

2017
Cleveland Invitational Championships
Part of the 2017 U.S. Figure Skating Solo Dance Series
A Tri-States Championship Series

March 17-19, 2017

Hosted by:



Sanctioned by:



SANCTION # 24727

The IJS judging system will be used for Juvenile through Senior Free Skating and Juvenile through Senior Short Program and Juvenile through Senior Jumps and Spins.

Applications deadline: Received by Midnight February 15, 2017.



2017 Cleveland Invitational Championships

March 17-19, 2017

Hosted by the Winterhurst Figure Skating Club

Sanctioned by:



Date: March 17-19, 2017

Chief Referee: Karen Snoddy

Chief Acct: Shirley Rego

Place: Serpentine Arena at Winterhurst
14740 Lakewood Hts Blvd
Lakewood, OH 44107

Purpose: The Cleveland Invitational Championships (CIC's) are held to stimulate interest in figure skating and to afford a competitive experience for skaters except junior short program will follow 2016/2017 requirements. The competition will be conducted according to the current U.S. Figure Skating rules. Skaters may skate only for their Home Club. CIC's is part of the Tri-State Council Championship Series.

Co-Chairs: Kristy Brickel and Lauren Rivchun skatecle2015@gmail.com

Eligibility: CIC's is open to all skaters from any club. Skaters may not compete below their test level as of February 15, 2017. In most cases, skaters may compete at their test level as of February 15, 2017 or at one level higher (but not both within the same category). Read further for details.

6.0 events with a large number of entries will be divided into smaller groups by birth date. IJS events will be arranged by random draw and will have a Final Round if there are more than 24 entries (per rule #2466). Events will be divided into groups by male and female. However, Winterhurst FSC reserves the right to combine male and female skaters into the same group and/or event if there are fewer than two (2) entries in any event at the Pre-Preliminary, Preliminary and Pre-Juvenile levels.

Entry Fees: Please refer to Entry Forms

Other Fees: Please ensure you have checked the correct boxes when completing your registration form. If you incorrectly mark a box that results in the event needing to be changed, you will be assessed a \$20 fee per changed event. After the deadline, schedule changes will be at the referee's discretion. A \$25 late fee will be assessed if registration is requested after the deadline.

All Skaters will receive a DVD from Ledin Video. The application fee reflects the cost of the video.

Registration: All entries will only be processed through Entryeze. No paper entries will be accepted. Please refer to www.entryeze.com. All entries must be received by midnight February 15, 2017.

Skater and coach schedules will be posted on the web at www.entryeze.com. After February 15, 2017 entry refunds are only available if the competition is not held. There will be no medical refunds given.

An official bulletin board will be in the lobby of the arena near skater registration. Posting of schedules and announcements there will constitute official notice to competitors, coaches and officials. Check this upon arrival and throughout the competition.

Practice Ice Practice ice will be available after official schedule is posted. Refer to the practice ice page on Entryeze (when available). No music will be played during practice ice. Please check in with the ice monitor before taking the ice for practice. Practice will be available for sale during the competition and will be a first come, first served basis. The rink may also offer city ice on Rink 2 during the day on Friday on a first come first serve basis.

IJS/PPCS: Competitors in IJS events are required to submit a Planned Program Content Sheet (PPCS). The PPCS is to be completed online with U.S. Figure Skating before March 6, 2017. For those who do not submit a Planned Program Content Sheet online before March 6, a **\$20** processing fee per IJS event will be assessed. Once entered, PPCS may be updated online at any time and as often as desired without cost up to March 6. Please go to www.usfsa.org and log in to the Members Only section. You will need your U.S. Figure Skating number and password. Go to Event Registration and Online Event Registration, then to Event Manager and Program Content and register your forms under Cleveland Invitational Championships.

Deadline: **Completed online applications and entry fees must be received by February 15, 2017.** After this date, however a \$25 late fee will be assessed.

