



**43rd Annual  
HOWARD E. VAN CAMP**



**2017 INVITATIONAL  
COMPETITION**

**MARCH 17-19, 2017**

**2810 Hannah Blvd.  
East Lansing, MI 48823  
517.336.4272**

**SUBURBAN  
EAST LANSING  
ICE**



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**43rd Annual  
Howard E. Van Camp Invitational Competition  
Lansing Skating Club  
March 17-19, 2017  
[www.lansingskatingclub.com](http://www.lansingskatingclub.com)**

The 2017 Howard E. Van Camp Invitational Competition is a non-qualifying competition and 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. The competition events are standard U.S. Figure Skating Non-Qualifying Competition events, except where otherwise indicated. The Chief Referee is Barry Doren.

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

**ELIGIBILITY/TEST LEVEL:**

**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. The Open Solo and Couples/Pro-Am Pattern Dance events are open to all competitors and do not have any test requirements.

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

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

**FACILITIES:** The competition will be held at Suburban Ice East Lansing, 2810 Hannah Blvd., East Lansing, Michigan 48823. The facility has two 85'x200' ice surfaces. Ample parking is available. A concession stand, vending machines, and an ATM are available. Clubs will be assigned locker rooms.

**ENTRIES:**

**Online Entry:** Registration is at [www.entryeeze.com](http://www.entryeeze.com). Online entries and payment must be completed by **February 17, 2017, 12 midnight ET**. Late entries after the February 17<sup>th</sup> deadline may be accepted at the discretion of the LOC, but will incur an additional **\$20 late fee**.

Any change to the skating level or event after the entry deadline will be charged a \$20 administrative fee per event changed, with no exceptions.

**FEES:** Fee includes a DVD of each event entered. Entry fees are per person, per event, payable in U.S. dollars. Professionals skating in the Pro-Am dance events do not need to register or pay entry/practice ice fees.

- **First IJS Event** \$105
- **Second IJS Event** \$60
- **First 6.0 Event** \$95
- **Second 6.0 Event** \$50
- **Each Additional (IJS/6.0) Event** \$25
- **First Learn to Skate Event** \$55
- **Each Add'l Learn to Skate Event** \$35
- **Late Entry Fee** \$20
- **Change of Event Fee** \$20 per event changed
- **Returned Check Fee** \$35 for each returned check or contested credit card charge. Only cash, cashier's check, or money order will be accepted for this fee.

Payment of all fees will be required before the skater is allowed to participate in practice ice or events.

**REFUND POLICY:** Entry fees will not be refunded after the entry deadline of February 17, 2017 unless the event is cancelled. However, if in an event no competition exists, a refund will be offered. Processing/administrative fees are not refundable. There will be no refunds for medical withdrawals.

**MUSIC:** Competitors are to supply music on a CD (no CD-RWs), in a paper sleeve or plastic case, clearly marked with the skater's name and event. The CD must have only one track of music per CD. The official competition music must be turned in at the Registration Desk at the time of check-in. A duplicate CD should be readily available rink side. Music may be picked up at Registration 30 minutes after each event. Every reasonable care will be taken, but Lansing Skating Club cannot be responsible for CDs left at the end of the competition.

**LIABILITY:** U.S. Figure Skating, Lansing Skating Club, and Suburban Ice East Lansing accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**JUDGING SYSTEM:**

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

- *Well Balanced Program free skate events, juvenile/open juvenile--senior, adult gold – masters*
- *Short program events, juvenile/open juvenile – senior*

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's Only section at [www.usfigureskating.org](http://www.usfigureskating.org). The deadline to submit the form is **March 8, 2017**.

The **6.0 Majority Judging System** will be used for:

- *Well Balanced Program free skate events, pre-preliminary – pre-juvenile*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *All Test Track events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*
- *All Learn to Skate USA events*
- *All showcase events*
- *All solo and couples dance events*
- *Adult events, except for free skate gold – masters as noted above*

**CRITIQUES:** Critiques will be available for Juvenile – Senior and Adult Gold - Masters IJS Free Skate events. A schedule will be posted at the Registration Desk.

**SCHEDULE OF EVENTS:** Notification of competition times will be emailed by [www.entryeeze.com](http://www.entryeeze.com) to each skater. A competition schedule will also be posted at [www.entryeeze.com](http://www.entryeeze.com) and on the Lansing Skating Club website at [www.lansingskatingclub.com](http://www.lansingskatingclub.com). All times are approximate. Please check with the Registration Desk for changes.

**REGISTRATION:** The official Registration Desk will be located in the lobby between Rinks 1 and 2, at the skate rental desk. The Registration Desk will open one hour before the first event each day, and remain open until the last event of the day. Please register promptly upon arrival. **Competitors must check in at the Registration Desk at least one hour before their event.** All registration and any other applicable fees must be paid before the skater may be registered.

