



Skating Club of Mt. Lebanon

Is Hosting the

**34th MT. LEBANON INVITATIONAL
&
COMPETE USA COMPETITION**

Saturday, May 6, 2017

**Iceoplex at Southpointe
114 Southpointe Blvd.
Canonsburg, Pennsylvania 15317**

Sanctioned by the USFS

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

ELIGIBILITY/TEST LEVEL:

The **34th Mt. Lebanon Invitational/Learn to Skate Competition** 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 sanctioned by the USFS, is a non-qualifying competition 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.

JUDGING SYSTEM: The 6.0 Majority Judging System will be used for all events.

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.

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.

ENTRY DEADLINE and FEES: Skaters may register one of two ways: 1) online at www.entryeeze.com or 2) paper entry forms, paying via check. Online entries incur a 3.5% processing fee. Paper entries will incur a \$10 processing fee per event. All processing fees are nonrefundable. Please make checks payable to the: **Skating Club of Mt Lebanon.** Mail completed paper entries and payment to **Skating Club of Mt Lebanon, c/o Linda Nicolaus, 123 Stafford Court, Pittsburgh, PA 15237.** All paper entries must be received on the official entry form postmarked by **April 7, 2017.** Entries postmarked after April 7, 2016 will be subject to a **\$25 late fee**, space permitting. Deadline for online entries is 11:59 PM Eastern Time April 10, 2017. The Competition Committee reserves the right to reject entries if the application is incomplete, limit the number of entries or cancel an event due to lack of entries. Entries will be processed on a first come, first serve basis.

First Event-All Events	\$ 95.00 Entryeeze	\$ 105.00 Paper Entry
Second Event-All Events	\$ 55.00 Entryeeze	\$ 65.00 Paper Entry
Third + events (each)	\$ 35.00 Entryeeze	\$ 45.00 Paper Entry

REFUND POLICY: Entry fees will not be refunded after May 1, 2017 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. Checks returned for non-sufficient funds and contested credit card charges will be issued a **\$30 fee.** Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

FACILITIES: The competition will be held at Iceoplex at Southpointe, 114 Southpointe Blvd., Canonsburg, PA 15317; Rink# 724-745-6666. Main Rink ice surface size 200' x 85'. Some events may be skated on half ice. A restaurant and dressing rooms are available.

MUSIC: CD's will be played. 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. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Skating Club of Mt Lebanon cannot be responsible for CD's left at the end of the competition.

LIABILITY: U.S. Figure Skating, Skating Club of Mt Lebanon and Iceoplex 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.**

REGISTRATION: Registration will be open one hour before the first event and remain open throughout the competition. Competitors should register promptly upon arrival. Competitors should arrive at least one hour prior to the start of their event and should submit their music during registration.

PRACTICE ICE: Practice ice will be available online www.entryeeze.com . The cost will be \$15 per 30 minute session prepaid. Limited to one session per skater. Practice ice, if available may be purchased day of event for \$20 per 30 minute session.

PHOTOGRAPHY/VIDEOGRAPHY: Res Video & Media www.resvideoandmedia.com

AWARDS: All events are final rounds. Medals will be awarded for First, Second and Third Place winners in each group and ribbons will be awarded to places 4th through 9th. Awards must be picked up by the close of the competition and will not be mailed after the end of 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 Competition Chair: Linda Nicolaus, lnicolaus@verizon.net, 412-335-9763. Or visit the Club website: www.skatingclubofmtlebanon.org

HOTEL INFORMATION:

Hilton Garden Inn Pittsburgh/Southpointe
1000 Corporate Drive
Canonsburg, PA 15317 724-743-5000
www.hiltonhotels.com



U.S. Figure Skating Nonqualifying Competition MT LEBANON INVITATIONAL

EVENT: Test Track Free Skate

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 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: 6.0 Judging System
 - 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.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	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.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	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 pre-juvenile free skate test
Juvenile 2:15 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Any single jumps, including axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions) • One combination spin with one change foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • Only solo spin may fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test