Facilities: Two ice surface 85' x 200' will be used for CIC's. The Serpentine Arena has dressing rooms, concessions, and parking. Several vendors will be present as well as a photographer and videographer to capture those special moments.

Registration: On the day of the competition, all skaters must check in at the Registration Desk located in the rink lobby. The Registration Desk will be open throughout the competition. Skaters should be at the rink, checked in, and ready to compete one hour prior to the scheduled time of their event.

Music: Music will be reproduced through the arena sound system from **CDs only**, which are furnished by each skater. Skaters are required to deliver their music to the Registration Desk at the time of registration and at least one hour before the event warm up time. All music must be turned in properly labeled at the time of registration. Maxell brand CDs are NOT preferred. Please use the CD type CD-R Music. The LOC will not be held responsible for CD's that do not play properly, so it is recommended that you have back-ups. All skaters should have appropriate backup music with them at rink side during their events. Music should be reclaimed at the Registration Desk following the event. All music is +/- 10 seconds unless it states maximum. Vocal music with lyrics is **permitted** for all levels.

Awards: Medals will be awarded for 1st -3rd place for each event including any final rounds.

Trophies: The Elaine and Charles A. DeMore Memorial Trophy will be awarded to the skater who wins the Intermediate Ladies Free Skate. If there is more than one group of Intermediate Ladies FS, a Final Round will be held. This is a traveling trophy. All skaters in the event are eligible.
Only Greater Cleveland member clubs are eligible for the following trophies.

The Bill Coyle Dance Trophy will be awarded to the club winning the most points in all the dance events. For partnered dance events, with a team or teams representing two different clubs, the points earned will be split evenly between the two clubs. This is a traveling trophy.

The Joy Cunningham-William Wall Cleveland Invitational Championship Club Trophy will be awarded to the club winning the most points. Points will be awarded as follows: 1st place - 4 points, 2nd place - 3 points, 3rd place - 2 points, 4th place - 1 point with the number of points reduced in events with fewer than 4 skaters. For Pair and partnered dance events with a team or teams representing two different clubs, the points earned will be split evenly between the two clubs. Maneuver teams will not be included in the point total. This is a traveling trophy.

Scoring: The IJS system will be used for Juvenile through Senior Ladies and Men Free Skating, Juvenile through Senior Ladies and Men Short Program and Juvenile through Senior Jumps and Spins. The 6.0 scoring system will be used for all other events.

Critiques: Individual critiques by one judge along with a technical panel member will be offered to skaters and coaches after each singles IJS short program event free skate AND solo dance events for a fee of \$10 per critique. Available on Entryeeze in the merchandise section.

Credentials: Coaches must be in compliance with Rules MR5.11, MR 5.12 and MR 5.13 in the current U.S. Figure Skating Rulebook. Failure to do so will result in that coach not being allowed at the venue.

Lodging: The Host hotel is the Doubletree Inn by Hilton, (440) 871-6000 1100, Crocker Rd. Westlake, Ohio 44145. Please tell the hotel you are with CIC's when making the reservation. The hotel is within walking distance of shopping, restaurants, movie theaters, and Crocker Park.

COMPETITION EVENTS

Well Balanced Program Free Skate

General event parameters:

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

See *'s below for IJS scoring events.

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> A. Single jumps, including the single Axel, are allowed B. Maximum of 2 jump combinations or sequences C. Jump combinations limited to 2 jumps D. Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) E. Axel may be repeated as individual jump or as part of jump combination or sequence; Maximum of 2 Axels F. Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. G. No double or triple jumps 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> A. Spins must be of a different character (For Definition see rule 4103E) B. Spins may change feet and/or position. C. Spins may start with a fly. D. Min. of 3 revolutions 	<p>Max 1 Step Sequence:</p> <ul style="list-style-type: none"> A. Step sequence B. Must use one-half the ice surface C. Moves in the field and spiral sequences are permitted but will not be counted as elements. D. Jumps may be included in the step sequence

