



RMU Island Sports Center's 2021 Sunsational Invitational Compete USA Competition FRIDAY, JUNE 25, 2021

Rules: This competition, hosted by the RMU Island Sports Center, will be conducted in accordance with the rules set forth in the *2020-21 edition of the U.S. Figure Skating Rulebook*. The competition is open all persons as defined by the eligibility rules and who are currently registered with U.S. Figure Skating.

Skaters must be current members (for the 2020-21 membership year) of U.S. Figure Skating, either through a member club, a registered Learn to Skate USA program or as an individual member. Current membership will be verified by the competition registrar prior to the competition.

Events:

- Snowplow Sam- Basic 6: Elements & Program with Music
- Pre-Free Skate-Free Skate 1-6: Compulsory & Program with Music
- Excel Compulsory Moves & Excel Free Skate with Music
- Well Balanced Levels: Compulsory Moves & Free Skate with Music
- Jump & Spin Events
- Individual Showcase Events: Dramatic & Light Entertainment: Basic 1- 6, Pre-Free Skate – FS 6, Beginner- Preliminary
- Couples Duet Showcase: Basic 1 6, Pre-Free Skate FS 6, Beginner- Preliminary
 Couples Showcase: Both skaters must register individually and pay the appropriate event fees

Skaters must skate at least at the highest level passed by Friday, June 4, 2021, but may skate up one level.

Age Restrictions: Skaters entering Snowplow Sam through Preliminary events will be divided by level & age should the number of entries warrant more than one group.

Entries: *To minimize registration errors, the competition registration will be a <u>TWO-STEP PROCESS</u>. <u>STEP 1:</u> Skaters must go to <u>www.sk8stuff.com</u> to register their individual competition details (name, us fs number, level, events, rink, coach, etc).*

<u>STEP 2:</u> Once the sk8stuff registration is completed, skaters must go to RMU ISC website to finalize their registration and pay for their competition events at: <u>www.rmuislandsports.org</u> Go to *"browse activities."* Click on *"Sunsational Invitational"* to complete skater registration and confirm number of events in which they are competing. <u>Be sure to register for ALL Events</u> in which the skater is participating. See detailed registration procedure page at the end of this document.

If skaters do not complete this TWO-STEP PROCESS, they will not be scheduled for their competition events. Entry deadline is Friday, June 4, 2021

Late entries may be accepted at the discretion of the competition director and if space is available. *If accepted, a late fee of \$25 will be assessed.*

REGISTRATION MAY CLOSE EARLY! RMU Island Sport Center reserves the right to limit entries prior to the deadline by event based on entry date/timestamp, if estimated skating time exceeds available ice time. This may result in closing registration prior to the stated deadline.

Entry Fees:

<u>Events</u> 1st event Each additional event <u>Entry Fee</u> \$60 \$25 **Refund Policy: Entry fees** <u>*will not be refunded*</u> after Friday, June 4, 2021, unless no competition exists or an event is cancelled. There will be **no refunds** for medical withdrawals. Checks returned for non-sufficient funds will be assessed a \$25 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

Scheduling of Events: A tentative schedule of events will be available at: <u>http://isc.rmu.edu/figure-skating/sunsational</u>An email will be sent to all coaches and skaters who provide a legible email address.

Coaches: Coaches must be in compliance with Rules MR 5.12 and MR 5.13 in the current U.S. Figure Skating Rulebook or they will not be allowed at the venue. Coaches must be a current full member of U.S. Figure Skating. They must have completed the registration process through U.S. Figure Skating and paid the annual registration fee. If 18 years of age or older, they must have successfully passed the background screen. Coaches must have completed the appropriate CER courses depending on the highest level of skaters being coached. They must have submitted proof of current general liability insurance. For Basics Skills coaches ONLY, the coach must be 18 years and older and instructing in a Learn to Skate USA program. In addition, they must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor member.

The competition committee will check the list of compliant coaches that is published online by U.S Figure Skating. A coach who is not on the list of compliant coaches will not be allowed to be in the coaching area during the competition.

Assumption of Liability: Per rule 1600 in the current U.S Figure Skating Rulebook, U.S. Figure Skating, the RMU Island Sports Center and organizers of this competition undertake no responsibility for damages or injuries suffered by the competitors. As a condition of and in consideration of the acceptance of their entries or participation in this competition, the competitor and his/her parents(s) agree to assume all risks of injury and loss of property resulting from, caused by or connected with, the conduct of management of this competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the RMU Island Sports Center and their employees, and their entries shall be accepted only on such condition.

