes in length at a
Maximum of 2 sessions per day -	At least one session wi	ll be on your compet	tition rink.	
Total Number of Practice Ice desir	red x \$.	17.00 per session =	<b>\$</b>	
Paper Form Fee:			\$ <u>\$10.0</u>	<u>00</u>
Total:			\$	

- Payable to the Nashville FSC.
- Ice Reservation Form Payment must accompany this Practice Form

<u>Practice Ice reservations will not be accepted by telephone or email</u>. Additional practice ice may be available upon arrival.

The online practice ice system is estimated to be available on or about September 15, 2010. You will receive an email notification once this is received you will be able to login and schedule your practice ice.

Please check at Practice Ice Desk when you arrive.

Mail to:

Christine Anderson 209 Padget Court Franklin, TN 37067

# 2011 Eastern Great Lakes Regional Figure Skating Championships **Program Ads**

# THIS FORM IS TO BE POSTMARKED Sept. 1, 2010

	(PAIMENI M	USI BE INCLUDED WITH FURIN	
□ Inside Front Cover (black & white) □ Inside Back Cover (black & white) □ Inside Front Cover (color) □ Inside Back Cover	\$125.00 \$125.00 \$150.00 \$150.00	<ul> <li>□ Full Page Ad</li> <li>□ Half Page Ad</li> <li>□ Quarter Page Ad</li> <li>□ Eighth Page Ad</li> <li>□ Good Luck Ads</li> </ul>	\$100.00 \$ 50.00 \$ 25.00 \$ 20.00 \$ 15.00
(color)	Ψ130.00		
We invite you to publish an ad in a special message to a skater, or t			ubmitted to recognize or send
Advertising rates are based on ca available for the back outside cov Book will be 8 ½" x 11" in size.			
	turn with a check m ngley Drive , TN 37064	nade payable to the Nashville Fi	gure Skating Club. Mail form
Electronic versions of photos or a later than Sept. 5, 2010.	artwork (jpg or pdf	format) may be sent to <u>Jennifer</u>	M@woodmontbaptist.com no
<b>Program Ads for Regional P</b> <i>Name</i>	rogram Book		
Email			
Address			
City	State _	Zip	Telephone
Size of Ad		Amt Enclosed \$	
Good Luck Ads: Please subn	nit one form per a	d order (additional copies of t	his form may be printed).
"Skater's Name"			
"From Name(s)"			
Personal message, please print	, 10 word limit		

# 2011 Eastern Great Lakes Regional Figure Skating Championships Skater Information for Program THIS FORM IS TO BE POSTMARKED Sept. 1, 2010

Program Information	
Name of Skater:	
Name of Club:	
Event Entered	_

Enclose two (2) 5"x 7" photographs in an envelope with this page. Label both photographs on the back lightly with the skater's name, home club and event. Black and white photos are preferred but color will be accepted. Black and white will reproduce more clearly.

## If you prefer you may send a jpg of your photographs to:

<u>JenniferM@woodmontbaptist.com</u> Electronic photos will not be accepted after Sept. 5, 2010

Photographs will be available for pick up at the registration desk. Every effort will be made to safeguard your photographs and return them to you. Attach this form to your photographs and mail to Program Chairperson by Sept. 1, 2010 to the program chair:

Jennifer Milligan 3172 Langley Drive Franklin, TN 37064

# 2011 Eastern Great Lakes Regional Figure Skating Championships Credential and All-event ticket order

# THIS FORM IS TO BE POSTMARKED Sept. 1, 2010

(PAYMENT MUST BE INCLUDED WITH FORM)

Complete this form to order one (1) complimentary chaperone badge and one (1) complimentary coach badge. You may purchase one additional coach credential. There is no maximum on the number of All-Event Tickets that can be ordered.

Please print. Competitor's Name:	
Phone Numbers:(H)	
Email:	
Event Entered:	
Chaperone Credential (complimentary): Na	
Additional Chaperone Credential (\$35): Na	me
Coach's Credential (Complimentary) – Mu	st meet all coach requirements
Name:	
U.S. Figure Skating #:	
Additional Coach's Credentials (\$35) – Mus	st meet all coach requirements
Name:	
U.S. Figure Skating #:	PSA #:
Day Pass Tickets (1 day pass)	@\$10 each
TH FR SAT	
All Events Tickets	@\$25 each
Chaperone Credential	@\$35 each
Coach's Credential	@\$35 each
ALL event Pass including Qualifying Events	@\$40 each (Thursday-Tuesday)
Total Cost for Credentials/Tickets	TOTAL

\$25 replacement fee for all lost credentials

Mail to: Christine Anderson 209 Padget Court Franklin, TN 37067