Preliminary	1:30 +/- 10 sec. Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> A. One must be an Axel or waltzjump. B. Max. 2 jump combinations or sequences C. Jump combinations limited to 2 jumps D. Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) E. Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) F. Axel and chosen double jumps may be repeated as individual jumps or as part of jump combination or sequence, but no Axel or double jump may be repeated more than once. G. Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. H. Double flips, double Lutzes, double Axels or triple jumps are not allowed. 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> A. Spins must be of a different character (For Definition see rule 4103E) B. Spins may change feet and/or position. C. Spins may start with a fly. D. Min. of 3 revolutions 	<p>Max 1 Step Sequence:</p> <ul style="list-style-type: none"> A. Step sequence B. Must use one-half the ice surface C. Moves in the field and spiral sequences are permitted but will not be counted as elements. D. Jumps may be included in the step sequence
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Pre-Juvenile	2:00 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: A. One must be an Axel or waltz – jump. B. Max. 2 jump combinations or sequences C. Jump combinations limited to 2 jumps D. Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. (½ loop is not considered a single jump at this level.) E. Number of different double jumps is not limited. F. Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. G. Maximum of 2 Axels or any double jump H. No double Axels or triple jumps	Maximum of 2 spins: A. 1 spin combination; with or without change of foot*, may fly. B. 1 spin with only 1 position*, may fly, no change of foot C. Min. 4 revolutions.; 6 revolutions for combo D. Spins must be of a different character	Max 1 Step Sequence: A. Step sequence B. Fully utilizing the ice surface C. Moves in the field and spiral sequences are permitted but will not be counted as elements. D. Jumps may be included in the step sequence
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Juvenile* (under 14 years) Open Juvenile (14 years or older) – 6.0	2:15 +/- 10 sec.	Maximum of 5 jump elements: A. One must be an Axel-type jump* B. Max. 2 jump combinations or sequences C. Jump combinations limited to 2 jumps D. Number of jumps in jump sequence is not limited E. No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump. F. No triple jumps	Maximum of 2 spins: A. 1 spin combination; with/without change of foot* B. 1 spin with only 1 position; no change of foot* C. Both spins may start with a fly D. Min. 5 revolutions; 8 revolutions. For combination E. Min. 2 revolutions in position F. Spins must be of a different character	One choreographic step sequence fully utilizing ice surface.
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Intermediate*	2:40 +/- 10 sec.	Maximum of 6 jump elements: A. 1 must be an Axel-type jump* B. Max 3 jump combinations (combos) or sequences C. Jump combinations limited to 2 jumps, but one 3-jump combo is permitted D. Number of jumps in jump sequence is not limited E. No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or sequence. Max. 2 of the same double or triple.	Maximum of 2 spins: A. 1 spin combination; w/without change of foot* B. 1 spin with only 1 position; no change of foot* C. Both spins may start with a fly D. Min. 5 revolutions; 8 revolutions. for combo E. Min. 2 revolutions. In position F. Spins must be of a different character	One leveled step sequence 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. o Must fully utilize the ice
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Novice Ladies*	3:00 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> A. One must be an Axel-type jump* B. Max. 3 jump combinations (combos) or sequences C. Jump combinations limited to 2 jumps, but one 3-jump combo is permitted D. Number of jumps in jump sequence is not limited E. No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 same double or triple. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> A. Spins must be of a different character B. 1 flying entry with no change of foot or position* C. 1 spin combination; w/without change of foot* D. 3rd spin is option of skater E. Min. 6 revolutions; 10 revolutions. for combo F. Min. 2 revolutions. in position G. Spins may change feet and start with a fly, except H. For the flying spin with no change of foot or position 	<p>One leveled step sequence Fully utilizing the ice surface</p>
Novice Men*	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> A. One must be an Axel-type jump* B. Max. 3 jump combinations (combos) or sequences C. Combos limited to 2 jumps, but one 3 jump combo is permitted D. Number of jumps in jump sequence is not limited E. One double Axel and two different triple jumps may be repeated. If double Axel or triple jumps repeated, must be in combo or sequence. F. No more than two of the same type of double or triple may be attempted. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> A. Spins must be of a different character B. 1 flying entry with no change of foot or position* C. 1 spin combination; with or without change of foot* D. 3rd spin is option of skater. E. Min. 6 revolutions; 10 revolutions for combo F. Min. 2 revolutions in position. G. Spins may change feet and start with a fly, except for the flying spin with no change of foot or position. 	<p>One leveled step sequence Fully utilizing the ice surface.</p>
Junior Ladies	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> A. One must be an Axel-type jump B. Max. 3 jump combinations (combos) or sequences C. Combos limited to 2 jumps, but one 3 jump combo is permitted D. Number of jumps in jump sequence is not limited E. 2 triples or quads may be repeated, but must be in combo or sequence F. Max. 2 double Axels as solo jump or in combo/sequence. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> A. 1 flying entry* B. 1 spin combination; with or without change of foot* C. 1 spin with only 1 position * D. Min. 6 revolutions; 10 revs. for combo. E. Min. 2 revolutions in position. F. All spins may change feet and start with a fly. G. Spins must be of a different character. 	<p>One leveled step sequence Fully utilizing the ice surface.</p>