Facilities: RMU Island Sports Center will use the Olympic Arena for the competition events. The rink's telephone number is 412.397.4454

Registration: The Sunsational Invitational competition registration desk will be located at the entrance of RMU Island Sports Center Café Area. The registration desk will open at 7:00 AM. Competitors must check in at the Registration Desk upon arrival.

<u>MUSIC:</u> The skaters competition music must be uploaded to Entryeeze for Sunsational Invitational no later than June 15, 2021. *Directions for music upload will follow once the competition schedule has been posted.*

Skater's official competition music must be uploaded on Entryeeze by June 15.2021 All skaters should have a backup CD readily available (rink-side) during the event. CDs are the only acceptable form of back up media. Cassettes, phones, thumbdrives, or Mp3 players will not be accepted. Each CD must have only ONE (1) track on it. In the case of short and long programs, two (2) separate disks must be used. Any disc with more than one (1) track will NOT be considered an acceptable form of back up. Due to compatibility and reliability reasons music may NOT be submitted on re- recordable "CD-RW" discs.

Computation of Results: The 6.0 Majority closed system of judging will be used in all events.

Events/Awards: All events will be final rounds. Medals will be awarded for 1st, 2nd, and 3rd place. Ribbons will be awarded for 4th, 5th & 6th places. The skater is responsible for picking up award(s) during awards ceremonies. Awards will not be mailed to the skater. Awards will be distributed immediately following the posting of results. Skaters should report to the awards podium to receive their event award.

Videography and Photos: Those interested in videotaping or taking photographs are required to do so from the bleachers. No individual will be allowed at rink side for these purposes. Absolutely no flash photography is permitted during the warmups or competition events. *Due to Covid restrictions, The Sunsational Invitational will not have professional photography & video services this year.*

Notices: Official notices and skating orders will be posted at the ice entrance for the competition events & in the program booklet. Skaters should arrive at the facility a minimum of one hour before their scheduled skate time and should check in with the ice monitor twenty minutes prior to their events. If the events are running ahead of schedule, the competition will keep moving forward with events. Skaters who do not arrive at least an hour prior to their scheduled warm-ups/events will not be provided refunds or credits if they miss their events due to the schedule running early.

Questions: Contact Beth Sutton @ Sutton@rmu.edu or 412.397.4469



MISSION STATEMENT:

We promote a FUN, introductory, competitive experience for all participants.

Compete USA is designed to promote a positive competition experience at the grassroots level and increased skating participation while generating enthusiasm. Compete USA competitions incorporate skills from Learn to Skate USA and U.S. Figure Skating into a competitive format that can be easily and successfully conducted by registered Learn to Skate USA programs and U.S. Figure Skating member clubs or interclub.

The competition is open to any skater is who is a current member of Learn to Skate USA or is a full member of U.S. Figure Skating. Non-members are eligible to register for competition but must be a registered Learn to Skate USA or U.S. Figure Skating member to compete. There should be no more than six competitors' maximum in a group, and all six should receive an award.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be a current registered member of Learn to Skate USA or a full member of U.S. Figure Skating. There will be no more than six competitors' maximum in an event, and all six should receive an award.

Eligibility and Test Requirements:

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic 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, excel and well-balanced** eligibility will be based only upon highest badge level or free skate test level passed. Moves in the field test level will not determine a 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.

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 (LOC) discovers that a skater has been placed in a category below his/her badge or test level, the chair and referee will have the option to move the skater into the proper level, even if it is 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.

