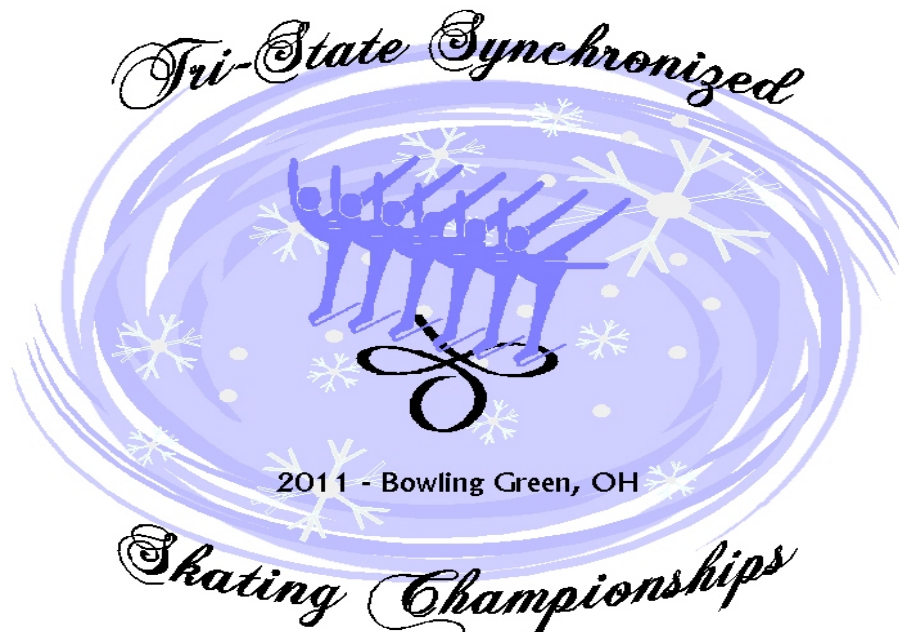


**TRI-STATE SYNCHRONIZED SKATING
CHAMPIONSHIPS**
Hosted by the Bowling Green Skating Club

February 12, 2011

**BGSU Ice Arena
417 N. Mercer Road
Bowling Green, Ohio 43402
Sanctioned by US Figure Skating and Skate Canada**

IJS to be used for all divisions as stated in the USFS rulebook



36th ANNUAL TRI-STATE SYNCHRONIZED SKATING TEAM CHAMPIONSHIPS

February 12, 2011

Sanctioned by U.S. Figure Skating and Skate Canada

The Bowling Green Skating Club will host the 36th annual Tri-State Synchronized Team Skating Championships held at the BGSU Ice Arena, 417 N. Mercer Road, Bowling Green, Ohio 43402. The competition will be on Saturday, February 12, 2011. Practice ice will be available on Friday, February 11, 2011.

General Information:

One arena, which has an 85' x 200' surface, will be used

Medals will be awarded for all teams finishing first, second, third, and fourth.

The Tri-State Synchronized Skating Competition is sanctioned by U.S. Figure Skating and will be conducted under the rules set forth in the 2011 edition of the U.S. Figure Skating Rulebook and this announcement. Particular note should be taken of these sections:

- . Rule 3080: Eligibility to compete
- . Rule 1450: Events to be skated
- . Rules 4660-4791: Requirements for each level
- . Rule 3530: Duration and Warm-up Periods of Synchronized Team Skating
- . Rule 3560: Clothing – Synchronized Team Skating

Liability:

U.S. Figure Skating, Bowling Green Skating Club, and BGSU Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 3322 of the 2011 edition of the official U.S. Figure Skating rulebook.

Judging System:

The ISU judging system (IJS) will be used for collegiate, adult, intermediate, novice, junior and senior events. For all other events, the 6.0 system will be used.

All teams competing in a level judged under the IJS will be required to complete a planned program content sheet. Blank sheets are found in this announcement. Each team's Planned Program Content sheet must be completed by the team coaches/contact people via their Member's Only profile at www.usfsaonline.org 2 weeks prior to the competition.