Junior Men*	4:00 +/- 10 sec.	Maximum of 8 jump elements: A. One must be an Axel-type jump * B. Max. 3 jump combinations (combos) or sequences C. Combos limited to 2 jumps, but one 3 jump combo is permitted D. Number of jumps in jump sequence is not limited E. 2 triples or quads may be repeated, but must be in combo or sequence F. Max. 2 double Axels as solo jump or in combo/sequence	Maximum of 3 spins: A. 1 flying entry* B. 1 spin combination; with or without change of foot* C. 1 spin with only 1 position * D. Min. 6 revolutions; 10 revs. for combo E. Min. 2 revolutions in position F. All spins may change feet and start with a fly G. Spins must be of a different character.	One leveled step sequence Fully utilizing the ice surface.
Senior Ladies*	4:00 +/- 10 sec.	Maximum of 7 jump elements: A. One must be an Axel-type jump * B. Max. 3 jump combinations (combos) or sequences C. Combos limited to 2 jumps, but one 3 jump combo is permitted D. Number of jumps in jump sequence is not limited E. 2 triples or quads may be repeated, but must be in combo or sequence F. Max. 2 double Axels as solo jump or in combo/sequence	Maximum of 3 spins: A. 1 flying entry* B. 1 spin combination; with or without change of foot* C. 1 spin with only 1 position * D. Min. 6 revolutions; 10 revolutions for combo E. Min. 2 revolutions in position F. All spins may change feet and start with a fly G. Spins must be of a different character	One leveled step sequence One choreographic sequence Fully utilizing the ice surface
Senior Men*	4:30 +/- 10 sec.	Maximum of 8 jump elements: A. One must be an Axel-type jump * B. Max. 3 jump combinations (combos) or sequences C. Combos limited to 2 jumps, but one 3 jump combo is permitted D. Number of jumps in jump sequence is not limited E. 2 triples or quads may be repeated, but must be in combo or sequence F. Max. 2 double Axels as solo jump or in combo/sequence	Maximum of 3 spins: A. 1 flying entry* B. 1 spin combination; with or without change of foot* C. 1 spin with only 1 position * D. Min. 6 revolutions; 10 revolutions for combo E. Min. 2 revolutions in position F. All spins may change feet and start with a fly G. Spins must be of a different character	One leveled step sequence One choreographic sequence Fully utilizing the ice surface