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

For credentials at a Compete USA event, coaches/instructors are required to have:

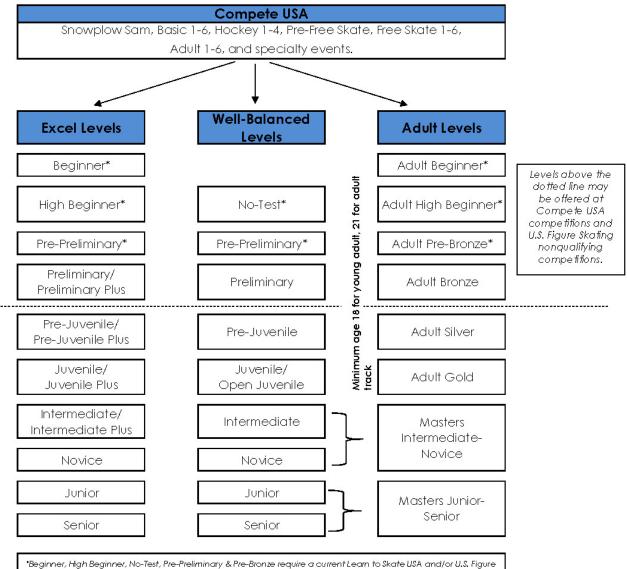
- Learn to Skate USA instructor membership OR U.S. Figure Skating full membership
- SafeSport training completed (for coaches/instructors 18 years old and older)
- Background check successfully passed (for coaches/instructors 18 years old and over)
- Learn to Skate USA instructor certification OR U.S. Figure Skating coach compliance (for coaches under 18 years old)





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.



Skating full membership; all other levels require a current full U.S. Figure Skating membership.



SNOWPLOW SAM – BASIC 6 ELEMENTS

There are two format options for the elements event:

- 1. Each skater will perform each element when directed by a judge/referee OR
- 2. Skater will perform one element at a time in the <u>order listed below</u> (no excessive connecting steps or choreography) Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- All elements must be skated in the order listed.

Level	Time	Skating rules/standards	
		March followed by a two-foot glide and dip	
Snowplow	1:00 max	• Forward swizzles, 2-3 in a row	
Sam		Forward snowplow stop	
		Backward wiggles, 2-6 in a row	
		Forward two-foot glide and dip	
Basic 1	1:00 max	• Forward swizzles, 6-8 in a row	
		Beginning snowplow stop on one or two feet	
		Backward wiggles, 6-8 in a row	
		Forward one-foot glide (no variations), either foot	
Basic 2	1:00 max	• Scooter pushes, 2-3 each foot	
		Moving snowplow stop	
		Two-foot turn in place, forward to backward	
		Backward swizzles, 6-8 in a row	
		Beginning forward stroking showing correct use of blade	
Basic 3	1:00 max	 Forward half-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	
		Forward outside edge on a circle, clockwise or counterclockwise	
Basic 4	1:00 max	• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive	
		Backward half-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	
		Backward outside edge on a circle, clockwise or counterclockwise	
		Backward crossovers, clockwise and counterclockwise, 4-6 consecutive	
Basic 5	1:00 max	Forward outside three-turn, right and left	
		 Advanced two-foot spin, minimum 4 revolutions 	
		Hockey stop	
		Forward inside three-turn, right and left	
Basic 6	1:00 max	Mohawk, right to left and left to right	
		Bunny hop	
		 Basic forward spiral on a straight line (no variations), right or left 	
		Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position	
		T-ston right or left	

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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



restricted as etc., unless

- 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
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

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

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.



- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed

• 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.

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Level	Time	Skating rules/standards
Pre-Free Skate	1:15 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, one set each direction clockwise and counterclockwise One-foot upright spin, optional entry and free foot position, minimum 3 revolutions
		 Mazurka – right or left
		Waltz jump
		 Forward stroking, 4-6 consecutive powerful strokes
Free Skate 1	1:15 max	 Backward outside three-turn, right and left
		 One-foot upright spin, entry from backward crossovers, with free foot in
		crossed leg position (scratch spin), minimum 4 revolutions
		Toe loop
		Half flip jump
Free Skate 2	1:15 max	 Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis
		Backward inside three-turn, right and left
		Beginning back spin, optional entry and free-foot position, maximum 3
		revolutions
		Half Lutz Salah and income
		Salchow jump
Free Skate 3	1:15 max	 Alternating mohawk/crossover sequence, right to left and left to right Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise
Thee Skale S	1.15 110	 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
		 Forward power 3s, 2-3 consecutive sets, right or left
Free Skate 4	1:15 max	 Sit spin, minimum 3 revolutions
		 Half loop jump
		Flip jump
		 Backward outside three-turn, mohawk (backward power three-turn), 2-3
Free Skate 5	1:15 max	sets both directions
		Camel spin, minimum 3 revolutions
		 Waltz jump-loop jump combination
		Lutz jump
		Forward power pulls, minimum 3 on each foot
Free Skate 6	1:15 max	 Camel, sit spin combination, minimum of 4 revolutions total
	-	 Waltz jump-Euler (half loop)-Salchow jump combination
		 Axel jump; minimum requirement is a clear attempt either stationary or
		moving
	1	