<p>Intermediate</p> <p>2:40 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> •Any single jumps. •Double jumps permitted: double Salchow and double toe loop. •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> •One must be a flying spin (min 5 revolutions), •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). 	<p>One step sequence fully utilizing ice surface</p>	<p>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</p>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. •Double jumps permitted: double Salchow, double toe loop and double loop. •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> •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) •The other spins are the option of the skater (min 6 revolutions per foot) •All spins may fly 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	<p>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</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> •Any single jumps. •Double jumps permitted: double Salchow, double toe loop, double loop and double flip •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>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</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <p>Any single jumps.</p> <ul style="list-style-type: none"> •Must include at least four different double jumps, one must be a double Lutz. •Triple jumps are not permitted •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> •One spin in one position (Min. 6 revolutions) •One flying spin (Min. 6 revolutions) <p>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</p>	<p><i>Men:</i></p> <p>Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface.</p> <p><i>Ladies:</i></p> <p>One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>



U.S. Figure Skating Nonqualifying Competitions

EVENT: Introductory Levels Free Skate Program

General event parameters:

- 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.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests



U.S. Figure Skating Non-qualifying Competition MT LEBANON INVITATIONAL

EVENT: Well Balanced Program Free Skate

Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying 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.

The 6.0 judging system will be used for this event.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • All single jumps, with the exception of the single Axel, are allowed • Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements is not exceeded • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted • Jump sequences limited to a maximum of 3 single jumps <p>No single Axels, double jumps or triple jumps</p>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Minimum 3 revs. • Spins must be of a different character (For definition see rule 4103E) 	<ul style="list-style-type: none"> • Step sequence* • Must use one-half the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements. • Jumps may be included in the step sequence
Pre-Preliminary *means element is required	1:40 max.	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump 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 <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <p>Step Sequence</p> <ul style="list-style-type: none"> • Must use one-half the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements • Jumps may be included in the step sequence
Preliminary *means element is required	1:30 +/- 10 sec.	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel or a waltz jump-type jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump 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 <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted ○ Jump sequences limited to a maximum of 3 single or double jumps. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <p>Step Sequence</p> <ul style="list-style-type: none"> • Must use one-half the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements • Jumps may be included in the step sequence

<p>Pre-Juvenile</p> <p>*means element is required</p>	<p>2:00 +/- 10 sec.</p> <p>Vocal music permitted</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted ○ Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ May start with a flying entry ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ May start with a flying entry ○ Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <p>Step Sequence</p> <ul style="list-style-type: none"> • Must fully utilize the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements • Jumps may be included in the step sequence
<p>Juvenile (under 14 years) & Open Juvenile (14 years or older)</p> <p>*means element is required</p>	<p>2:15 +/- 10 sec</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence. If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* Must fully utilize the ice surface
<p>Intermediate</p> <p>*means element is required</p>	<p>2:40 +/- 10 sec.</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • All single, double and triple jumps allowed <ul style="list-style-type: none"> ○ <u>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</u> ○ <u>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</u> ○ <u>No double or triple jump can be repeated more than once</u> • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations are limited to 2 jumps ○ One 3-jump combination is permitted • Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <p>One leveled step sequence*</p> <ul style="list-style-type: none"> • Maximum of Level 2. Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level • Must fully utilize the ice surface
<p>Novice Ladies</p> <p>*means element is required</p>	<p>3:00 +/- 10 sec.</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated <ul style="list-style-type: none"> ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* Must fully utilize the ice surface

<p>Novice Men</p> <p>*means element is required</p>	<p>3:30 +/- 10 sec.</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated <ul style="list-style-type: none"> ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Junior Ladies</p> <p>*means element is required</p>	<p>3:30 +/- 10 sec.</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted <p>Number of jumps in a sequence is not limited</p>	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Junior Men</p> <p>*means element is required</p>	<p>4:00 +/- 10 sec.</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted <p>Number of jumps in a sequence is not limited</p>	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Senior Ladies</p> <p>* Means element is required</p>	<p>4:00 +/- 10 sec.</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted <p>Number of jumps in a sequence is not limited</p>	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* Must be clearly visible

