



# 35<sup>th</sup> Annual Cranberry Open

Yarmouth Ice Club

August 11<sup>th</sup> – 16<sup>th</sup>, 2015

The 2015 Cranberry Open will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

## **ELIGIBILITY/TEST LEVEL:**

The competition is open to all eligible skaters who are members in good standing of U.S. Figure Skating. Skaters may enter as many events as they choose for which the skater is qualified. A SKATER MAY COMPETE ONE LEVEL HIGHER THAN THE SKATER'S CURRENT TEST LEVEL.

**Test level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

**Age restrictions/requirements:** Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

Skaters entering beginner-pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

## **ENTRIES:**

All entries must be submitted through ENTRYEEZE at [www.entryeeze.com](http://www.entryeeze.com) no later than midnight July 22, 2015. Late Entry Fee - \$30.00. Competitors entering both singles and pair events must enter each event separately.

## **The Entry Fees are as followed:**

<b>6.0 Well Balanced Free Skate</b>	<b>IJS Free Skate / Short Program</b>
\$100.00 - Well Balanced Free Skate	\$110.00 – Free Skate (includes final rounds)
\$100.00 – Introductory Levels Free Skate	\$110.00 – Short Program (includes final rounds)
\$100.00 – Test Track Free Skate	
<b>IJS “PEP” (performance enhancement program) SEMINAR    \$125.00</b>	

**REFUND POLICY:** Entry fees will not be refunded after the entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be posted on the Yarmouth Ice Club website: [www.yarmouthiceclub.org](http://www.yarmouthiceclub.org) or [www.yarmouthiceclub.org/competition/cranberry-open](http://www.yarmouthiceclub.org/competition/cranberry-open). Group confirmation, directions, competition and practice ice schedules will be posted on or before **August 1, 2015**.  
**NO CONFIRMATIONS WILL BE MAILED.**

**FACILITIES:** The competition will be held at Tony Kent Arena, South Gage's Way, So. Dennis, MA. Tony Kent Arena has one ice surface, measuring 85 x 200.

**MUSIC:** Only CD-R type CD's will be accepted. Each CD-R MUST have only 1 program on it starting at the beginning of the CD. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available at the rink side during the competition. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Yarmouth Ice Club cannot be responsible for CDs left at the end of the competition. NO CD'S WILL BE MAILED. Please have separate CDs for practice and competition.

LIABILITY: U.S. Figure Skating, (Yarmouth Ice Club), and (Tony Kent Arena) accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**JUDGING SYSTEM:**

The International Judging System (IJS) will be used for the following events:

- *Single program events, Juvenile-senior*
- *Short program events, Intermediate – senior*
- *Pairs free skate events, juvenile – senior*
- *Pairs short program events, intermediate – senior*

**CHAMPIONSHIP ROUNDS FOR JUVENILE THROUGH SENIOR WILL BE OFFERED DEPENDING ON THE NUMBER OF ENTRIES RECEIVED.**

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's Only section at [www.usfigureskating.org](http://www.usfigureskating.org). The deadline to submit the form is **August 1, 2015**

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, pre-preliminary – pre-juvenile*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *Open Juvenile*
- *Pre-Juvenile Pairs*
- *Test Track (preliminary-senior)*

**REGISTRATION:** Registration will begin on Tuesday, August 11, 2015 and end after the last scheduled event of the competition. Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located in the lobby of Tony Kent Arena. Please register promptly upon arrival.

**PRACTICE ICE:** Will be available on ENTRYEZEE for an additional fee. A schedule will be posted at a later date.

**PHOTOGRAPHY/VIDEOGRAPHY:** This service will be offered. Further information will be available on the Yarmouth Ice Club website at [www.yarmouthiceclub.org](http://www.yarmouthiceclub.org)

**AWARDS:** Awards will be given for 1st, 2nd, 3rd and 4th place for all events.

**OFFICIAL NOTICES:** An official bulletin board will be maintained at the registration desk at the rink. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A,B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

**CONTACT INFO:** If you have questions, please contact Renee Roos at [kroosvw@hotmail.com](mailto:kroosvw@hotmail.com) 508-224-7049, or visit us at [www.yarmouthiceclub.org](http://www.yarmouthiceclub.org).

### **ADDITIONAL INFORMATION:**

**Official Hotel:** Holiday Inn, 1127 Iyannough Rd, (RTE1 32), Hyannis, MA 02601. Contact: Call 508-775-1153 or [www.holidayinn.com/hyannisma](http://www.holidayinn.com/hyannisma). Cutoff date for group rate is **JULY 18, 2015**. For special competition rates use group code CRA

**Additional Hotel:** Double Tree, RTE 28, Hyannis, MA 02601. Contact: Call 508-771-1700 or [www.capecod.doubletree.com](http://www.capecod.doubletree.com). Cutoff date for group rate is **JULY 18, 2015**. For special competition rates use group code CRA

**CRITIQUES:** All IJS Short Programs and Free Skating Programs for Juvenile, Intermediate, Novice, Junior, Senior will be critiqued immediately after elimination rounds by Sectional, National, International or ISU Championship Judges, Controllers or Specialists.