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

Format: The skating order of the required elements is optional. The elements are not as to the number of times an element is executed, length of glides, number of revolutions, 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

		be taken for each element performed from a higher level		
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 one set each direction clockwise and counterclockwise One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions Mazurka, right or left 		
		Waltz jump		
		 NOT ALLOWED – Waltz jump-side toe hop-waltz jump 		
		Forward stroking, 4-6 consecutive powerful strokes		
Free Skate 1	1:40 max	 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		
		NOT ALLOWED – Waltz jump-toe loop jump combination		
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, optional entry and free foot position, maximum 2 revolutions 		
		Half Lutz		
		Salchow jump		
		NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop jump combination		
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 		
Free Cluste 4	1.40 may			
Free Skale 4	1:40 max			
Free Skate 5	1.40 may			
TTEE SKALE S	1.40 MdX			
Free Skate 6	1:40 max			
Free Skate 4 Free Skate 5 Free Skate 6	1:40 max 1:40 max 1:40 max			

EXCEL COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating the required elements is optional.



order of

ating

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters may have the option to skate one level higher in compulsories than free skate program

Level	Time	Skating rules/standards
		Toe loop jump
Excel Beginner	1:15 max	Salchow jump
		 One-foot upright spin, minimum 3 revolutions
		Choreographic step sequence
		Loop jump
Excel High	1:15 max	Salchow-toe loop jump combination
Beginner		Sit spin, minimum 3 revolutions
		Choreographic step sequence
		• Flip jump
Excel Pre-	1:15 max	Loop-loop jump combination
Preliminary		 Upright spin with change of foot, minimum 3 revolutions on each foot
		Choreographic step sequence
		Lutz jump
Excel Preliminary	1:15 max	Flip-loop jump combination
		Camel-sit combination spin, minimum 6 revolutions total
		Choreographic step sequence

WELL-BALANCED LEVELS COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters may have the option to skate one level higher in compulsories than free skate program

Level	Time	Skating rules/standards	
No Test	1:15 max	 Loop jump Jump combination to include a toe loop (may not use a loop or Axel) Upright spin with change of foot, minimum 3 revolutions on each foot Choreographic step sequence 	
Pre-Preliminary	1:15 max	 Lutz jump Single jump-single jump (no Axel) combination Spin with one change of position and no change of foot, minimum 6 revolutions total Choreographic step sequence 	
Preliminary	1:15 max	 Axel jump Single jump-single jump (may include Axel) combination Spin with one change of foot and one change of position, minimum 3 revolutions on each foot Choreographic step sequence 	

EXCEL FREE SKATE

General event parameters:

• Skaters may <u>not</u> enter both a well-balanced free skate event and an excel free skate event at the same competition



- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up to one level higher

Excel Beginner	Maximum 4 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
1:40 Max	Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed	Two upright spins No change of foot No flying entry	Choreographic step sequence* (ChSt) Must use one-half of the ice surface
Learn to Skate USA membership OR full U.S. Figure Skating membership required	Maximum 2 jump combinations or sequences One 3-jump combination is allowed • Jump sequence is any listed jump immediately followed by a waltz jump Maximum 2 of any same jump	Minimum 3 revolutions Max Level: Base	Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
Excel High Beginner 1:40 Max Learn to Skate USA membership OR full U.S. Figure Skating membership required	 Maximum 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half loop), loop Flip, Lutz, and Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump Maximum 2 of any same jump 	Maximum 2 spins: Both spins must be in a single position No change of foot No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright Minimum 3 revolutions Max Level: Base Both spins may be of the same character	Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
Excel Pre-Preliminary	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
1:40 Max <u>Must not</u> have passed higher than U.S. Figure Skating pre- preliminary free skate test *means required element Learn to Skate USA membership <u>OR</u> full U.S. Figure Skating	All single jumps allowed, except for the Axel No single Axels, double or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3- jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump	One spin must be in a single position with no change of foot* One spin may change feet or position, but not both No flying entry Minimum 3 revolutions Spins must be of a different character	Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
membership required		Max Level: 1	
Excel Preliminary 1:30 +/- 10 sec. <u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test *means required element Full U.S. Figure Skating	Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3- jump combination is allowed • Jump sequence is any listed jump	Maximum 2 spins: One spin must be a camel or layback spin with no change of foot and no change of position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character	Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
membership required	immediately followed by a waltz jump		