Applications:

All applications must be postmarked no later than December 31, 2010. Each team must submit a typed list of all team members' and alternates' names, birth dates, and U.S. Figure Skating numbers. Use the enclosed team roster form. Mail completed applications including entry form, team roster, waiver form, and practice ice application forms to:

BGSC - Synchro Competition
PO Box 566
Bowling Green, OH 43402

Fees:

The entry fee for each event is \$120 per team plus \$22 per competitor, including alternates. The entry fee for beginner is \$50 per team plus \$5 per skater. All fees are due when applications are submitted and must be payable in U.S. dollars only. There will be no refunds under any circumstances. Late registrations will be accepted at the discretion of the competition chair. Please make checks payable to: **Bowling Green Skating Club**.

All team entry forms must be postmarked by midnight- December 31, 2010.

Questions – Pat Rabb, rabb1960@metalink.net or 419-308-4552

SECTION 1: BASIC SKILLS / BEGINNER EVENTS

For all events: No skaters may have passed higher than the preliminary test in any discipline, and the majority of the team must be “no test.”

- 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 - 2 minutes +/- 10 sec.
Required elements:
- Circle:** 1 circle, include a 2-foot turn and a forward inside and/or forward outside edge glide
 - Line:** Cover the ice and include only forward skating skills.
 - Block:** Cover the ice and include only one configuration.
 - Wheel:** A 4-spoke or “S” wheel with backward pumps.
 - Intersection:** 2 lines facing each other, forward 2-foot glide at the point of intersection.
- RESTRICTIONS:**
- 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 - 2 minutes +/- 10 sec.
Required elements:
- Circle:** 1 circle, include the combination move* from Basic 8
 - Line:** Cover the ice may include both forward and backward skating skills.
 - Block:** Cover the ice and include 1 or 2 configurations.
 - Wheel:** Wheel of choice with backward pumps.
 - Intersection:** 2 lines facing each other, forward 2-foot or 1-foot glide at the point of intersection.
- RESTRICTIONS:**
- 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.
- C. Basic Skills Beginner 3** A team of 8 to 16 skaters. The majority of the team must be at least 12 years old on the preceding July 1
Program duration: 2–2 ½ minutes +/- 10 sec.
Required elements:
- Circle:** 1 circle, include the combination move* from Basic 8
 - Line:** Cover the ice must include both forward and backward skating skills.
 - Block:** Cover the ice and include 2 or 3 configurations.
 - Wheel:** Wheel of choice.
 - Intersection:** 2 lines facing each other, forward 1-foot glide or forward lunge at the point of intersection.
- RESTRICTIONS:**
- No changes or direction and traveling within elements.

* The combination move is element C in Basic 8: Two forward crossovers into a forward inside mohawk, step down or cross behind, step into a backward crossover, step forward onto a forward inside edge glide. It does not need to be repeated, and does not need to be done in both directions.

These levels are part of the U.S. Figure Skating Basic Skills program. Basic Skills competition guidelines will be used. There will be no more than 6 teams in each group, and judges must only be members of U.S. Figure Skating and be at least 16 years old. If there are not enough entries, Beginner 1 and Beginner 2 can be combined, at the discretion of the chief referee.

SECTION 2: U.S. FIGURE SKATING STANDARD COMPETITIVE EVENTS

- A. Preliminary:** 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.
Program duration: 2 minutes.
Well balanced program: Rule 4710
- B. Pre-Juvenile:** A team of 8 to 16 skaters. The majority of the team must be under 12 on the preceding July 1.
Program duration: 2 minutes.
Well balanced program: Rule 4760
- C. Open Juvenile:** A team of 8 to 16 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.
Program duration: 2 ½ minutes.
Well balanced program: Rule 4770
- D. Juvenile:** 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.
Program duration: 3 minutes.
Well balanced program: Rule 4700
- E. Intermediate:** 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.
Program duration: 3 ½ minutes.
Well balanced program: Rule 4690
- F. Novice:** A team of 12 to 20 skaters. Skaters must be under 16, with the exception that up to 4 team members may be 16 or 17, on the preceding July 1 and have passed the juvenile moves in the field test.
Program duration: 3 ½ minutes.
Well balanced program: Rule 4680
- G. Junior:** 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.
Short program duration: Maximum 2 minutes, 50 seconds
Free skate duration: 4 minutes
Well balanced program and short program: Rule 4670
- H. Senior:** 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.
Short program duration: Maximum 2 minutes, 50 seconds
Free skate duration: 4 ½ minutes.
Well balanced program and short program: Rule 4660
- I. Open Collegiate:** A team of 8 to 16 skaters. Skaters must be enrolled in a college or university as a full-time student as of the entry deadline.
Program duration: 3 minutes.
Well balanced program: Rule 4790
- J. Collegiate:** A team of 12 to 20 skaters. Skaters must be enrolled in a college or university as a full-time student as of the entry deadline & have passed the juvenile moves in the field test.
Program duration: 4 minutes.
Well balanced program: Rule 4720
- K. Open Adult:** A team of 8 to 16 skaters. The majority of skaters must be 19 years or older on the preceding July 1.
Program duration: 2 ½ minutes.
Well balanced program: Rule 4780

