



THE CANTIAGUE
FIGURE SKATING CLUB

Welcomes you to our 48th Annual

Trophy Cup Competition

THE 2017 NASSAU COUNTY FIGURE SKATING CHAMPIONSHIPS

****IJS FREESTYLE JUDGING AND CRITIQUES****

FRIDAY, SATURDAY & SUNDAY
MAY 19TH - MAY 21ST

Presented by
THE CANTIAGUE FIGURE SKATING CLUB

Sanctioned and Approved by



Hosted by
NASSAU COUNTY DEPARTMENT OF RECREATION AND PARKS

FOR INFO: WWW.CFSCSKATINGCLUB.ORG



48th Annual
Nassau County Figure Skating Championship Trophy Cup Competition
Cantiague Figure Skating Club
Cantiague Park Ice Rink, 480 W John Street, Hicksville, NY 11801
Friday May 19 - Sunday May 21, 2017

The Cantiague FSC Trophy Cup 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 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.

SERIES INFORMATION: The Trophy Cup Competition is the 5th event in the Long Island Grand Prix Series.

ELIGIBILITY/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 will be divided as closely as possible by age should the number of entries warrant more than one group. The Cantiague FSC reserves the right to sub divide any event if necessary, and to cancel any event if there are fewer than two entries. It is our intent to have separate events for females and males, however, we reserve the right to combine males and females in any events.

ENTRIES: Participants are encouraged to complete entry online through EntryEeze.com. **The deadline for registration is April 30, 2017.** Acceptance of late entries shall be at the discretion of Competition Officials.

Competition Fees are as follows:

Basic Skills	\$ 65.00	Additional Basic Skills	\$ 35.00
Singles 6.0 and Adults Event	\$ 90.00	Additional 6.0 Event and Adult Events	\$ 60.00
First IJS Event (Juvenile to Senior)	\$120.00	Additional IJS event	\$ 90.00

No event/level changes (not due to an LOC error) will be honored after the entries are sent to the chief referee for scheduling.

REFUND POLICY: Entry fees will not be refunded after the entry deadline **April 30, 2017** unless the competition 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 fee. Cash 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 Cantiague Park Ice Rink, 480 W John St, Hicksville, NY 11801. The Rink Phone is (516) 571-7056 for **directions only**. They do not have schedule or competition information. The rink measures 85 feet wide by 200 feet long, and has rounded corners. There are no locker rooms available, only restrooms. A snack bar and vending machines are located within the building.

MUSIC: Music should be on CD-R media. Due to compatibility and reliability, music may NOT be submitted on re-recordable "CD-RW" discs. CDs must be clearly marked with the skater's name and event. **Each CD must have only ONE (1) track and be in good physical condition (no scratches or fingerprints)**. Lead-in time (time before the music begins) on CD may not exceed two (2) seconds.

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 rink side during the competition. Music may be picked up at registration following each event. Every reasonable care will be taken, but the Cantiague FSC cannot be responsible for CDs left at the end of the competition and accepts no responsibility for damaged or lost CDs.

LIABILITY: U.S. Figure Skating, Cantiague Figure Skating Club, and Cantiague Park 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 all Juvenile through Senior Well Balanced Program *Free Skate and Short Program* Events. 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, under "Technical Information," then "Singles".

All competitors skating in these events need to submit the **Planned Program Content** form online through EntryEeze.com. The deadline to submit the form is **April 30, 2017. After May 1st, there will be a late charge of \$30.00.** Technical critiques for IJS events will be offered depending on the availability of officials and adequate amount of time in the schedule. Please check at the Registration Desk for the exact time and location of critiques. There will be no final rounds for IJS events.

The 6.0 Majority Judging System will be used for all other events:

All Basic Skills events; Pre-preliminary through Pre-juvenile Well Balanced Program free skate events; All Test Track events; All specialty singles events (Compulsories, Showcase, etc.); All Dance events; and All Adult Events.

REGISTRATION: Registration deadline is **April 30, 2017**. Event registration during the competition 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 rink area. **Skaters MUST check in at least one hour prior to the event.** Please have your music ready at check-in. While every effort is made to adhere to the posted schedule, events may run early or late.

PRACTICE ICE: Practice ice pre-orders can be reserved through EntryEeze.com. Spaces will be filled when the schedule is posted. Telephone or e-mail requests will not be accepted. Walk-ons can pay at the registration desk on the day of the event if there is room on the session. Music will not be played at practice sessions.

PHOTOGRAPHY/VIDEOGRAPHY: The competition will be photographed and videotaped by a professional. If you use your own camera, it must be battery powered. **No tripods or flash photography will be permitted.** By entering this Competition, permission is hereby expressly granted to Cantiague FSC to use any photographs or likeness of us or our skater in advertising, promotional materials, etc.