Excel Preliminary Plus	Maximum 5 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
1:30 +/- 10 sec.	All single jumps allowed, including single Axel	One spin must be in a	Choreographic step
,	No double or higher jumps allowed	single position*	sequence* (ChSt)
	Single Axel may be repeated once (but not more) as	No change of foot	Must use one-half of the ice
Must not have passed higher than	a solo jump or part of a jump sequence or jump	No flying entry	surface
U.S. Figure Skating preliminary free	combination (maximum 2 single Axels)	One spin may change	Moves in the field and spiral
skate test	Number of remaining single jumps is not limited	feet and/or position	sequences are allowed but
*	provided the maximum number of jump elements	No flying entry	will not be counted as
*means required element	allowed is not exceeded	Minimum 3 revolutions	elements
	Maximum 2 jump combinations or jump sequences	Spins must be of a	Jumps may be included in
	All single jumps, including the single Axel, are	different character	the step sequence
	allowed as part of a jump combination or sequence		
	(no double jumps)		
Full U.S. Figure Skating membership	Jump combinations limited to 2 jumps. One 3-jump		
required	combination is allowed		
	 Jump sequence is any listed jump 		
	immediately followed by an Axel-type	Max Level: 1	
	jump.		

WELL-BALANCED FREE SKATE PROGRAM

General event parameters:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.

Level/Time	Jumps	Spins	Step Sequences
	Max 5 Jump Elements	Max 2 Spins	Max 1 Sequence
No Test 1:40 Max	 All single jumps allowed except single Axel No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump) 	 Spins may change feet and/or position Spins may start with a flying entry Min 3 revs These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E)) 	 Step sequence Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
	Max 5 Jump Elements	Max 2 Spins	Max 1 Sequence
Pre- Preliminary 1:40 Max	 All single jumps, including single Axel, allowed No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump 	 Spins may change feet and/or position Spins may start with a flying entry Min 3 revs These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E)) 	 Step sequence Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence



	Max 5 Jump Elements	Max 2 Spins	Max 1 Sequence
Preliminary 1:30 +/- 10 sec. Max	 1 must be an Axel-type jump or a waltz jump* All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump 	 Spins may change feet and/or position Spins may start with a flying entry Min 3 revs These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E)) 	 Step sequence Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence

SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice
- Minimum number of revolutions are noted in parentheses

Level	Time	Skating rules/standards
		Upright one-foot spin (3)
Beginner	1:30 max	Upright back spin (3)
		Sit spin (3)
		Upright one-foot spin (4)
High Beginner	1:30 max	Upright spin with change of foot (3 each foot)
		Sit spin (3)
		Upright spin with change of foot (3 each foot)
No Test	1:30 max	Sit spin (3)
		Camel spin (3)
		Spin with one change of position and no change of foot (6)
Pre-Preliminary	1:30 max	Backward sit spin (3)
		Camel spin (4)
		Spin with one change of foot and one change of position (min. 3 each foot)
Preliminary	1:30 max	Change sit spin (min 3. each foot)
		One position spin, skater's choice (upright, sit or camel) (4)



JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted
- To be skated on half-ice

Level	Time	Skating rules/standards	
	Time	Waltz jump (from backward crossovers)	
Beginner	1:15 max	Half flip or half Lutz	
2.08		Single Salchow	
High		Waltz jump (from backward crossovers)	
Beginner	1:15 max	Single Salchow	
5		Jump combination: waltz jump-toe loop	
		Single toe loop	
No Test	1:15 max	Single loop	
		Jump combination: Any two half or single revolution jumps (no Axel)	
Pre-		Single toe loop	
Preliminary	1:15 max	Single flip	
		Jump combination: Any two half or single revolution jumps (no Axel)	
		Single flip	
Preliminary	1:15 max	Single Lutz	
		Jump combination: Any single jump + single loop (may be Axel)	

SHOWCASE EVENTS

Showcase events are open to skaters in the Basic, Free Skate, limited beginner and preliminary levels. 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.