L. Masters: A team of 12 to 20 skaters. Skaters must be at least 25, and the majority of the team must be at least 35 on the preceding July 1.
 Program duration: 3 minutes.
 Well balanced program: Rule 4740

M. Adult: A team of 12 to 20 skaters. All skaters must be at least 21 years of age or older 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.
 Program duration: 3 ½ minutes
 Well balanced program: Rule 4730

Note to teams regarding moves in the field test requirements:
 Minimum moves in the field test levels are not being required at this competition.

Crossover Rules:
 No team may be comprised of more than 50% of athletes that are also on any other team. This applies to both the entire roster and the athletes that are skating on the ice at any given competition.

The chart below illustrates where crossover skaters are allowed. The shaded areas indicate no crossovers are allowed. An “X” indicates crossovers are allowed between the two levels, providing all requirements are met as defined Rules 4660 – 4791.

Level Athlete is Skating In	Preliminary	Pre-Juvenile	Open Juvenile	Juvenile	Intermediate	Novice	Junior	Senior	Open Collegiate	Collegiate	Open Adult	Masters	Adult
Preliminary													
Pre-Juvenile													
Open Juvenile													
Juvenile					X	X							
Intermediate				X		X	X	X					
Novice				X	X		X	X					
Junior					X	X		X		X			
Senior					X	X	X			X			X
Open Collegiate													
Collegiate							X	X					X
Open Adult													
Masters													X
Adult								X		X		X	

Music:
 Rules governing music selection can be found in the U.S. Figure Skating rulebook, rules 2660-4791.

- Only CDs (standard Compact Disk format) will be accepted.
- CDs: Must be clearly marked with name, event entered, and music length.

All music must be picked up at the completion of the competition. CDs will not be mailed back to competitors.
Due to compatibility and reliability reasons no music may be submitted on re-recordable “CDRW” discs.

Each CD must have only **ONE** track on it. In the case of short and free skate programs, two separate CDs must be used. Two (2) copies of the music must be submitted at registration when the team checks in. All teams must have an additional copy of their music available for practice sessions. The organizing committee will not accept responsibility for damage or loss of CDs but will take every precaution to ensure their safety. Please have a designated skater give a signal to start the music. Movement must commence within 10 seconds after the start of the music. There will be a one-minute warm-up on the official surface. Warm up timing begins when the **FIRST** skater enters the ice.

Practice Ice:

Practice ice sessions will be available to all teams on Friday, February 11, 2011. If needed, practice ice sessions will also be offered early on Saturday morning, February 12. Sign up for practice ice must be made with the enclosed application. Please note that practice ice will be on the official competition rink. NO REFUNDS ON CANCELLED SESSIONS.

Registration:

Registration will be available at the start of practice ice Friday through the end of the competition. The coach or team manager for each team must register and pick up their team packet no later than 1 hour prior to the time of the team's locker room assignment.

Please make sure that you print legibly or type all email addresses for the contact person and the coach. The confirmation letter, tentative schedule and practice ice schedules will be emailed to the contact person and primary coach listed on the entry form.

Souvenirs:

Competition pins and programs will be available for purchase at the competition. Also, vendors will be offering a variety of items for sale. A video photographer will be available for the competition.

Admission:

Teams will be provided with credentials for all competitors, two coaches, and two chaperones per team. For all others, the Admission ticket price is \$5, children 5 and under are free.