AWARDS: For Basic Skills competitors, trophies will be awarded to 1st, 2nd, and 3rd place winners, and medals to **all** other Basic Skills competitors. For all other (6.0 and IJS) events, trophies will be awarded to the 1st place winners, medals will be awarded to the 2nd and 3rd place winners.

OFFICIAL NOTICES: It is the responsibility of each competitor, parent and coach to check EntryEeze and/or Catiague Figure Skating Club's website at <http://www.cfcskatingclub.org/> frequently for any schedule changes and/or additional information as it will not be mailed. Notification of competition and practice ice times will be available through EntryEeze approximately 1- 2 weeks prior to the competition. Skaters are requested to arrive one hour prior to the scheduled time of their event. Schedules will be posted at the Registration desk during the competition. Please do not call Catiague Rink for information.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

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 Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

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 proper registration 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, you can send an **Email** to **info@cfcskatingclub.org**. Please leave your phone number for a return phone call.

ADDITIONAL INFORMATION:

Journal: You can purchase an ad in our competition journal to wish a skater good luck or to promote your business. Single line boosters and full or half page ads are available for purchase in Entryeze.

Test Session: If test applications warrant, there will be a Test Session on Friday of the Competition.

Tentative Schedule: This schedule is tentative and may change due to the number of competitors. IJS events will be on Friday May 19th (after 4pm) and Saturday May 20th. Most 6.0 events will be on Saturday May 20th, however depending on the number of entries, some events may occur on Friday May 19th or Sunday May 21st as well. **ALL** Basic Skills events will be on Sunday May 21st.

The 6th Annual Long Island Grand Prix Series

The Cantiague Figure Skating Club would like to welcome all skaters to the Grand Prix Series!

Who:

Group 1: Skaters from Snowplow Sam through Basic 6

Group 2: Skaters from Pre-Freeskate through Freeskate 6

Group 3: Skaters from No Test through Preliminary, including Pre-Preliminary and Preliminary Test Track

Dates:

December 4th, 2016– Cantiague FSC- **Holiday Skate Classic**-Cantiague Park, Hicksville

February 11, 2017– Iceworks Skating Academy- **Love To Skate**-Northwell Heath Ice Center, East Meadow

March 11, 2017– Newbridge Arena- **Clover Classic**– Bellmore

April 23, 2017– Freeport Skating Academy- **Spring Challenge**-Freeport Recreation Center, Freeport

May 19-21th, 2017– Cantiague FSC- **Trophy Cup Competition** – Cantiague Park, Hicksville

June 11, 2017- Metropolitan Figure Skating Club- **Summer Swizzle** - Iceland Rink, New Hyde Park

Great Neck FSC - **Gold Coast Autumn Classic**- Parkwood Sports Complex, Great Neck-- Date TBD

How it Works:

Each skater will receive points for their placements at each competition in all Compulsory, Showcase, and Program events. Skaters will receive 5 additional points if they “move up” a program level (not showcase or compulsories) during the Series (can only be awarded 1 time). If a skater competes in *any* Test Track Events they may not compete at No Test or below in any other event or competition. Skaters will be placed in finals depending on last level they competed at. Freeskate 6 competitors will only be awarded points for moving up if they compete at Pre Preliminary or higher in the program event. Skaters will forfeit their points if they “skate down” in the series.

Remember you can enter 3 different disciplines in each competition to accumulate more points! See chart below for point values. After all competitions, points will be totaled to determine the 1st, 2nd, and 3rd place winners. Finals will be conducted if needed. We will hold a special awards ceremony for the winners at the end of the season!

Placement	Points
1st	5*
2nd	4
3rd	3
4th	2
5th	1
6th	1

** If there is only 1 skater in the group, he or she will be awarded 3 points.

Please fill out registration form if you wish to participate in the Grand Prix Series. Forms will be available at the registration desk when you check in at any of the competitions listed above.

THE MORE EVENTS YOU ENTER, THE MORE POINTS YOU EARN!

Basic Program with Music Events: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed. 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

Basic Elements/Compulsory Events: SNOWPLOW SAM – BASIC 8

Format: Each skater will perform each element one element at a time in the order listed below (no excessive connecting steps) when directed by a judge or referee. Each skater performs all of the required elements before moving on to the next skater. To be skated on 1/3 to 1/2 ice. *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

Free Skate 1-6 Program with Music Events

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. Vocal music is allowed. To be skated on full ice. 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.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:40 max	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump • Flip jump
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

Free Skate 1-6 Elements/Compulsory Events

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 .2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

Test Track Free Skate Program with Music Events

Format: Skaters may **not** enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition. Vocal music is permitted at all levels. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position. 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.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <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.	<p><i>Maximum of 5 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <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.	<p><i>Maximum of 5 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <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

No Test, Pre-Preliminary and Preliminary Element/Compulsory Events

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

Well Balanced Free Skate Program with Music Events

Format: 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. Vocal music is permitted. Athletes and coaches are responsible for going to the [U.S. Figure Skating rulebook](#) for rules, program length, etc. The 6.0 Majority Judging System will be used for No Test through Open Juvenile Events. The IJS judging system is used for the Juvenile through Senior Free skate Events.