Show costumes are permitted if 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 every 10 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 loss 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. The 6.0 judging system 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 <u>usfigureskating.org</u>.



Showcase categories may include:

- Levels can be subdivided or combined, if necessary, depending on entry numbers and event set up to ensure performances are contested as per the guidelines.
- 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. Theatre On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

SHOWCASE EVENTS

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
Pre-Free Skate – Free Skate 6/ Beginner/High Beginner	3 jump maximum. Half-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
No Test	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:30 max
Pre-Preliminary	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:30 max

SUNSATIONAL INVITATIONAL /RMU ISC Covid 19 Protocols

On May 31, 2021 PA will have updates to Covid Protocols regarding occupancy. Updates will be listed on the RMU ISC Covid Page and an email will be sent to skaters with updated protocols.

Currently.....

Arrival & Locker Rooms

- If the skater feels ill or shows any symptoms of Covid 19 please do not come to the competition.
- If any of the skater's family or guests attending the competition feel ill or show any symptoms of Covid 19 - please do not come to the competition.
- All skaters & guests must wear a mask at all times while in RMU ISC. On the day of the competition, we will follow the current mask protocols for sports. However, skaters who have a medical condition or some other reason for not wearing a mask while warming-up or competing may be excused from wearing a mask. Coaches will wear a mask at all times.
- The mask guideline for spectators will be enforced while in any area of RMU • ISC, if you have a condition that prohibits you from wearing a mask or you are in a high risk category with Covid 19, we request that you stay home and take advantage of our LiveBarn streaming service. LiveBarn is a live video streaming of our Olympic & Colonials Arenas and offers on demand viewing as well. You may use this promotional code for a discount to

LiveBarn: df08-72b8 www.livebarn.com

- Skaters should arrive dressed with hair and make-up done as locker room space and privacy will be very limited.
- Skaters may use the locker rooms to put on their skates and to leave their skate bags while competing. Masks must be worn at all times while in locker rooms.
- Locker room doors are to remain open and the occupant limit of 10 people in a locker room (including skater and family member are counted as two people) RMU ISC is not responsible for any items that are unattended in the locker room. Please do not leave valuables in the locker room unattended.
- If skaters using the locker rooms need to change outfits between events, they may briefly close the door or go in, must have masks on and the locker room must not exceed the occupancy limits while changing. Please be sure to prop open the door immediately after changing.
- The Bistro Snack Shop is currently not open. Please be sure to bring any necessary snacks and beverages for your skater. There is limited availability in the vending machines. The water fountains are currently not available. Guest Services is selling small bottles of Gatorade.
- Spectator Limits will follow the PA Guidelines as of June 25, 2021. Updates will be posted and emailed to competitors.

For additional RMU ISC Covid-19 protocols, guidelines and updates, please go to: https://www.rmuislandsports.com/covid19fsa

REGISTRATION PROCEDURE & MUSIC UPLOAD

COMPETITION REGISTRATION – 2 STEP PROCESS

For skaters wishing to compete in the RMU Island Sports Center's Sunsational Invitational, there is a slight change to the registration process. This change will hopefully minimize any clerical errors to a skater's registration for his/her events.

Skaters will begin the registration process at <u>www.sk8stuff.com</u> website. They will enter all of their personal details, skating level, events and coaching information on this site. Once this registration has been completed on sk8stuff, skaters will then need to go to the RMU ISC website to COMPLETE their registration any pay for their event(s).

Once the detailed information has been completed on sk8stuff, skaters will register and pay for each event as indicated on the sk8stuff web site. It will be listed in the RMU system as 1st event, 2nd event, 3rd event, etc Skaters will be required to register and pay for their events at RMU ISC before they can be scheduled for the competition. Once the competition registration deadline has passed, entries will be compared between both sites to be sure all skaters have registered on both sites to be added to the competition schedule.

MUSIC UPLOAD

Once the registration process and entry deadline has passed, the competition schedule will be created. When the skaters receive the competition schedule, they will then receive instructions on the music upload on Entryeeze. Entryeeze will send a Log-In & NEW Pin number to access your skater's account to upload their music for the Sunsational Invitational.

YOU WILLNOT NEED TO UPLOAD MUSIC TO ENTRYEEZE UNTIL YOU RECEIVE AN EMAIL AND PIN NUMBER FROM ENTRYEEZE FOLLOWING THE SCHEDULE BEING POSTED FOR THE COMPETITION.

