

10th Annual



Sunday, March 19, 2017
Rockland Ice Rink
599 Summer Street, Rockland Ma



10th Annual South Shore Open



Sunday, March, 19 2017

Hosted by: South Shore SC

Sanctioned by US Figure Skating

Sanction # 24617

- Rink:** Rockland Ice Rink, 599 Summer St., Rockland, MA. The rink is standard size 85' X 185'' with rounded corners. Ample seating and parking is available. The rink snack bar will be open during the competition. Restaurants are nearby.
- Eligibility:** This competition is open to all skaters who are members in good standing of US Figure Skating. Skaters may enter as many events for which they are qualified. Skaters may compete one level higher than their current test level.
- Events:** Well Balanced Program, Test Track Program, Individual Compulsory Moves, Moves in the Field, Showcase, Team Compulsory Moves, Adults Events.
- Entries:** Entries must be completed in Entryeze <http://comp.entryeze.com/Home.aspx?cid=523> or postmarked no later than February 19, 2017. Applications will be accepted in the order received for each category. We reserve the right to limit, combine, divide or eliminate categories based on applications received for each event.
- Rules:** The competition will be governed by the most recent United States Figure Skating Rulebook.
- Fees:** Entry fees must be paid via Entryeze <http://comp.entryeze.com/Home.aspx?cid=523> or accompany the application form. Fees are \$60.00 for the first individual event, and \$25.00 for each subsequent event. Team events are \$70.00 per team. Please submit a separate check for each event if registering by mail. There is no admittance charge for spectators.
- Refunds:** Refunds are governed by USFS rule #3047. Refunds will be given after closing only if events are cancelled by the competition committee.
- Music:** All CD's must be clearly marked. Vocal music is permitted. Music should be turned in at the registration table one hour before each event. Skaters should also have a back-up CD available.
- Medals:** Medals will be awarded to the first four places.
- Judging:** The 6.0 judging system will be used.
- Schedules:** Times will be emailed to skaters and clubs and posted on website two weeks after deadline date. Additional information and practice ice information will be posted on the club website.
- Lodging:** All hotels are located on Hingham Street, Rockland, MA just off Route 3, Exit 14, about six minutes from rink. See Directions and Hotel list on last page of this announcement.
- The official hotels are:**
- | | |
|--------------|-------------|
| Comfort Inn | Rockland Ma |
| Best Western | Rockland Ma |
| DoubleTree | Rockland Ma |
- Contact Person:** Sarah Warren Email: sarahwarren74@yahoo.com
Website: www.Southshoreskatingclub.com
Phone: (781) 710 6443

Make Checks Payable to: South Shore Skating Club

Return payment and form to: South Shore Skating Club, PO Box 1173, Hanover, MA 02339

South Shore Open Competition

Sunday, March 19, 2017

Due date: February 19, 2017



Individual Events Application

USFS Sanction # 24617

Name _____ USFS# _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Female ____ Male ____ Date of Birth _____ Age (as of 3/19/2017) year ____ month ____ Adult _____

Highest test passed: Freeskate _____ Moves _____ Dance _____ as of 2/19/2017

Coach (print) _____ Phone _____ Email _____

Skaters may compete up one level for all events. Check all events entered:

Test Track Program
(see chart)

- Beginner
- High Beginner
- PrePreliminary
- Preliminary

- PreJuvenile
- Juvenile
- Intermediate
- Novice
- Junior

Well Balanced Program

- Beginner no axel no dbl
- PrePre axel ok, no dbl
- Preliminary axel + 2 dbls
- PreJuvenile axel + 3 dbls

- Juvenile no triples
- Intermediate
- Novice
- Junior
- Senior

***Individual Comp Moves**
***Team Comp. Moves**
**Same elements see chart*

- Beginner
- PrePreliminary
- Preliminary

- PreJuvenile
- Juvenile
- Intermediate
- Novice
- Junior / Senior

Moves in the Field
(see chart) Combine
(Male & female may be combined)

- PrePre
- Preliminary
- PreJuvenile

- Juvenile
- Intermediate
- Novice
- Junior
- Senior

Showcase:
List theme or title :

- Beginner
- PrePre / Preliminary

- PreJuv / Juvenile
- Inter / Novice
- Jr / Sr

1st Event: \$60 \$ _____
Add'l Events \$25 x # of events \$ _____
Total Amount: \$ _____

Applications must be postmarked **no later than February 19, 2017.**
Separate check per event payable to South Shore SC.
No refunds after deadline date unless an event is cancelled.

Address all entries to: South Shore Skating Club
PO Box 1173, W Hanover, MA 02339
Website: www.Southshoreskatingclub.com

More info: Sarah Warren 781 710 6443
Email: sarahwarren74@yahoo.com

CERTIFICATE OF ELIGIBILITY

I hereby approve the entry of this skater and certify that he/she is a member in good standing of my club. To the best of my knowledge and belief, he/she is eligible to enter the specified event(s) and is eligible in accordance with the rules of the USFS. The club designated is his/her home club.

Club Officer Print _____ Signature _____ Title _____

Home Club _____ Club Email _____

Official use only: Date Postmarked: _____ Date Received _____ Amount Enclosed _____

Indemnity Clause: According to USFS rule #1600 all entrants and guardians waive all claims against officials, USFS officers, South Shore SC, and club officers hosting this competition, for any damages to person or property. We also waive all claims against coaches, organizers, rink personnel, and volunteers participating in this competition.

Skater's Signature _____ Email _____

Parent/Guardian Signature (if under age 18) _____ Date _____

South Shore Open Competition



Competition Date: Sunday, March 19, 2017

Due date: February 19, 2017

Team Compulsory Form

Team Name _____ Skating Club _____

Check Events Entered: Team Compulsory Moves.

