

Extreme Ice Center Skating School In House Compete USA Competition "Spring Fever"

Sponsored by and held at the Extreme Ice Center



4705 Indian Trail-Fairview Rd
Indian Trail, NC 28079

Sunday, May 5, 2019 / Application Deadline: April 10, 2019

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club.

Eligibility and Test Requirements:

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic Skills 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the **Pre-Free Skate, Free Skate 1-6** eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below his/her class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

ENTRIES AND FEES

All entries must be **postmarked no later than April 10, 2019**. Late Entries will only be accepted if the limit has not been reached, at the discretion of the organizers. Entry fees are per person, US dollars. The **event entered is \$40.00**. Each skater is only permitted one event. NO refunds after closing date unless event is cancelled by Extreme Ice Center. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to The Extreme Ice Center.** *There will be a \$25.00 fee for returned checks.*



AWARDS: Everyone will receive an award. All events will be final rounds. There will be no more than six competitors maximum in an event and all six should receive an award. Awards Ceremonies will be held periodically throughout the competition.

SCHEDULE OF EVENTS:

Will be posted on the Official Bulletin Board no later than April 22.

All events will be held on the Training Rink Surface of the Extreme Ice Center.

PRACTICE ICE: Will be determined, upon completion of the competition schedule. Times for sessions will be announced. Low Freestyle Sessions, available in 30 minute increments may be available (*schedule permitting*) for practice ice at regular 30 minute freestyle fees. More details to follow with schedule.

MUSIC: The music for all free skating programs must be provided on CDs by the skater (CD-R) CDs should be clearly marked with the name of the skater, event entered, and length of music. Competition music is to be turned in 1 hour prior to the event at the registration table. Time duration is always + / - 10 seconds.

VIDEO AND PHOTOGRAPHS may be taken by the parents at their choosing. Professional services will not be offered at this event.

EVENTS OFFERED FOR:

- Snowplow Sam 1-3 Programs with Music
- Basic Skill 1-6 Programs with Music
- Pre-Free Skate and Freeskate 1-6 Programs with Music
- Adult Basic Skill Levels 1-6 Programs with Music
- Special Olympics 1-12 Programs with Music / or Skills
- Showcase Events

HOW TO PREPARE FOR THE COMPETITION:

If you do not have a Private Lesson Instructor at this time, speak to your Basic Skills Instructor. They are already familiar with your current skating skill, and offer a great path to begin your planning for competition preparation. If you are not currently enrolled in our Learn to Skate USA Classes, please see the Private Lesson Brochure, to find a coach to guide you. You will then need to arrange a few lessons to prepare your choreography for competition program preparation. Your Instructor will guide you in the items needed for competition, ie. Number of lessons, attire for the event, and will be at your competition event to help you along. (Be sure to ask your instructor what their coaching fees are for your lessons, and for the competition event)

If you need assistance in finding a coach to meet your needs for this event, please contact:
Jenny Wesley Gwyn, Skating School Director/Competition Coordinator @ jennyg@xicenter.com