Adult Pre-Bronze	1:40 maximum	Must be 21 years or older as of February 7, 2016. Skaters must have passed the Adult Pre-Bronze Free Skate Test. (Rule 4600)
Adult Bronze	1:50 maximum	Must be 21 years or older as of February 7, 2016. Skaters must have passed the Adult Pre-Bronze or Bronze Free Skate Test. (Rule 4590)
Adult Silver	2:10 maximum	Must be 21 years or older as of February 7, 2016. Skaters must have passed the Adult Bronze or Silver Free Skate Test. (Rule 4580)
Adult Gold	2:40 maximum	Must be 21 years or older as of February 7, 2016. Skaters must have passed the Adult Silver or Gold Free Skate Test. (Rule 4570)

Short Program

Skaters may compete at their current free skate test level or one level higher, but **not** both. Programs are to be skated on full ice. * IJS scoring. Times shown are maximum.

<u>Category</u>		<u>Requirements</u>
Juvenile*	2:00 max	As stated by the current U.S. Figure Skating Official Rulebook (4230). Please note: same rule number as Intermediate
Open Juvenile	2:00 max	Must be 14 years old or older as of February 9, 2016. Jump combination consisting of one single and one double jump Axel (may not be repeated in combination) Double jump: double toe-loop or double Salchow (may not be repeated in combination) Solo spin (minimum four revolutions in position ; may not be commenced with a jump) Combination spin (only one change of foot and at least one change of position; minimum four revolutions on each foot) Step sequence (straight line, circular, or serpentine)
<u>Intermediate*</u>	2:10 max	As stated by the current U.S. Figure Skating Official Rulebook (4230). See new changes: http://www.usfigureskating.org/content/2016-17%20Singles%20SP%20Chart%20v5%20with%20Intermediate%20Changes.
Novice*	2:30 max	As stated by the current U.S. Figure Skating Official Rulebook (4220).
Junior*	2:50 max	As stated by the current U.S. Figure Skating Official Rulebook for the 2016/2017 Competitive season.
Senior*	2:50 max	As stated by the current U.S. Figure Skating Official Rulebook (4200).

COMPULSORY MOVES

General event parameters:

1. Elements skated on ½ ice
2. Elements may be performed only once
3. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 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
Adult PreBronze	1:15 max.	<ol style="list-style-type: none"> 1. Backward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Forward upright spin (Min. 3 revolutions) 4. Forward outside spiral
Adult Bronze	1:15 max.	<ol style="list-style-type: none"> 1. Single Salchow 2. Waltz jump – toe loop combination jump 3. Sit spin (Min. 3 revolutions) 4. Spiral sequence (Min. 2 spirals)

Adult Silver	1:30 max.	<ol style="list-style-type: none"> 1. Single loop 2. Single/single jump combination 3. Sit spin (Min. 3 revolutions) 4. Straight line step sequence
Adult Gold	1:30 max.	<ol style="list-style-type: none"> 1. Single Lutz or Axel 2. Single/single or single/double jump combination 3. Camel spin (Min. 4 revolutions) 4. Straight line step sequence

Spins Challenge

General event parameters:

1. 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.
2. All events are skated on ½ ice.

Minimum number of revolutions are noted in parentheses. Pre-Preliminary- Pre-Juvenile will be judged on 6.0 scale.

Juvenile and above will be judged IJS (Open Juvenile will be judged 6.0)

Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright back scratch spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Forward scratch to back scratch spin (3) 2. Combination spin with no of foot (4) 3. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Combination spin – camel to sit spin; no change of foot (6) 3. Forward to backward scratch spin (3 per foot)
Juvenile* & Open Juv.- 6.0	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin – change of foot; optional change of position (4 per foot) 3. Girls – layback spin (4); Boys – camel spin (4)
Intermediate*	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin (5) 2. Sit spin to backward sit spin (4 per foot) 3. Combination spin – change of foot & change of position (4 per foot)
Novice*	1:30 max.	<ol style="list-style-type: none"> 1. Choice of camel, sit or layback spin (6) 2. Camel spin to backward camel spin (4 per foot in position) 3. 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"> 1. Flying sit spin or flying reverse sit spin (6) 2. Ladies – layback spin (6); men – cross-foot spin (6) 3. 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"> 1. Flying spin of choice (6) 2. Solo spin of choice (6) – may not fly 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. **Open Juvenile**, 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)
4. Pre-Preliminary- Pre-Juvenile & Open Juvenile will be judged on 6.0 scale. **Juvenile and above will be judged IJS*.**

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)
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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 – 6.0	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*	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice*	1:15 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior*	1:15 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*	1:15 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

Test Track 2016-17

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same non-qualifying competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 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.
- 0.1 for any spin with less than required revolutions.