If you have any questions, feel free to contact Beth Sutton at: <u>sutton@rmu.edu</u>

Quick Notes Registration & Music:

- 1. Go to <u>www.sk8stuff.com</u> to register skater information and competition event details. (No Payment on Sk8stuff site)
- 2. Following completion of sk8stuff registration, go to the RMU ISC website to compete registration and pay for your skater's events as registered on the sk8stuff site.
- 3. Once registration deadline has passes (June 4, 2021) and a schedule has been created, the skaters will receive instructions on how to upload their music to the Entryeeze site. Entryeeze will send an email to each skater with a PIN and log-in details.

Sk8stuff Online Registration for Competitions

When you register online for a competition at sk8stuff, you can have confidence that your name and information will entered correctly in the competition's records. You will know that they get your registration moments after you type in the information.

It is important to understand that on-line registration is a 2-part process. When you register on-

line for a competition using sk8stuff the first step is the one where you type in the information. The second step is just as important – you must print off the "payment coupon" with the registered event details, and then go to the RMU Island Sports Center website to register the skater in their system and pay for the Sunsational Invitational. If you do not complete both steps of this new regitration process, your skater will not be registered or scheduled for the competition. Please note also that the registration must be entered by a person of legal age.

Getting Started

Competitions which have sk8stuff Online Registration available are listed in the left column on the main page at sk8stuff.com, in the area titled "Online Register or PI". Simply click the name of the competition you wish to register for and you will be taken to the event information page for the competition. There you can review the "announcement" or other information about the competition, and then when you are ready you can click on the link that says "Register On-line for this Competition". This will take you to the actual on-line registration form.







When you are ready to register, you should do it from a computer that has a printer available, as you will need to print your payment coupon at the end of the process. It is possible to reprint your payment coupon later if necessary, but if you plan to do that, be sure to at least write down the PIN number that is assigned to you and displayed on the top of the payment coupon. You will need that number to log back in to reprint the coupon.

Note that your PIN changes with each competition.

Registration Form

The online registration form has several sections to group related information. Each area has fields in which you type information. You can advance between fields using the tab key on your keyboard, or by clicking with your mouse. Most of the fields are pretty self-explanatory. A couple notes below though on special things to consider.

Email

Email is the primary means by which the competition will contact you. It is very important that you enter your email address correctly. We ask you to type it twice to help guard against accidental typos. You may wish to enter a parent's email here if the skater does not have a personal email address.

Birth date

It is important that you enter an accurate birth date for your skater. The skater's age is often used to group skaters of similar age when an event requires multiple flights. Enter the birth date as MM/DD/YYYY using numbers for the month, date, and year (4 digits for the year) – for example 3/15/2003 if your skater was born on March 15 of 2003.

US FS/LTS USA Number

This is the unique key by which you are identified throughout the competition database. It is important that this number be entered and be correct. If you are a member of US FS or of a Learn-to-Skate USA program you have a USFSA Number – it will be on your membership card. If you have applied for membership but haven't yet received your card, please enter the digit "0" (if you do this the system will internally identify you by a temporary number for the duration of this competition). If you have a number but you don't know it at the time you are registering, it would be best to go find it then come back to your computer and register later. Do not guess...

Home Club or Rink

This is a free text field in which you can enter your club or rink name. As you type, it will begin to offer suggestions that are similar to the words you are typing – hopefully your club or rink will appear in the list. If it does you can use the arrow keys on your keyboard to select the proper name. Using this feature will minimize the number of typing errors and misspellings. If you are a member of a US FS club, please indicate that club name as your club. If you are a learn-to-skate student who has not yet joined a US FS club, please enter the name of the rink or the Learn-to-Skate USA program that you are associated with.

About Your Coach

Most skaters take a coach to their competitions and that coach is with them at the ice door during flight warm-ups/etc. If you do so, that coach MUST BE registered through the US FS as a coach (this process provides for background checks and some other things which protect you and help to ensure that your skating experience is the best and safest that it can be). This field is where you indicate who will be coming with you. The coach that you indicate here will be given credentials that allow them to be with you at the competition. Nobody other than those who are appropriately credentialed will be allowed to be with you at the ice door (not even your mom or dad...).

If you are bringing a second coach, indicate the name of the second coach in the "About Your Coach (Additional Coach)" boxes.