**PRACTICE ICE:** Practice ice will be offered at various times on all days of the competition. Practice ice may be purchased during the online registration process at [www.entryeeze.com](http://www.entryeeze.com), before or during the competition at [www.entryeeze.com](http://www.entryeeze.com), or at the Practice Ice Desk during the competition. Practice ice sessions are 20 minutes in duration at the discounted rate of \$15 if purchased before March 13<sup>th</sup>. Effective March 13<sup>th</sup>, the rate will increase to \$18 per 20 minute session. **THERE IS NO REFUND FOR PRACTICE ICE SESSIONS, EVEN IF NOT USED.**

A schedule of practice ice sessions will be published at [www.entryeeze.com](http://www.entryeeze.com) shortly after the competition schedule is published, along with the date/time when the practice ice reservation system will be activated. To reserve your sessions online, you will log-on using your USFS number and the PIN number provided to you at the time of online reservation. Sessions may be designated by level and discipline if entries warrant. Music will not be played on practice ice.

Competitors may also drop-in on regular freestyle sessions which may be scheduled on March 17<sup>th</sup> and 18<sup>th</sup>, as space permits. Please go to [www.lansingskatingclub.com](http://www.lansingskatingclub.com) for the freestyle schedule.

**PHOTOGRAPHY/VIDEOGRAPHY:** A DVD of the full flight for each event entered is included with the entry fee and will be available for pickup at the DVD table located near rink side. DVDs will not be mailed. Professional photography will also be available for purchase in the vendor area.

**AWARDS:** Medals will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> places. Ribbons will be given for 4<sup>th</sup> – 10<sup>th</sup> places. Presentation of medals will take place in the lobby immediately following the posting of each event's results, with opportunities for group and individual photo sessions. Ribbons will be distributed at the Registration Desk.

**OFFICIAL NOTICES:** Official notices will be posted outside the Registration Desk. It is the responsibility of each competitor, parent and coach to check for notices frequently for any schedule changes and/or additional information.

**INFORMATION REGARDING COACHES:** U.S. Figure Skating Rule MR 5.11 Coach Compliance  
In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

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

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

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

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

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

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

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential - no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without 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 regarding the competition or practice ice, please contact Van Camp Chair Mary Ellen Ramsby at [lansingsk8reg@gmail.com](mailto:lansingsk8reg@gmail.com).

# Howard E. Van Camp Invitational Competition Events



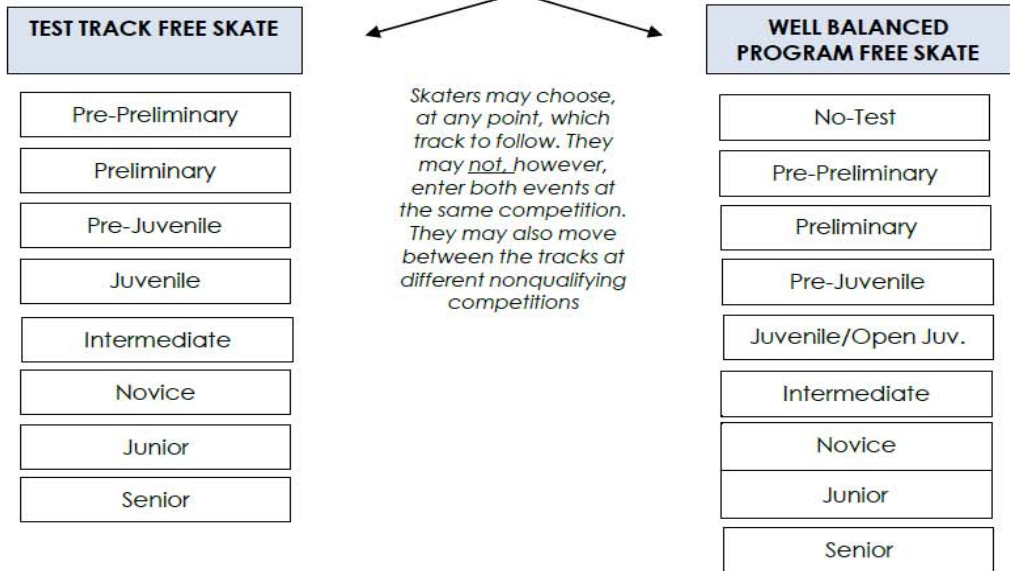
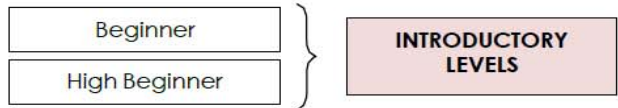
## ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with the Learn to Skate USA program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.