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Pre-Preliminary Test Time: 1:40 max	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two spins of a different nature, one position only, no change of foot, not 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 prepreliminary free skate test
Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot, no flying entry (Min 3 revs) and One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on each 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

<p>Pre-Juvenile Test</p> <p>Time: 2:00 +/-10</p>	<p><i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i></p>	<p><i>Max 2 spins:</i> One spin in one position, no change of foot (Min 3 revs) and One combination spin: forward camel spin to forward sit spin, change of foot optional (Min 6 revs combined in forward sit and camel positions). Spins may not fly</p>	<p>One step sequence fully utilizing ice surface.</p>	<p>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</p>
<p>Juvenile Test</p> <p>Time: 2:15 +/-10</p>	<p><i>Max 5 jump elements:</i> Any single jumps with not more than 1 ½ rotations (Axel permitted) <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i></p>	<p><i>Max 2 spins:</i> One spin in one position, no change of foot (Min 4 revs in position) and One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions, (Min 4 revs on each foot) Only solo spin may fly</p>	<p>One step sequence fully utilizing ice surface.</p>	<p>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>
<p>Intermediate Test</p> <p>Time: 2:30 +/-10</p>	<p><i>Max 6 jump elements:</i> Any single jumps. Double jumps permitted: double Salchow and double toe loop. <i>Max 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i></p>	<p><i>Max 2 spins of a different nature:</i> One must be a flying spin (Min 5 revs), One must be a combination spin with at least one change of foot and at least one change of position (Min 4 revs on each foot).</p>	<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>

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
<p>Novice Test</p> <p>Time: Ladies 3:00 +/-10 Men 3:30+/-10</p>	<p><i>Max 7 jump elements for men and 6 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i></p>	<p><i>Max 3 spins of a different nature:</i> One must be a combination spin with at least one change of foot and at least one change of position (Min 5 revolutions on each foot). The other spins are the option of the skater (Min 6 revs) All spins may fly</p>	<p>One step or spiral sequence fully utilizing ice surface. (see rule 4104 & 4105 for description).</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 Test</p> <p>Time: Ladies 3:30 +/-10 Men 4:00+/-10</p>	<p><i>Max 8 jump elements for men and 7 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip. <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i></p>	<p><i>Max 3 spins of a different nature:</i> One must be a spin in one position (6 revs), one a flying spin (6 revs) and one a combination spin consisting of all three basic spin positions and one change of foot (Minimum 2 continuous revs in each basic position and minimum 5 revs on each foot).</p>	<p>One step sequence fully utilizing ice surface. (See rule 4105 for description)</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 Test</p> <p>Time: Ladies 4:00 +/-10 Men 4:30+/-10</p>	<p>Max 8 jump elements for men and 7 for ladies Any single jumps. Must include at least four different double jumps, one must be a double Lutz. No triple jumps permitted Max of 3 jump combinations or sequences Max 2 of any same type jump</p>	<p>Max 3 spins of a different nature: One must be a spin in one position (min 6 revs), one a flying spin (min 6 revs) and one a spin combination consisting of all three basic spin positions and one change of foot (Min 2 continuous revs in each basic position and min 5 revolutions on each foot).</p>	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for description).</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate Test</p>
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2017 U.S. Figure Skating Solo Dance Series Events

The **Cleveland Invitational Championships** is a participating competition within the 2017 Solo Dance Series.