Concessions:

Food and beverages will be available for purchase in the arena. Note: No outside food or drink should be brought into the arena.

Tri-State Hotel Accommodations

HOTEL	ADDRESS	PHONE #	PRICE/AMENITIES
BEST WESTERN - FALCON PLAZA MOTOR INN	1450 E Wooster Street Bowling Green	419-352-4671	\$59.95 + tax
DAYS INN	1740 E Wooster Street Bowling Green	419-352-1520	\$99 + tax
HAMPTON INN	142 Campbell Hill Road Bowling Green	419-353-3464	\$109 + tax
HOLIDAY INN EXPRESS	2150 E Wooster Street Bowling Green	419-353-5500	\$89 + tax (meeting room available)
QUALITY INN & SUITES	1550 E Wooster Street Bowling Green	419-352-5211	\$49.95 + tax (meeting room available)
HOLIDAY INN EXPRESS	10621 Freemont Pike Perrysburg	419-874-3101	\$85 + tax (meeting rooms available)
HOLIDAY INN FRENCH QUARTERS	10630 Freemont Pike Perrysburg	419-874-3111	\$105 + tax

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

February 12, 2011

ENTRY FORM

Team name:		U.S. Figure Skating #
Club: (if applicable)		
Team contact person:		
Daytime phone number:	E-mail:	
Address:	City	State / ZIP
Primary coach:		U.S. Figure Skating #
Address:	City / State / ZIP	
Daytime phone number:	E-mail:	
Assistant Coach:	Assistant Coach:	
Number of skaters:	Number of alternates:	
Free Skate Music:	Short Program Music:	

Please check the level and/or event (s) entered:

- | | | | |
|---------------------------------------|--|-------------------------------------|--|
| <input type="checkbox"/> Beginner 1 | <input type="checkbox"/> Juvenile | <input type="checkbox"/> Collegiate | <input type="checkbox"/> Junior Short |
| <input type="checkbox"/> Beginner 2 | <input type="checkbox"/> Intermediate | <input type="checkbox"/> Open adult | <input type="checkbox"/> Junior Free Skate |
| <input type="checkbox"/> Beginner 3 | <input type="checkbox"/> Novice | <input type="checkbox"/> Adult | <input type="checkbox"/> Senior Short |
| <input type="checkbox"/> Preliminary | <input type="checkbox"/> Open Juvenile | <input type="checkbox"/> Masters | <input type="checkbox"/> Senior Free Skate |
| <input type="checkbox"/> Pre-Juvenile | <input type="checkbox"/> Open Collegiate | | |

Entry Fee: Enclosed is \$ _____ for _____ team events \$ 120.00 per team / event
 \$ _____ for _____ competitors \$ 22.00 per skater / event
 \$ _____ for _____ beginner events \$ 50.00 per team / beginner event
 \$ _____ for _____ competitors \$ 5.00 per skater / beginner event

Checks should be made payable to: **Bowling Green Skating Club**

Please send all forms and fees to:

BGSC – Synchro Competition PO Box 566 Bowling Green, OH 43402
--

All fees and entry forms must be postmarked by midnight:

December 31, 2010

Note: Team Managers: Please carry proof of age and/or birth certificates for all competitors.

Note for beginner teams: Beginner teams may choose to represent either a full member club or a U.S. Figure Skating Basic Skills school/program.

Junior/Senior short program and Junior/Senior free skating are separate events and require separate entry fees and separate entry forms.

 Date received _____ Check # _____ Amount \$ _____

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

February 12, 2011

PRACTICE ICE APPLICATION

Practice ice will be sold in 15-minute segments and are reserved on a first-come, first-serve basis based on the postmarked date on the received entry form. The cost of each segment is \$100.00 in U.S. Dollars only. **NO REFUNDS ON PRACTICE ICE.**

Team Name:	Club:	Level:
Contact Person:	Cell Phone:	E-mail:

Please indicate preference for practice ice time (1=first, 5=last)

Friday, February 11, 2011

- 5:00 – 7:00 pm 7:00 – 9:00 pm
 9:00 – 11:00 pm 11:00 – midnight

Saturday, February 12 2011

- 6:00 – 8:00 am

Does this team have cross skaters? _____ If so, on what other level? _____

Number of segments _____ **@ \$100.00/per segment = \$** _____

Fill out a separate practice ice application for each team from each club (you may reproduce this form).