Events Desired

Select the event(s) you desire from these fields.

Note that if you enter some types of events you are encouraged to type additional supporting information in the "**Special Notes/Requests to Competition Committee**" box that appears lower on the form. For instance if you enter an event that is part of the National Solo Dance Series, you should type your NSD competitor number in this box. If you enter an event in which you will have a partner (couples dance, pairs, artistic duet, team compulsory etc) you should type your partner's name(s) in the Special Notes box to help the LOC know who you will be skating with.

Practice Ice

You will need to register and pay for practice ice on the RMU ISC website or by calling guest services: 412.397.4454

How to Pronounce Your Name

These fields give you a chance to indicate how your name should be pronounced. The competition announcer can print a listing that shows the pronunciation for all the skaters who have entered this information. Please enter phonetic pronounciation (as you wish them to say it) for your name. Please CAPITALIZE the accented syllable. Example: for "Alysee Davis", you might enter FirstName: uh-LEASE / LastName: DAY-vis. For "Lai-Ying Ho" you might enter FirstName: HOH.

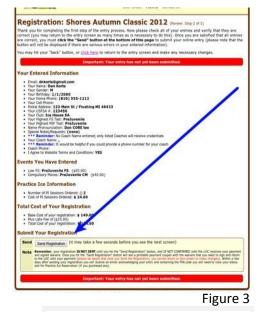
Sk8stuff Permission

You must read, understand, and agree with the information provided in the "Read This" paragraph in order to register on-line. You must check the check box in the "I Agree" row to indicate your acceptance of the stipulations.

Review

When you've filled out all the relevant information on the form, you should click the [Review] button near the bottom. This will display a recap of all the information you have entered and let you check it ("verification screen"). **Your registration is NOT YET SUBMITTED while you are looking at this screen**. If you see errors, you can hit your back button and go back to the entry screen to correct them. If you are happy with all the entries, click the [Send Registration] button. **Pressing the button electronically sends your information to the competition director, Beth Sutton, and presents you with a payment coupon which you must PAY FOR ALL ENTRIES AT RMU ISC:** https://rmuislandsports.maxgalaxy.net/BrowseActivities.aspx

Note that the payment coupon recaps your information. Near the top it also has your PIN number for this competition. Make sure to remember this number as you will need it later if you need to reprint your payment coupon or to log-on.



Verification Screen: note the [Send Registration] button near bottom. You must click this button to post the registration.

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Payment Coupon: even though this looks like 1 page on your screen, it will print on multiple pieces of paper.

The top (instructions) section is yours to keep and it shows your PIN number.

At this time go to the RMU ISC web site to register for the Sunsational Invitational or call guest services: 412.397.4454. Please be sure to indicate ALL of the events that the skater has registered for on the Sk8stuff website.



You're ALMOST Done!

Once you have entered your registration details on the Sk8stuff web site, go to the RMU ISC website, in the "browse activities" area or call guest services (412.397.4454) to complete registration for The Sunsational Invitational. You will register for the exact NUMBER of events which were indicated on the Sk8stuff site in which the skater is competing. To register, be sure to start with 1st EVENT for all entries, then add "Additional Events" for the number of additional events which the skater has registered for on the Sk8stuff site.

For Example: Suzi Skater is skating in No Test Program w/Music (1st event), No Test Spins (additional event), No Test Compulsory Moves (additional event), No Test Jumps (additional event), Suzi would need to pay for 1st event and 3 additional events. Please be sure to register and complete the payment with RMU ISC so that your skater is "officially" entered in the competition and can be scheduled for his/her events

Reprinting Your Payment Coupon

If for any reason you need to reprint your payment coupon after you've left the original browser screen you may do so easily. Return to the event detail screen (see Figure 2 on page 1 of this document). Click the "Reprint Payment Coupon" link. You will see a blue logon screen similar to the one shown below. Select your name from the "Competitor Name" drop-down and type your PIN in the "Your Private PIN" box.

Then click the [Log On] button. Your payment coupon will be displayed.

If you forget your PIN, simply click the green [Email My PIN] button after selecting your name from the drop-down. You will see a confirmation screen, then once you acknowledge that your PIN will be immediately emailed to your email address of record.

The PIN can only be sent to the email address associated with the name requested (nobody else can have your PIN emailed to them...).