The solo pattern dance event, solo combined event and shadow dance events are being offered as part of the 2017 U.S. Figure Skating Solo Dance Series and will be conducted in accordance with the 2017 Solo Dance Series Handbook found at <http://usfigureskating.org/content/2017%20SDS%20Handbook%20PDF.pdf>. Please refer to the 2017 Solo Dance Series handbook for the current Series rules, levels and event requirements that will be in effect for this competition.

2017 SOLO DANCE SERIES EVENTS BEING OFFERED:

Solo Pattern Dance Event: The solo pattern dance event is comprised of two dances at each level. This event is being offered at the preliminary, pre-bronze, bronze, pre-silver, silver, pre-gold, gold and international levels.

Level	Dances
Preliminary	Dutch Waltz Canasta Tango
Pre-Bronze	Cha Cha Fiesta Tango
Bronze	Hickory Hoedown Willow Waltz

Pre-Silver	Fourteenstep Foxtrot
Silver	American Waltz Tango
Pre-Gold	Kilian Starlight
Gold	Argentine Tango Quickstep
International	Cha Cha Congeldo Silver Samba

Refer to the 2017 Solo Dance Series Handbook for the solo pattern dance event rules, test requirements and details found at <http://usfigureskating.org/content/2017%20SDS%20Handbook%20PDF.pdf>

Solo Combined Event: The solo combined dance event is comprised of both of the following:

- 1) **JUVENILE, INTERMEDIATE, NOVICE:** One solo pattern dance chosen by the referee out of two possible dances as selected by U.S. Figure Skating. This dance will not be posted until the starting order is posted at the competition.

Pattern Dance Selection for Juvenile: Willow Waltz and Ten Fox

Pattern Dance Selection for Intermediate: Fourteenstep and European Waltz

Pattern Dance Selection for Novice: American Waltz and Rocker Foxtrot

JUNIOR, SENIOR: One solo short dance

- 2.) One solo free dance

The pattern dances competed in the combined dance event are separate from those in the solo pattern dance event and the results will not count towards the solo pattern dance event or results. This event is offered at the juvenile, intermediate, novice, junior and senior levels. Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the combined event rules and details.

Shadow Pattern Dance: The shadow pattern dance event is offered for the preliminary through senior levels. Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the shadow pattern dance rules and event details.

Level	Dances
Preliminary	Canasta Tango
Juvenile	Hickory Hoedown
Intermediate	Fourteenstep
Novice	Foxtrot
Junior	Starlight Waltz
Senior	Westminster Waltz

2017 Solo Dance Series Entry Form Information

Are you a registered participant in the 2017 U.S. Figure Skating Solo Dance Series?

Yes, my Solo Dance Series Registration # is _____

No

Couples Dance Events

Couples may enter events at their current test and/or one level higher. Each partner must meet the required minimal test level. Each dance is considered an event and judged separately. These events will be performed on full ice.

Category	Dances	Test Requirements
Adult	Cha-Cha Ten-Fox	Both skaters must be at least 21 years of age
Generation Gap	Ten-Fox Willow Waltz Rocker Foxtrot	Minimum of 20 years age difference between partners.
Open Blues	Blues	Must have passed at least one silver dance test.
Open Fourteenstep	Fourteenstep	Must have passed at least one bronze dance test.

***Additional couples dance events may be added at the discretion of the referee if enough interest is generated and at least two couples are entered in the event. If only one couple enters an added event, the added event will not be held.**

Showcase Events

General event parameters:

- 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.
- The determination of level will be based upon test requirement at the entry deadline
- Props and Scenery are permitted
- Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

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
Pre-Preliminary	Pre-Preliminary Free Skate (3 jump maximum. No Axels or Doubles)	Preliminary or adult bronze Free Skate	No minimum age (max age)	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	20) No minimum age	1:40 max

			(max age	
Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age	1:40 max
Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
Senior	Senior Free Skate Complete Gold Dance			2:40 max
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skater Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

2017 Cleveland Invitational Championships Maneuver Team Competition

A figure skating club may enter two teams in each level for a maximum of eight teams per club. Skaters may only skate for their home club. Both boys and girls may skate on one team. There are three to five members per team with one maneuver being performed by each skater and no skater should perform more than two maneuvers. Should a skater be unable to compete due to illness or injury, a teammate may do his maneuver with proper notice to the referee of this event. There must be a minimum of three skaters to compete as a team. A skater may skate on one team only. No award points will be given for Maneuver Team events.