Elements same as Individual Compulsory Moves.

- | | |
|--|--|
| <input type="checkbox"/> Beginner | <input type="checkbox"/> Juvenile |
| <input type="checkbox"/> Pre-Preliminary | <input type="checkbox"/> Intermediate |
| <input type="checkbox"/> Preliminary | <input type="checkbox"/> Novice |
| <input type="checkbox"/> Pre-Juvenile | <input type="checkbox"/> Junior/Senior |

TEAM MEMBERS: Print clearly: Must be signed by parent if skater is under 18 years old.

Indemnity Clause:

All entrants and guardians waive all claims against officials, USFS officers, South Shore SC, and club officers hosting this competition, for any damages to person or property. We also waive all claims against coaches, organizers, rink personal, and volunteers participating in this competition. Parent Signature below.

Team Contact (Adult) _____ Phone _____

Contact Email: _____

(A team may consist of 3 to 5 skaters with no skater doing more than two elements.)

Name _____ USFS# _____ Parent Signature _____

Name _____ USFS# _____ Parent Signature _____

Name _____ USFS# _____ Parent Signature _____

Name _____ USFS# _____ Parent Signature _____

Name _____ USFS# _____ Parent Signature _____

Applications must be postmarked no later than February 19, 2017

Entry fees are \$70.00 per team. *Refunds as per USFS current rules.*

Make checks payable to South Shore Skating Club. Please submit a separate form and check for each event.

Address all entries to: South Shore Skating Club, Box 1173, Hanover, MA 02339

Certificate of Eligibility:

I hereby approve the entry of this skater and certify that he/she is a member in good standing of my club. To the best of my knowledge and belief, he/she is eligible to enter the specified event(s) and is eligible in accordance with the rules of the USFS. The club designated is his/her home club.

Club Officers Signature: _____ TITLE _____

Official use only: Date Postmarked _____ Date _____

Moves in the Field

PrePreliminary	Back Outside Edges	Waltz Eight
Preliminary	Alternating FW 3 Turns	FW and BW Crossovers
PreJuvenile	FO-BI 3 Turns	FW & Back Change Pulls
Juvenile	Forward Double 3's	FW and Back Cross Strokes

Intermediate	Spiral Sequence	Inside slide Chasse
Novice	FW & Back Outside Counters	Back Rocker Choctaw Seq.
Junior	Power Pulls	Choctaw Sequence
Senior	Spiral Sequence	Back OS double 3's to double IS Rockers

Showcase

Showcase is a form of skating in which the skater will be judged on overall performance. Eligibility is based on free skating eligibility rules. The time of the program for all levels is 1 1/2 to 2 minutes. Vocal music may be used. Skaters must provide the theme or the title of the program on the application form. Props which require no more than 30 seconds to carry on and off the ice may be used along with hand held props.

Skaters will be judged on the following: Originality, Costume, Music Interpretation, Choreography, and Audience appeal.

Individual and Team Compulsory Free Skate Moves

Beginner: 1/2 ice 1 minute

1. Bunny Hop
2. Two foot spin
3. Lunge
4. Waltz Jump
5. Forward Spiral

Pre-Pre: 1/2 ice 1 minute

1. Lunge
2. Toe Loop Jump
3. Forward Spiral
4. One Foot Spin
5. Salchow / Toe Loop combo.

Preliminary: 1/2 ice 1 minute

1. Toe Loop
2. Flip Jump
3. Forward Spiral
4. Front to Back Scratch Spin
5. Waltz Jump

Pre-Juvenile: 1/2 ice 1 minute

1. Lutz Jump
2. Single-Single Jump Combo
3. Camel / Sit Spin
4. Back Scratch Spin
5. Backward Spiral

**Juvenile 1/2 ice
Duration: 1 minute**

1. Axel Jump
2. Lutz / Loop Jump Combo
3. Camel / Back Camel Spin
4. Backward Spiral
5. Sit Spin

**Intermediate: 1/2 ice
Duration: 1 minute**

1. Axel Jump
2. Split Jump
3. Combo Spin 1 change foot / 1 change position
4. Double Toe Loop
5. Camel Spin

**Novice: Full ice
Duration: 1:30 minutes**

1. Double Loop
2. Straight line sequence
3. Combo Spin: 1 plus positions & 1 chg of foot
4. Flying Camel
5. Jump Combo: 2 Doubles. One must be a Double Toe

**Junior & Senior: Full ice
Duration: 1:30 minutes**

1. Straight line sequence
2. Flying Sit Spin
3. Combo Spin: 2 or more positions and 1 change of foot.
4. Jump Combo: 2 Doubles. One must be Double Loop
5. Double Lutz

South Shore Open

Directions to Rockland Ice Rink and Hotels:

South Shore Skating Club

Rockland Ice Rink 599 Summer St, Rockland, MA

From North:

Rt. 128 or 93 South, take Rt. 3 South (Braintree Split) toward Cape Cod. Off at Exit 14. Right at end of exit. Go 1.5 miles to end of Hingham Street. Take Right onto Rt. 123 West. Follow Rt. 123 until it merges with Rt. 139. At that point, take a right on Rt. 139 (still Rt. 123). Continue on about a third of a mile. Take Left onto Concord St before Rockland Plaza. At end of Concord Street, cross over Summer St to driveway into rink parking lot.

From South:

Take Route 3 North to Exit 14. Left at end of exit. Follow directions above.

Hotels are located just off Exit 14 in Rockland, about a six minute ride to rink.

Comfort Inn	850 Hingham St.	781 982-1000
Best Western	909 Hingham St.	781 871-5660
DoubleTree by Hilton	929 Hingham St.	781 871-0545

South Shore Open

Directions to Rockland Ice Rink and Hotels:

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