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

February 12, 2011

TEAM ROSTER

Club Name	
Team Name	
Division	
Coach(s)	

- Please list skaters alphabetically.
- Place an * asterisk next to each skater who crosses over to another team & identify to which team they cross over.
- Computer generated rosters are acceptable.

Team Member	Birth date	USFS #	Highest MIF test passed
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
Alt. 1			
Alt. 2			
Atl. 3			
Alt. 4			

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

February 12, 2011
WAIVER FORM

Team Name:	Level:
------------	--------

U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and 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, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.

It is agreed that the competitors and family (by virtue of their signatures above) holds the Bowling Green Skating Club, Bowling Green State University Ice Arena, and all others harmless from any and all liability either during practice or the competitions, and from any and all liability for damages to or loss of property.

Skater's name in alphabetical order	Skater signature or parent / guardian (if skater is under 18)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	
22.	
23.	
24.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

Club officer/Skating Director (Beginner Teams): All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.

Print Name:	Signature:
Title:	
Club Name:	

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

February 12, 2011

COLLEGIATE CERTIFICATION

For collegiate and open collegiate teams **ONLY**

Collegiate and open collegiate teams must comply with Rule 4720 (collegiate) or Rule 4790 (open collegiate). Athletes must be considered full-time students by the college or university they attend, as of the entry deadline for this event. Use a separate form for each institution the members attend, collect all of the forms and send them together. Students may also choose another method to prove their student status, such as a print out of an unofficial transcript or a letter from the registrar.

Team Name:	Level:
------------	--------

LAST NAME	FIRST NAME	STUDENT ID NUMBER
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		

TO BE COMPLETED BY THE REGISTRAR:

I certify that the students listed above are considered full-time students by the following institution:

Name of Registrar: _____

Signature: _____ Date: _____

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS
February 12, 2011
PROGRAM ADVERTISEMENT

BOWLING GREEN SKATING CLUB

AD RATES

_____ \$250.00 Outside back cover	_____ \$200.00 Front/back inside cover
_____ \$175.00 Full page	_____ \$100.00 Half page
_____ \$50.00 1/4 page	_____ \$25.00 Business card

Make checks payable to: **Bowling Green Skating Club**

Mail completed form and check to:

BGSC – Synchro Competition
PO Box 566
Bowling Green, OH 43402

AD DEADLINE: January 15, 2011

ADVERTISER'S NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

CONTACT PERSON _____

SPECIAL INSTRUCTIONS _____

Ad's can be submitted electronically to: rabb1960@metalink.net or attached to this form.

Well-Balanced Program Elements: Preliminary, Pre-Juvenile, Open Juvenile, Juvenile

2011 Tri-States

Name of Team: _____

Level of team: ____ Preliminary ____ Pre-Juvenile ____ Open Juvenile ____ Juvenile

WELL-BALANCED PROGRAM ELEMENTS

2010-2011 Season

Free Skate

A well-balanced program must contain all of the following elements:

Juvenile, Open Juvenile (6 Elements)

- A. One Block Element
- B. One Circle Element
- C. **One** Intersection element
- D. One Line element
- E. One Wheel Element
- F. **One Movement in Isolation**

Preliminary, Pre-Juvenile (5 Elements)

- A. One Block Element
- B. One Circle Element
- C. One Intersection element*
- D. One Line element
- E. One Wheel Element

**For preliminary and pre-juvenile, the intersection must be forwards.*

Additional elements may be included in the program.

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: Collegiate Well-Balanced Program Elements: Open Collegiate

2011 Tri-States

Name of Team: _____

Level of team: _____ Collegiate _____ Open Collegiate

COLLEGIATE ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

2010-2011 Season

Free Skate

Collegiate (10 elements)
This sheet must contain all of the following elements:

- A. One Block Element
- B. One Circle Element
- C. One Intersection Element
- D. One Line Element
- E. One Movement in Isolation
- F. One No Hold Step Sequence
- G. One Wheel Element
- H. One element selected from Spin or MIF
- I. One Block Step Sequence
- J. One Circle Step Sequence

Additional elements may be included in the program. These additional elements will be judged as transitions. Transition elements must be listed on this sheet, and identified as such with a short description.