Preliminary Team	Juvenile Team	Intermediate Team	Novice/Junior/Senior Team
May not have passed higher than the Preliminary Free Skating test. 1. Axel 2. Any Combination Jump; Two Single Jumps 3. Any Combination Spin with One Change of Foot; No Change of Position 3 rev. per Foot 4. Sit Spin 5. Straight Line Footwork	May not have passed higher than Juvenile Free Skating test. 1. Axel 2. Any Combination Jump; Consisting of One Double and One Single Jump 3. Camel Spin 4. Sit-Change-Sit Spin 5. Circular Footwork	May not have passed higher than Intermediate Free Skating test. 1. Double Flip 2. Combination Jump; at Least One Double Jump 3. Combination Spin with One Change of Foot and Two Changes of Position 4. Any Flying/Jump Spin 5. Serpentine Step Footwork	Must have passed the Intermediate Free Skating test or higher. 1. Double Axel 2. Combination Jump Consisting of Two Double Jumps 3. Double Lutz 4. Combination Spin with One Change of Foot and Two Changes of Position 5. Spiral Step Sequence as defined in 3643

Each team is to name a Team Leader through whom any communication with the team may be handled. Each team must be submitted on separate application. Each team must have a sign which includes the Club name and Team name

Maneuver team entry available on Entryeeze.com

Entry Fees:

First IJS / 1st Solo Dance Event (including event video).....\$110 per person
 Second IJS / 2nd Solo Dance Event.....\$65 per person

 First 6.0 event (including event video).....\$90 per person
 Second 6.0 event\$30 per person
 Shadow Dance Event.....\$20 per person

 All additional events\$20 per person

 Critiques Juvenile thru Senior, short and free skate IJS only and Solo Dance.....\$10

 Late Fee.....\$25

Ohio Department of Health Concussion Information Sheet

For Youth Sports Organizations

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be "knocked out" to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child's health at risk!

Signs Observed by Parents or Guardians

- *Appears dazed or stunned.*
- *Is confused about assignment or position.*
- *Forgets plays.*
- *Is unsure of game, score or opponent.*
- *Moves clumsily.*
- *Answers questions slowly.*
- *Loses consciousness (even briefly).*
- *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- *Can't recall events before or after hit or fall.*

Symptoms Reported by Athlete

- *Any headache or "pressure" in head. (How badly it hurts does not matter.)*
- *Nausea or vomiting.*
- *Balance problems or dizziness.*
- *Double or blurry vision.*
- *Sensitivity to light and/or noise.*
- *Feeling sluggish, hazy, foggy or groggy.*
- *Concentration or memory problems.*
- *Confusion.*
- *Does not "feel right."*
- *Trouble falling asleep.*
- *Sleeping more or less than usual.*

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- *No athlete should return to activity on the same day he/she gets a concussion.*
- *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- *Parents and coaches should never pressure any athlete to return to play.*

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.



www.healthyohiprogram.org/concussion

OH-0218

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.

Resources

ODH Violence and Injury Prevention Program
www.healthyohiprogram.org/vipp/injury.aspx

Centers for Disease Control and Prevention
www.cdc.gov/Concussion

National Federation of State High School Associations
www.nfhs.org

Brain Injury Association of America
www.biausa.org/

Returning to Play

1. Returning to play is specific for each person, depending on the sport. Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.
5. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.



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