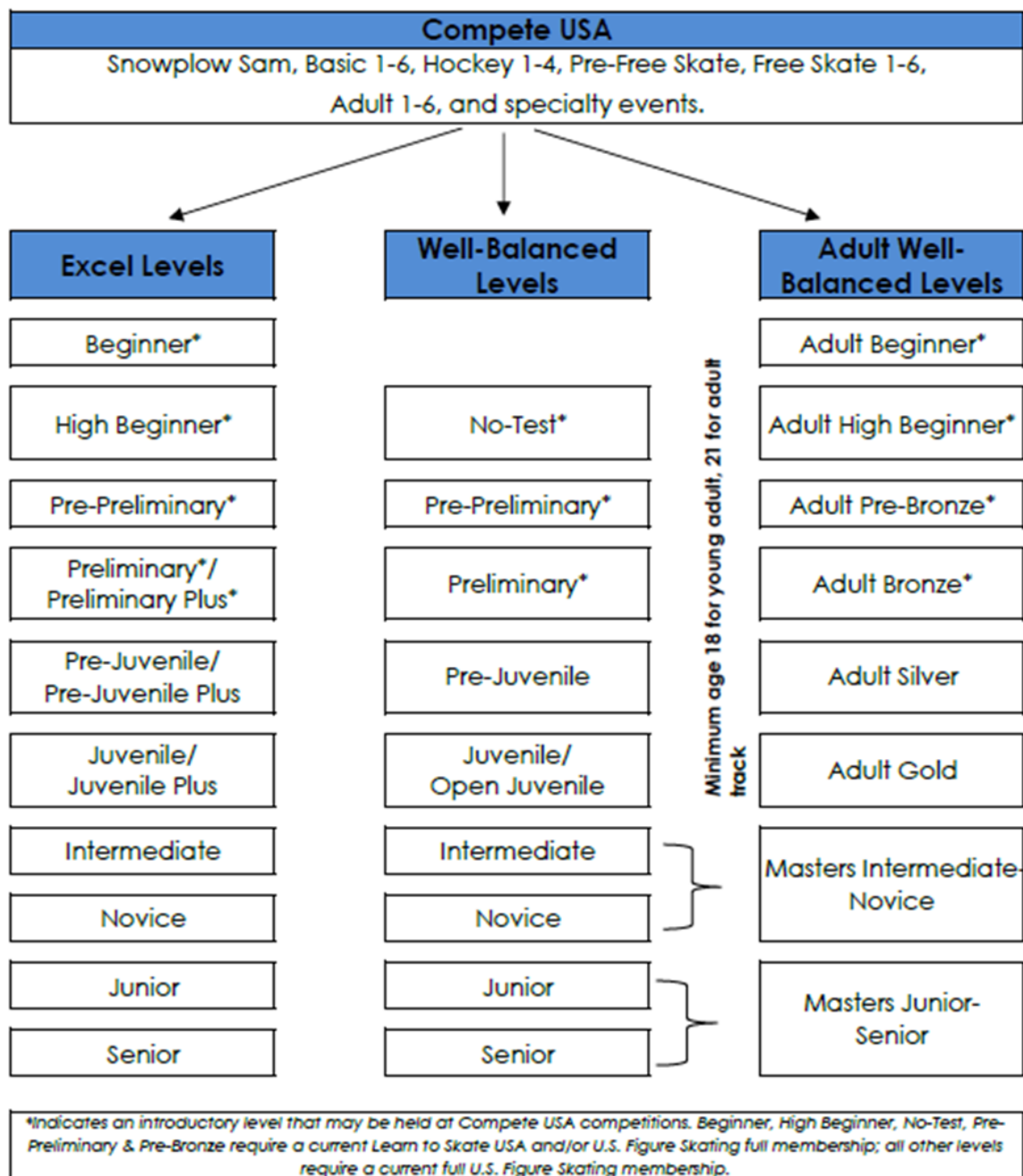
Director may be reached at the Extreme Ice Center: (704)882-1830 during business hours.





COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

To be skated on full ice with music.

The skater may use elements from a previous level.