Event	Program Requirements	Time	Judging System
No-Test	Rules 4280	1:40 Maximum	6.0
Pre-Preliminary	Rules 4270	1:30 +/- 10 sec.	6.0
Preliminary	Rules 4260	1:30 +/- 10 sec.	6.0
Pre-Juvenile	Rules 4250	2:00 +/- 10 sec.	6.0
Open Juvenile	Rules 4240 (14 years or older)	2:15 +/- 10 sec.	6.0
Juvenile	Rules 4240 (Under 14 years)	2:15 +/- 10 sec.	IJS
Intermediate **	Rules 4230 (Under Age 18)	2:40 +/- 10 sec.	IJS
Novice Ladies	Rules 4220	3:00 +/- 10 sec.	IJS
Novice Men	Rules 4220	3:30 +/- 10 sec.	IJS
Junior Ladies	Rules 4210	3:30 +/- 10 sec.	IJS
Junior Men	Rules 4210	4:00 +/- 10 sec.	IJS
Senior Ladies	Rules 4200	4:00 +/- 10 sec.	IJS
Senior Men	Rules 4200	4:30 +/- 10 sec.	IJS

**** Changes to the Intermediate Free Skate effective February 1, 2017. For the Intermediate Free Skate, the step sequence requirement will be changed from a choreographic step sequence to a leveled step sequence, with a maximum of Level 2. An additional 10 seconds will be added to accommodate the required leveled step sequence. The program length for the Intermediate Free Skate will be 2:40 +/- 10 seconds.**

Singles Short Program Events

Format: Skaters will skate to the music of their choice. Vocal music is permitted. Athletes and coaches are responsible for going to the [U.S. Figure Skating rulebook](#) for rules, program length, etc. The IJS judging system is used for the Intermediate through Senior Short Events.

Event	Program Requirements	Time
Intermediate Short Program **	Rules 4230 (Under Age 18)	2:10 minutes - maximum
Novice Short Program	Rules 4220	2:30 minutes - maximum
Junior Short Program	Rules 4210	2:40 minutes +/- 10 sec.
Senior Short Program	Rules 4200	2:40 minutes +/- 10 sec.

**** Changes to the Intermediate Short effective February 1, 2017. For the Intermediate Short Program, the step sequence requirement will be changed from a choreographic step sequence to a leveled step sequence, with a maximum of Level 2. An additional 10 seconds will be added to accommodate the required leveled step sequence. The maximum time allowed for the Intermediate Short Program will be 2:10.**

Adult Free Skate Program Events

Skaters will skate to the music of their choice. Vocal music is permitted at all levels. Athletes and coaches are responsible for going to the [U.S. Figure Skating rulebook](#) for rules, program length, etc. The 6.0 Majority Judging System will be used.

Event	Program Requirements	Time
Adult Pre-Bronze	Rule 4600	Not to exceed 1:40 minutes
Adult Bronze	Rule 4590	Not to exceed 1:50 minutes
Adult Silver	Rule 4580	Not to exceed 2:10 minutes
Adult Gold	Rule 4570	Not to exceed 2:40 minutes

Showcase Events – Light Entertainment Events

Format: The Showcase program 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. Current guidelines for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Level	Elements	Qualifications	Time
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary.	Time: 1:30 max.
Preliminary	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate.	Time: 1:40 max.



Skater Booster Ads Which Will Be Published in the Competition Journal, cost \$10.00 for the first line. If the message is over 1 line, please add \$5.00 for each additional line. Pictures can be submitted for \$20.00

1 line equals 80 characters, including spaces & punctuation.