Senior Men *means element is required	4:30 +/- 10 sec	Max 8 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted Number of jumps in a sequence is not limited	Max 3 Spins <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 2 Sequences <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* Must be clearly visible
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U.S. Figure Skating Non-qualifying Competition MT LEBANON INVITATIONAL

EVENT: 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

U.S. Figure Skating Non-qualifying Competitions

MT LEBANON INVITATIONAL

EVENT: Introductory Levels Compulsory Event

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 ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- 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 their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin - minimum three revolutions • Forward or backward spiral

EVENT: NO TEST – PRELIMINARY COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Solo spin - sit <u>or</u> camel spin - minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Toe Loop jump • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral



U.S. Figure Skating Nonqualifying Competitions

MT LEBANON INVITATIONAL

EVENT: Introductory Levels – Juvenile Compulsory Event

General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Elements may be performed only once
3. Music is not allowed

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin - minimum three revolutions 4. Forward or backward spiral
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel), 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Toe Loop 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile and open Juvenile	1:30 max	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular



U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

MT LEBANON INVITATIONAL

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)



U.S. Figure Skating Non-qualifying Competition

MT LEBANON INVITATIONAL

EVENT: Spins Challenge

General event parameters:

4. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
5. All events are skated on ½ ice.
6. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Upright one-foot spin (3) 5. Upright back scratch spin (3) 6. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Forward scratch to back scratch spin (3) 5. Combination spin with no change of foot (4) 6. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 4. Camel spin (3) 5. Combination spin – camel to sit spin; no change of foot (6) 6. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 4. Sit spin (4) 5. Combination spin – with change of foot; optional change of position (4 per foot) 6. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 4. Flying camel spin (5) 5. Sit spin to backward sit spin (4 per foot) 6. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 4. Choice of camel, sit or layback spin (6) 5. Camel spin to backward camel spin (4 per foot in position) 6. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 4. Flying sit spin or flying reverse sit spin (6) 5. Solo spin of choice (6) – may not fly 6. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 4. Flying spin of choice (6) 5. Solo spin of choice (6) – may not fly 6. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

U.S. Figure Skating Non-qualifying Competition

MT LEBANON INVITATIONAL



EVENT: Showcase Events – Light Entertainment Event

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and Scenery are permitted

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline
3. Current guidelines and procedures for non-qualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Light Entertainment Levels

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
Singles	Limited Beginner, Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate or Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate or Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate or Juvenile Free Dance	Intermediate Free Skate or Intermediate Free Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate or Juvenile Free Dance	Intermediate Free Skate or Intermediate Free Dance	14-17	2:10 max

SKATING CLUB OF MT LEBANON INVITATIONAL
Deadline: Paper Entries must be postmarked by April 7, 2017
 Online Registration Available: www.skatingclubofmtlebanon.org

Competitor's Name: _____
Street Address: _____
City, State, Zip: _____
Phone Number: _____ **Email:** _____
Birth Date: _____ **Age as of April 7, 2017:** _____ **Sex:** **M** **F**
USFS#: _____
Highest Free Skate test passed: _____ **Highest MIF test passed:** _____
Highest Dance test passed: _____ **Highest Pairs test passed:** _____
Home Club: _____
Coach Name: _____ **Coach USFS #:** _____
Coach Phone: _____ **Coach Email:** _____

First Event-All Events \$ 95.00 Entryeeze \$ 105.00 Paper Entry
Second Event-All Events \$ 55.00 Entryeeze \$ 65.00 Paper Entry
Third + events (each) \$ 35.00 Entryeeze \$ 45.00 Paper Entry

Please mark an "X" in the box next to events you are entering.