A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	March followed by a two-foot glide and dip Forward two-foot swizzles, 2-3 in a row Forward snowplow stop Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	Forward one-foot glide (no variations), either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Forward slalom Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	Forward outside edge on a circle, clockwise or counterclockwise Forward crossovers, 4-6 consecutive, clockwise and counterclockwise Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:10 max.	Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counterclockwise Forward outside three-turn, right and left Advanced two-foot spin, minimum 4 revolutions Hockey stop
Basic 6	1:10 max.	Forward inside three-turn, right and left Bunny Hop Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions Mazurka Waltz jump <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>
Free Skate 1	1:40 max.	Forward stroking, 4-6 consecutive powerful strokes One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions Toe loop jump Half flip jump <i>NOT ALLOWED – Waltz jump/toe loop combination</i>
Free Skate 2	1:40 max.	Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Beginning back spin- maximum 2 revolutions Half Lutz Salchow jump <i>NOT ALLOWED – Salchow/toe loop combination</i>
Free Skate 3	1:40 max.	Alternating Mohawk/crossover sequence, right to left and left to right Advanced back spin with free foot in crossed leg position, minimum 3 revolutions Loop jump Waltz jump/toe loop or Salchow/toe loop jump combination <i>NOT ALLOWED – Waltz/loop combination</i>
Free Skate 4	1:40 max.	Forward power 3's, 2-3 consecutive sets, right or left Sit spin – minimum 3 revolutions Half Loop jump (Euler) Flip jump <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i>
Free Skate 5	1:40 max.	Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin – minimum 3 revolutions Waltz-loop jump combination Lutz jump
Free Skate 6	1:40 max.	Creative step sequence using a variety of three turns, Mohawks and toe steps Camel, sit spin combination - minimum of 4 revolutions total Waltz jump/ half-loop (Euler)/Salchow jump combination Beginning Axel jump

ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

The skating order of the required elements is optional.

The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

- **To be skated on full ice**
- **The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.**
- **A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.**

Level	Time	Elements
Adult 1	1:40 Max	Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Backward skating to a long two-foot glide Forward chasses on a circle, clockwise and counterclockwise Backward snowplow stop, Right and Left
Adult 4	1:40 Max	Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Backward one-foot glides, right and left Hockey stop, both directions
Adult 5	1:40 Max	Backward outside edge on a circle, right and left Backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin
Adult 6	1:40 Max	Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin (min 2 revs on 1 foot)

SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate and Adults. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Showcase categories include:

- Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.

Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles.

NOTE: Skaters may enter only one each duet, mini production or production event.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate or free dance tests.	Time: 1:30 max.

EVENT: SPECIAL OLYMPICS BADGE PROGRAM

Special Olympic Competitors may do “Skills Only” or “Program with Music”
If doing a program, music can be used and will be 1:10 max.

Badge 1

- A. Stand unassisted for five seconds
- B. Sit on ice or fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

Badge 2

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

Badge 3

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: left and right

Badge 4

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

Badge 5

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot turn front to back, on the spot

Badge 6

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

Badge 7

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

Badge 8

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward ½ swizzles on a circle: left and right
- D. Two-foot spin

Badge 9

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

Badge 10

- A. Forward inside three-turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

Badge 11

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

Badge 12

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12



Extreme Ice Center Skating School
"Spring Fever" - Sunday, May 5, 2019 / Entry Form
Applications due no later than April 10, 2019

Please write legibly.

Name: _____ Age _____ DOB _____ Sex _____
Last First

Address: _____ City _____

State: _____ Zip: _____ Email Address (required) _____

Area Code/Phone #: _____

Cell Phone #: _____

Learn to Skate USA Membership# _____ or USFS Full Membership # _____

Highest Level Passed: _____

Instructors Name: _____

Instructors Email: _____

Please check the event you are entering:

Entry Fee is \$41.00 per individual event / Entry Fee is \$60.00 per ensemble event