Example: a transition that consisted of a circle and an intersection would be listed as: Transition – Circle, Intersection.

Open Collegiate (6 elements)
A well-balanced program must contain all of the following elements:

- A. One Block Element
- B. One Circle Element
- C. **One** Intersection Element
- D. One Line Element
- E. One Wheel Element
- F. **One Movement in Isolation**

Additional elements may be included in the program.

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: Intermediate & Novice

2011 Tri-States

Name of Team: _____

Level of team: _____ Intermediate _____ Novice

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

2010-2011 Season

Free Skate

This sheet must contain all of the following elements:

Intermediate (9 Elements)

- A. One Block Element
- B. One Circle Element
- C. Two Intersection Elements
- D. One Line Element
- E. One Wheel Element
- F. One Movement in Isolation
- G. One Block Step Sequence
- H. One Circle Step Sequence

Novice (9 Elements)

- A. One Block Element
- B. One Circle Element
- C. One Intersection Element
- D. One Line Element
- E. One Wheel Element
- F. One Movement in Isolation
- G. One No Hold **Step Sequence**
- H. **One Block Step Sequence**
- I. **One Circle Step Sequence**

Additional elements may be included in the program. These additional elements will be judged as transitions, and will not receive point value. Transition elements must be listed on this sheet, and identified as such with a short description.

Example: a transition that consisted of a circle and an intersection would be listed as: Transition – Circle, Intersection

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: Junior and Senior

2011 Tri-States

Name of Team: _____

Level of team: _____ Junior Short _____ Junior Free Skate
 _____ Senior Short _____ Senior Free Skate

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	

2010-2011 Season

Short Program

Senior (6 Elements)

- A. One Block
- B. One Circle
- C. One Intersection
- D. One Moves in the Field
- E. (1) No Hold Step Sequence
- F. One Block Step Sequence

Junior (6 Elements)

- A. One Block
- B. One Circle
- C. One Intersection
- D. One Spiral Element
- E. (1) No Hold Step Sequence
- F. One Block Step Sequence

There may NOT be any additional elements.

Free Skate

Senior (11 elements)

- A. One Block Element
- B. One Circle Element
- C. Two different Intersection Elements
- D. One Line Element
- E. One element selected from Movement in Isolation, Pair Element or Spin
- F. One Moves in the Field (MIF)
- G. One No Hold Step Sequence (NHSS)
- H. One Wheel Element
- I. One Block Step Sequence
- J. One Circle Step Sequence

Junior (10 elements)

- A. One Block Element
- B. One Circle Element
- C. One Intersection Element
- D. One Line Element
- E. One Movement in Isolation (MI)
- F. One No Hold Step Sequence (NHSS)
- G. One Wheel Element
- H. One element selected from a Spin or MIF Element
- I. One Block Step Sequence
- J. One Circle Step Sequence

Additional elements may be included in the program. These additional elements will be judged as transitions. Transition elements must be listed on this sheet, and identified as such with a short description.

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: Adult Well-Balanced Program Elements: Open Adult & Masters

2011 Tri-States

Name of Team: _____

Level of team: _____ Adult _____ Open Adult _____ Masters

ADULT ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

2010-2011 Season

Adult (9 Elements)
This sheet must contain all of the following elements:

- A. One Block Element
- B. One Circle Element
- C. One Intersection Element
- D. One Line Element
- E. One Wheel Element
- F. One Movement in Isolation
- G. One additional element to be selected from Moves in the Field or Spin
- H. One Block Step Sequence
- I. One Circle Step Sequence

Additional elements may be included in the program. These additional elements will be judged as transitions. Transition elements must be listed on this sheet, and identified as such with a short description.

A well-balanced program must contain all of the following elements:

Open Adult (5 elements)

- A. One Block Element
- B. One Circle Element
- C. One Intersection Element
- D. One Line Element
- E. One Wheel Element

Masters (6 elements)

- A. One Block Element
- B. One Circle Element
- C. One Intersection Element
- D. One Line Element
- E. One Wheel Element
- F. One Movement in Isolation

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____