Test Track Events	X	Introductory Free skate Events	X	Well Balanced Program Events	X
Pre-Preliminary		Beginner		No-Test	
Preliminary		High Beginner		Pre-Preliminary	
Pre-Juvenile				Preliminary	
Juvenile				Pre-Juvenile	
Intermediate				Open Juvenile	
Novice				Juvenile	
Junior				Intermediate	
Senior				Novice	
				Junior	
				Senior	

Showcase Event Light Entertainment	X	Compulsory Events	X	Jumps Challenge	X	Spins Challenge	X
		Beginner		Beginner		Beginner	
Beginner		High Beginner		High Beginner		High Beginner	
		No Test		No Test		No Test	
Pre-Preliminary		Pre-Preliminary		Pre-Preliminary		Pre-Preliminary	
Preliminary		Preliminary		Preliminary		Preliminary	
Pre-Juvenile		Pre-Juvenile		Pre-Juvenile		Pre-Juvenile	
Juvenile		Open Juvenile		Juvenile		Juvenile	
Teen		Juvenile		Intermediate		Intermediate	
				Novice		Novice	
				Junior		Junior	
				Senior		Senior	

The completed entry form, with fees, must be postmarked no later than April 7, 2017.

Make check or money order payable to **Skating Club of Mt Lebanon** and mail to:
Skating Club of Mt Lebanon c/o Linda Nicolaus, 123 Stafford Court, Pittsburgh, PA 15237

Total Entry Fee Enclosed: \$ _____

ENTRY FEES ARE 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 holds the Skating Club of Mt Lebanon, Mt Lebanon Rec Center harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____ **Date** _____
Competitor Signature _____ **Date** _____
Instructor/Coach Signature _____ **Date** _____
Test Chair/ Home Club Officer _____ **Date** _____



MT. LEBANON INVITATIONAL COMPETE USA COMPETITION

Saturday

May 6, 2017

Sponsored by the Skating Club of Mt. Lebanon

Sanctioned by the USFS

COMPETITION

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. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club. There will be no more than six competitors maximum in an event and all six will 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 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.

ENTRIES

Skaters may register one of two ways: (1) online at www.entryeeze.com or (2) paper entry forms, paying via check. Online entries incur a 3.5% processing fee. Paper entries will incur a \$10.00 processing fee per event entered. All processing fees are nonrefundable. Please make checks payable to: **THE SKATING CLUB OF MT. LEBANON**. Mail completed paper entries and payments to: **Mt. Lebanon Invitational, c/o Linda Nicolaus, 123 Stafford Court, Pittsburgh, PA 15237**.

All paper entries must be submitted on the official entry form and received by April 7, 2016. Late entries will be accepted if time permits and will be subject to a **\$20 late fee**, space permitting. Deadline for online entries is 11:59PM Eastern Time April 9, 2017. The Competition Committee reserves the right to reject entries if the applications are incomplete and to limit entries, if necessary. Entries will be processed on a first-come-first-serve basis. Entry fees will be returned **ONLY** if the event is canceled. Returned checks will be subject to \$30 fee. Questions or concern please contact:

NO REFUNDS will be given for any reason except for cancelled events (less than two entries).

Review the entry form carefully with the skater's coach. Changes requested after the entry forms are processed or during the competition will carry a \$20.00 fee.

Learn to Skate USA First Event	\$60.00 Entryeeze	\$70.00 Paper Entry
Learn to Skate USA Second + Events (each)	\$50.00 Entryeeze	\$60.00 Paper Entry

FACILITIES

Iceoplex at Southpointe, 114 Southpointe Blvd., Canonsburg, PA; Main rink ice surface size is 200' X 85'.

The NON MUSIC events will be judged on ice that is split into 2 competition areas and 2 warm-up areas.

Boys and girls will compete in the same events. Dress is casual, skaters should wear clothing that allows for comfort and movement; skating dresses are permitted. Gloves are permitted.