<p><u>Basic Program:</u></p> <p><input type="checkbox"/> Snowplow Sam</p> <p><input type="checkbox"/> Basic 1</p> <p><input type="checkbox"/> Basic 2</p> <p><input type="checkbox"/> Basic 3</p> <p><input type="checkbox"/> Basic 4</p> <p><input type="checkbox"/> Basic 5</p> <p><input type="checkbox"/> Basic 6</p>	<p><u>FS Program:</u></p> <p><input type="checkbox"/> Pre-Free Skate</p> <p><input type="checkbox"/> Freeskate 1</p> <p><input type="checkbox"/> Freeskate 2</p> <p><input type="checkbox"/> Freeskate 3</p> <p><input type="checkbox"/> Freeskate 4</p> <p><input type="checkbox"/> Freeskate 5</p> <p><input type="checkbox"/> Freeskate 6</p>	<p><u>Adult Program:</u></p> <p><input type="checkbox"/> Adult 1</p> <p><input type="checkbox"/> Adult 2</p> <p><input type="checkbox"/> Adult 3</p> <p><input type="checkbox"/> Adult 4</p> <p><input type="checkbox"/> Adult 5</p> <p><input type="checkbox"/> Adult 6</p>
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<p><u>Showcase:</u> <u>Light Entertainment</u></p> <p><input type="checkbox"/> Snowplow Sam</p> <p><input type="checkbox"/> Basic 1-3</p> <p><input type="checkbox"/> Basic 4-6</p> <p><input type="checkbox"/> Adult</p> <p><input type="checkbox"/> Freeskate</p> <p>*****</p> <p><i>If Duet - Partner name:</i></p> <p>_____</p>	<p><u>Showcase:</u> <u>Dramatic</u></p> <p><input type="checkbox"/> Snowplow Sam</p> <p><input type="checkbox"/> Basic 1-3</p> <p><input type="checkbox"/> Basic 4-6</p> <p><input type="checkbox"/> Adult</p> <p><input type="checkbox"/> Freeskate</p> <p>*****</p> <p><i>If Duet - Partner name:</i></p> <p>_____</p>	<p><u>Showcase ENSEMBLE GROUP:</u></p> <p><input type="checkbox"/> <u>MINI PRODUCTION ENSEMBLE</u></p> <p>participant names: _____</p> <p>_____</p> <p>_____</p> <p><input type="checkbox"/> <u>PRODUCTION ENSEMBLE</u></p> <p>(attach separate form to include member names)</p>
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Check # _____ or Credit Card _____ or Cash _____ payment accepted

The completed entry form, with fees must be **postmarked no later than April 10, 2019**

All fees are payable to the **Extreme Ice Center**. Submit to: Jenny Gwyn, Extreme Ice Center Skate School Dept- For additional information contact Jenny Gwyn at (704)882-1830 or jennyg@xicenter.com.

ENTRY FEE IS NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the Extreme Ice Center harmless from any and all liability either during practice or the competition, and from any all liability for damages or loss of property.

In addition, I grant permission to Extreme Ice Center and its agents and employees the irrevocable and unrestricted right to reproduce the photographs and/or video images taken of me, or members of my family for the purpose of publication, promotion, illustration, advertising in any manner or in any medium.

Parent/Guardian (over 18yr) Signature: _____

Date _____

Instructor Signature: _____

Date _____



Extreme Ice Center Skating School / Special Olympic Entry Form

"Spring Fever" - Sunday, May 5, 2019

Applications due no later than April 10, 2019

Please write legibly.

Name: Last First Age DOB Sex

Address: City

State: Zip: Email Address (required)

Area Code/Phone #:

Cell Phone #:

Learn to Skate USA Membership# or USFS Full Membership #

Instructors Name: Instructors Email:

Please check the event you are entering:

Singles Levels 1-6

Write/type level that applies // Level:

PAIRS Levels 1-3

Write/type level that applies // Level:

Traditional: or Unified:

Level: Level:

Partner: Partner:

Entry Fee is \$30.00 per individual event

Check # or Credit Card or Cash payment accepted

The completed entry form, with fees must be postmarked no later than April 10, 2019

All fees are payable to the Extreme Ice Center. Mail to: Jenny Gwyn, Extreme Ice Center Skate School Dept, 4705 Indian Trail-Fairview Rd, Indian Trail, NC 28079. For additional information contact Jenny Gwyn at (704)882-1830 or jennyg@xicenter.com.

ENTRY FEE IS NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the Extreme Ice Center harmless from any and all liability either during practice or the competition, and from any all liability for damages or loss of property.

Parent/Guardian (over 18yr) Signature: Date

Instructor Signature: Date