## **SECTION 2: Events Offered**

### **EVENT:** Introductory Levels Free Skate Program

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. 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.
3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"><li>• Jumps with no more than one-half rotation (front to back or back to front).</li><li>• Max. 2 jump sequences</li><li>• Max. 2 of any same jump</li></ul>	<i>Max. 2 spins:</i> <ul style="list-style-type: none"><li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li></ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"><li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li><li>• Single rotation jumps: Salchow and toe loop only.</li><li>• Max. 2 jump combinations or sequences</li><li>• Max. 2 of any same type jump.</li></ul>	<i>Max. 2 spins:</i> <ul style="list-style-type: none"><li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li></ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests

This event is a standard U.S. Figure Skating Nonqualifying Competition



No-Test 1:30 +/- 10 sec.	<b>Max. 5 jump elements:</b> <ul style="list-style-type: none"> <li>Up to 2 may be jump combos or sequences</li> <li>Jump combos are limited to 2 jumps</li> <li>Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level)</li> <li>No Axels or double jumps are permitted</li> </ul>	<b>Max. 2 spins:</b> <ul style="list-style-type: none"> <li>Spins must be of different character.</li> <li>Each spin must have a Minimum of 3 revolutions.</li> <li>Spins may change feet, position and start with a fly.</li> </ul>	One step sequence that utilizes ½ of the ice surface	
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## EVENT: Well Balanced Program Free Skate

### General event parameters:

- 1 Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- 2 Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 3 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.
- 4 Either IJS or the 6.0 judging system may be used for this event.
- 5 All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org) , under "Technical Information," then "Singles/Pairs"

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:30 +/- 10 sec.  Vocal music permitted	Maximum of 5 jump elements: <ol style="list-style-type: none"> <li>Any single jumps, including Axel, allowed.</li> <li>Max. 2 jump combinations or sequences</li> <li>Jump combinations are limited to 2 jumps.</li> <li>Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.)</li> <li>Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels.</li> <li>Double or triple jumps are not allowed.</li> </ol>	Maximum of 2 spins: <ol style="list-style-type: none"> <li>Spins must be of a different nature</li> <li>Spins may change feet and/or position.</li> <li>Spins may start with a fly.</li> <li>Min. of 3 revolutions</li> </ol>	One step sequenced that must use ½ of the ice surface.
Preliminary	1:30 +/- 10 sec.  Vocal music permitted	Maximum of 5 jump elements: <ol style="list-style-type: none"> <li>One must be an Axel or waltz-jump.</li> <li>Max. 2 jump combinations or sequences</li> <li>Jump combinations limited to 2 jumps</li> <li>Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.)</li> <li>Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop)</li> <li>Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences.</li> <li>Max. of 2 Axels or any double jump.</li> <li>Double flips, double Lutzes, double Axels or triple jumps are not allowed.</li> </ol>	Maximum of 2 spins: <ol style="list-style-type: none"> <li>Spins must be of a different nature</li> <li>Spins may change feet and/or position.</li> <li>Spins may start with a fly.</li> <li>Min. of 3 revolutions</li> </ol>	One step sequenced that must use ½ of the ice surface.

Pre-Juvenile	2:00 +/- 10 sec.  Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz –jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. ( ½ loop is not considered a single jump at this level.) e) Number of different double jumps is not limited. f) Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. g) Maximum of 2 Axels or any double jump h) No double Axels or triple jumps	Maximum of 2 spins: a) 1 spin combination; with or without change of foot*, may fly. b) 1 spin with only 1 position*, may fly, no change of foot c) Min. 4 revolutions.; 6 revolutions for combo d) Spins must be of a different nature	One step sequence fully utilizing ice surface.
Juvenile (under 14 years) & Open Juvenile (14 years or older)	2:15 +/- 10 sec.	Maximum of 5 jump elements: a) One must be an Axel-type jump* b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is not limited e) No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump. f) No triple jumps	Maximum of 2 spins: a) 1 spin combination; with/without change of foot* b) 1 spin with only 1 position; no change of foot* c) Both spins may start with a fly d) Min. 5 revolutions; 8 revolutions. for combination e) Min. 2 revolutions in position f) Spins must be of a different nature	One choreographic step sequence fully utilizing ice surface.
Intermediate	2:30 +/- 10 sec.	Maximum of 6 jump elements: a) 1 must be an Axel-type jump* b) Max 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or sequence. Max. 2 of the same double or triple.	Maximum of 2 spins: a) 1 spin combination; w/without change of foot* b) 1 spin with only 1 position; no change of foot* c) Both spins may start with a fly d) Min. 5 revolutions; 8 revolutions. for combo e) Min. 2 revolutions. in position f) Spins must be of a different nature	One choreographic step sequence fully utilizing ice surface.
Novice Ladies	3:00 +/- 10 sec.	Maximum of 6 jump elements: a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 same double or triple.	Maximum of 3 spins: a) Spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; w/without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions. for combo f) Min. 2 revolutions. in position g) Spins may change feet and start with a fly, except h) For the flying spin with no change of foot or position	One leveled step sequence Fully utilizing the ice surface
Novice Men	3:30 +/- 10 sec.	Maximum of 7 jump elements: a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or	Maximum of 3 spins: a) Spins must be of a different nature	One leveled step sequence



		sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) One double Axel and two different triple jumps may be repeated. f) If double Axel or triple jumps repeated, must be in combo or sequence. g) No more than two of the same type of double or triple may be attempted.	b) 1 flying entry with no change of foot or position* c) 1 spin combination; with or without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions for combo f) Min. 2 revolutions in position g) Spins may change feet and start with a fly, except for the flying spin with no change of foot or position	Fully utilizing the ice surface.
Junior Ladies	3:30 +/- 10 sec.	Maximum of 7 jump elements: a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or sequence f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence	Maximum of 3 spins: a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature	One leveled step sequence Fully utilizing the ice surface.
Junior Men	4:00 +/- 10 sec.	Maximum of 8 jump elements: a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or sequence f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence	Maximum of 3 spins: a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature	One leveled step sequence Fully utilizing the ice surface.
Senior Ladies	4:00 +/- 10 sec.	Maximum of 7 jump elements: a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or sequence f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence	Maximum of 3 spins: a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature	One leveled step sequence One choreographic sequence Fully utilizing the ice surface
Senior Men	4:30 +/- 10 sec.	Maximum of 8 jump elements: a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or sequence f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence	Maximum of 3 spins: a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature	One leveled step sequence One choreographic sequence Fully utilizing the ice surface

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## EVENT: 2014-15 Test Track Free Skate Elements (Preliminary-Senior)

### General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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.
4. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions

Preliminary 1:30 +/- 10 sec.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than prejuvenile free skate test
Juvenile 2:15 +/- 10 sec.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Any single jumps, including Axel, are permitted.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>• One combination spin with one change of foot and at least one change of position,</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating prejuvenile free skate test but may not have passed tests higher than juvenile free skate



		must include two of the basic spin positions. (Min. 4 revolutions per foot) <ul style="list-style-type: none"> <li>Only solo spin may fly</li> </ul>		
Intermediate 2:30 +/- 10 sec.	Maximum of 6 jump elements: Any single jumps. <ul style="list-style-type: none"> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Novice <b>Ladies:</b> 3:00 +/- 10 sec.  <b>Men:</b> 3:30 +/- 10 sec.	Maximum of 7 jump elements for <b>men</b> and 6 for <b>ladies</b> : Any single jumps. <ul style="list-style-type: none"> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	Maximum of 3 spins, of a different nature: <ul style="list-style-type: none"> <li>One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>All spins may fly</li> </ul>	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test
Junior <b>Ladies:</b> 3:30 +/- 10 sec.  <b>Men:</b> 4:00 +/- 10 sec.	Maximum of 8 jump elements for <b>men</b> and 7 for <b>ladies</b> : <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	Maximum of 3 spins of a different nature: <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>	One step sequence fully utilizing ice surface (See rule 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test
Senior <b>Ladies:</b> 4:00 +/- 10 sec.  <b>Men:</b> 4:30 +/- 10 sec.	Maximum of 8 jump elements for <b>men</b> and 7 for <b>ladies</b> : <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Must include at least four different double jumps, one must be a double Lutz.</li> <li>Triple jumps are not</li> </ul>	Maximum of 3 spins of a different nature: <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions)</li> <li>One combination</li> </ul>	<b>Men:</b> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)	One leveled step sequence Fully utilizing the ice surface.

	permitted <ul style="list-style-type: none"> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)	<b>Ladies:</b> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)	

### SINGLES SHORT PROGRAM

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200

### INITIAL / FINAL ROUND FOR SHORT PROGRAM EVENTS AND FREE SKATE EVENTS

Championship rounds for juvenile through senior singles events will be offered depending on the number of entries received.

### PAIRS FREE SKATING EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Pre-juvenile – senior

PROGRAM ELEMENTS FOR PAIRS FREE SKATE EVENTS ARE LISTED IN THE 2014-15 USFS RULEBOOK PENDING CHANGES MADE AT THE 2015 GOVERNING COUNCIL MEETING.

### PAIRS SHORT PROGRAM EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate short program – Rule 5230
- B. Novice short program – Rule 5220
- C. Junior short program – Rule 5210
- D. Senior short program – Rule 5200

### SPECIAL EVENTS:

*This event is a standard U.S. Figure Skating Nonqualifying Competition*



## **5<sup>th</sup> ANNUAL “PEP” SEMINAR PERFORMANCE ENHANCEMENT PROGRAM**

“PEP” is an in-depth analysis of IJS technical elements and program components designed to improve the performance point values of the skaters competitive programs. The “PEP” sessions will be monitored by national, international and world technical officials and judges.

The skater will have a one-on-one 15 minute session with a technical official and judge to assess their technical elements and then perform either short or long program for an in-depth critique.

If the skater is also competing in Cranberry Open the skater will then get a one-on-one critique of the remaining program not previously critiqued. All other open competitors will have a group critique.

**ENTRY FEE \$125.00**