A snack bar and dressing rooms are available.

REGISTRATION

The registration desk will be open throughout the competition. Competitors should register promptly upon their arrival. Skaters should arrive at least 1 hour prior to the start of the skater's event.

If the competition is running ahead of schedule, an event may begin earlier than its scheduled time. Events will not be delayed for late arriving skaters. There are no refunds for a skater that arrives late and misses their event.

MUSIC

The music for all free skating programs must be provided on CD's by the skater. CD's should be clearly marked with name of the skater, event entered and length of music. Competition music is to be turned at time of registration.

AWARDS

Medals will be awarded to the first three skaters in each event, ribbons will be given for all remaining places.

SCHEDULE

Skater and Coaches schedules will be posted on www.entryeeze.com and our website: <http://www.Skatingclubofmtlebanon.org>

EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • Forward one-foot glide, 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.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

Format: Each skater will perform each element when directed by a judge or referee one element at a time in the order listed below (no excessive connecting steps). Referee driven format example: all skaters perform first element before moving on to the next and so on.

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • 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	1:00 max.	<ul style="list-style-type: none"> • 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	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, 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	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

Compete USA Competition Entry Form

Online Registration: www.skatingclubofmtlebanon.org

Paper Entries must be received no later than April 7, 2017.

Please **PRINT LEGIBLY** or **TYPE**. Incomplete forms **WILL BE REJECTED**.

One Skater/Competitor per Entry Form (Form may be duplicated)

Competitor's Name			
Street Address			
City, State, Zip			
Phone Number		Sex: M	F
Birth Date		Age as of April 7, 2017:	
E-mail address			
Highest test passed - Learn to Skate USA		Highest test passed - ISI	
Program Affiliation/ Rink Name: USFS Member # or a photo copy of your Learn to Skate USA Membership Card:		Instructor's Name - PLEASE PRINT	
		Instructor's Email:	
		Instructor's Phone #:	

Please check the event(s) entered:

Basic Elements: No Music

_____ Snowplow Sam
 _____ Basic 1 _____ Basic 4
 _____ Basic 2 _____ Basic 5
 _____ Basic 3 _____ Basic 6

Basic Program: With Music

_____ Snowplow Sam
 _____ Basic 1 _____ Basic 4
 _____ Basic 2 _____ Basic 5
 _____ Basic 3 _____ Basic 6

Basic Skills First Event	\$60.00 Entryeeze	\$70.00 Paper Entry
Basic Skills Second Event	\$50.00 Entryeeze	\$60.00 Paper Entry

Total: \$ _____ Check # _____

Make check or money order payable to: **SKATING CLUB OF MT. LEBANON**

Mail to:

ACCIDENTS: The USFS and the Club or organizers undertake no responsibility for damage or injuries suffered by the skaters or officials. As a condition or in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians, and Officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by, or connected with the conduct and management of this competition, and to waive and release any and all claims which they may have against any and all officials, the USFS, the sponsoring Club, and the officers, Board and/or members of the sponsoring Club, and their entries shall be accepted only on such condition.

Parent/Guardian Signature (Signature of Competitor if over 18 years of age) _____



SKATING CLUB ADVERTISING CONTRACT

Mt. Lebanon Invitational 2017

Many skaters, accompanied by their parents, other family members, and coaches will be in Pittsburgh for the 2017 Mt. Lebanon Invitational. Show your support for your athletes while they are competing or club of your choice, by advertising in the competition program.

The DEADLINE for program advertisement is April 15, 2017

Full Page \$100.00

Half Page \$ 50.00

Quarter Page \$25.00

Advertiser's Name: _____

Contact: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone (day): _____ Evening: _____

Email: _____

Make check payable to **Skating Club of Mt. Lebanon**

Please send this order form, with check and camera-ready artwork to: Mt. Lebanon Invitational, c/o Linda Nicolaus, 123 Stafford Court, Pittsburgh, PA 15237.

DEADLINE: April 15, 2017