Name

From

Message

Available for purchase through Entryeze or Return paper entry to:

Cantiague Figure Skating Club
c/o Cantiague Park Rink
Attention "Trophy Cup Competition"
480 West John Street
Hicksville, N. Y. 11801



Official Entry Form: 2017 Cantiague FSC Trophy Cup Competition

Name:			U.S. Figure Skating #
Date of Birth:	Sex:	Phone:	
Address:			
Email:			
Name of parent or guardian:			
Highest MITF test:		Highest free skate test:	
Home figure skating club:			
Coach name:			
Coach email:		Coach cell phone:	

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

Basic Program Events	X	Basic Compulsory- no Music	X	6.0 Program Events	X	IJS Freeskate Events	X
Snowplow Sam		Snowplow Sam		No Test		Juvenile *IJS	
Basic 1		Basic 1		Pre-Preliminary		Intermediate *IJS	
Basic 2		Basic 2		Preliminary		Novice *IJS	
Basic 3		Basic 3		Pre-Juvenile		Junior *IJS	
Basic 4		Basic 4		Open Juvenile		Senior *IJS	
Basic 5		Basic 5					
Basic 6		Basic 6		6.0 Compulsory- no Music	X	IJS Short Programs	X
Pre Freeskate		Pre Freeskate		No Test		Intermediate *IJS	
Freeskate 1		Freeskate 1		Pre-Preliminary		Novice *IJS	
Freeskate 2		Freeskate 2		Preliminary		Junior *IJS	
Freeskate 3		Freeskate 3				Senior *IJS	
Freeskate 4		Freeskate 4		6.0 Test Track Events	X		
Freeskate 5		Freeskate 5		Pre-Preliminary Test Track		Adult 6.0 Events	X
Freeskate 6		Freeskate 6		Preliminary Test Track		Adult Pre-Bronze	
				Pre-Juvenile Test Track		Adult Bronze	
						Adult Silver	
				6.0 Showcase Events	X	Adult Gold	
Basic Showcase Events	X			No Test/Pre-Preliminary			
Showcase Basic 1-6				Preliminary			
Pre-Freeskate-Freeskate 6 Beginner/High Beginner							

* IJS must register Planned Program Content through Entryeze by April 30, 2017. After May 1st, there will be a late charge of \$30.00.

First Basic Skills	\$ 65.00	\$ _____
Additional Basic Skills	\$ 35.00	\$ _____
First 6.0 Singles and Adult Event	\$ 90.00	\$ _____
Additional 6.0 Singles Event	\$ 60.00	\$ _____
First IJS Event (Juv - Senior)	\$120.00	\$ _____
Additional IJS Event (Juv - Senior)	\$ 90.00	\$ _____
Paper Entry Fee	\$ 30.00	\$ _____
Journal Good Luck Ad (submit form)	\$ 10.00/\$5.00	\$ _____
Total Amount Enclosed		\$ _____

Participants are encouraged to submit Entry online at www.EntryEeze.com. **Paper entries** submitted before April 30, 2017 require an **additional \$30.00 fee**. Acceptance of late entries shall be at the discretion of Competition Officials. Enclose this official form with a check or money order payable to **CFSC** and mail to:

Cantiague Figure Skating Club
c/o Cantiague Park Rink
Attention "Trophy Cup Competition"
480 West John Street
Hicksville, N. Y. 11801

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 CFSC and Cantiague Park Ice Rink 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.

Instructor/coach has verified that the skater is entered in the correct level.

The Program Director/Club Officer has verified that the skater is current and in good standing.

Parent/Guardian Signature _____ Date _____

Competitor Signature _____ Date _____

Instructor/Coach Signature _____ Date _____

Program Director/Club Officer _____ Date _____



Cantiague Figure Skating Club, Inc.

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT (“AGREEMENT”)

In consideration of participating in Cantiague Figure Skating Club Activities, I represent that I understand the nature of figure skating activities (“activity”) and that I am qualified, in good health and in proper physical condition to participate in such “activity”. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the “activity”.

I fully understand that this “activity” involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by own actions, or inactions, those of others participating in the “activity”, the conditions in which the activity takes place, or the negligence of the “releasees” named below; that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the “activity”.

I hereby release, discharge, and covenant not to sue the *Cantiague Figure Skating Club*, United States Figure Skating, it’s directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants, if applicable, owners, lessors of premises on which “activity” takes place (each considered one of the Releasees herein) from all liability, claims, demands, losses, the damages on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operation; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, that I will indemnify, save and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

The *Cantiague Figure Skating Club* has the right, but not the obligation, to provide rules, regulations and/or ice monitors for the Club Ice. We hereby acknowledge that the *Cantiague Figure Skating Club* shall not be responsible for the supervision of the members at Club Ice. Permission is hereby expressly granted to Cantiague Figure Skating Club to use any photographs images or likeness of us or our skater in advertising, promotional materials, social media etc.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, not withstanding, shall continue in full force and effect.

_____ Printed Name of Participant

_____ Phone: _____
Address

_____ Date: _____
Signature of Participant (age 18 or over)

PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT I, the minor’s parent and or legal guardian, understand the nature of the above referenced activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such “activity”. I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses or damages on the minor’s account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss and liability, damage, or cost any Releasees may incur as the result of any such claim.

_____ Printed Name of Parent/Guardian

_____ Date: _____
Signature of Guardian