Skaters may begin or advance to the "introductory levels," which are an introduction to competitive figure skating.

Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Requirements for both categories are the same, and it is completely the choice of the athlete which track to follow.





## U.S. Figure Skating Nonqualifying Competitions

### **SINGLES FREE SKATING EVENTS**

See [current rulebook](#) or click here for current rules and requirements. [US Figure Skating Rulebook](#)

#### **Test Track Free Skate – Introductory through Senior**

[Test Track Free Skate](#)

#### **Singles Well Balanced Free Skate Program – No Test through Senior**

[Singles Well Balanced Free Skate](#)

#### **Singles Short Program – Open Juv/Juvenile through Senior**

[Singles Short Program](#)

All short programs will be skated with music. Test requirements the same as Free Skate.

**OPEN JUVENILE and JUVENILE:** Same as Intermediate Short Program Rule 4230

**INTERMEDIATE:** See the 2017 USFS Rulebook, page 149 for the important changes to timing and requirements for Intermediate Short Program.

**NOVICE:** 2 min 30 sec max, As stated in the 2017 US Figure Skating Rulebook, 4220

**JUNIOR:** 2 min 50 sec max, As stated in the 2017 US Figure Skating Rulebook, 4210

**SENIOR:** 2 min 50 sec max, As stated in the 2017 US Figure Skating Rulebook, 4200

#### **Jump Challenge – Beginner through Senior**

[Jump Challenge](#)

#### **Spins Challenge – Beginner through Senior**

[Spins Challenge](#)

#### **Compulsory Moves – Introductory through Preliminary**

[Compulsory Moves- Introductory](#)

[Compulsory Moves Pre-preliminary -Senior](#)

#### **Adult Compulsory Moves**

[Adult Compulsory Moves](#)

#### **Adult Singles Free Skate**

[Adult Free Skate](#)



## U.S. Figure Skating Non-Qualifying Competitions

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### Solo Pattern Dance (Non-Series Solo Dance Events)

General event parameters:

1. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
2. Skaters may compete at their test level and/or one level above their highest completed pattern dance test level. Competitors may enter 1 event (2 dances) or 2 events (4 dances). **This eligibility requirement differs from the USFS standard announcement.**
3. The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for their level, based upon the date of the competition.
4. Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.
5. The number of patterns to be skated will be the number used for Competition (Rule 6075).
6. Traditional dance music will be provided.

Level	January 1- March 31 <sup>st</sup>
Preliminary	1. Dutch Waltz 2. Canasta Tango
Pre-bronze	1. Swing Dance 2. Cha-Cha
Bronze	1. Hickory Hoedown 2. Willow Waltz
Pre-silver	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango
Pre-gold	1. Kilian 2. Blues
Gold	1. Viennese Waltz 2. Argentine Tango



## Dance Events

*~These events are NOT standard USFS non-qualifying competition events~*

### "Open" Solo Pattern Dances

General event parameters:

1. The "Open" Solo Pattern Dances are open to all skaters and do not have any test requirements.
2. Number of patterns skated will be the number used for Testing (NOT Competition) in the 2016-2017 Test Book, **TR 42.05A**.
3. Each individual dance is a separate event.
4. If entries warrant, events may be divided by age.
5. Traditional dance music will be provided.

<b>Level</b>	<b>Dances</b>		<b>Level</b>	<b>Dances</b>
<b>Preliminary</b>	Canasta Tango Rhythm Blues		<b>Silver</b>	Rocker Foxtrot American Waltz
<b>Pre-Bronze</b>	Cha-Cha Fiesta Tango		<b>Pre-Gold</b>	Paso Doble Blues
<b>Bronze</b>	Ten Fox Willow Waltz		<b>Gold</b>	Viennese Waltz Quickstep
<b>Pre-Silver</b>	Fourteenstep Foxtrot		<b>International</b>	Silver Samba Rhumba

## **“Open” Couples/Pro-Am Pattern Dances**

General event parameters:

1. The “Open” Couples/Pro-Am Pattern Dances are open to all skaters and do not have any test requirements.
2. “Open” means any male/female dance couple. Competitive dance teams are encouraged to compete, as well as adult dance teams and Professional Skaters with their students (Pro-Am).
3. Number of patterns skated will be the number used for Testing (NOT Competition) in the 2016-2017 Test Book, **TR 42.05A**.
4. Each individual dance is a separate event.
5. If entries warrant, events may be divided by age.
6. Couples may provide their own music for each dance following USFS’s Skater’s Choice guidelines. Chosen music may be +/- 2 beats/minute from the tempo stated in the dance description. May include vocals. If couples do not wish to provide their own music, traditional dance music will be provided.

<b>Level</b>	<b>Dances</b>		<b>Level</b>	<b>Dances</b>
<b>Preliminary</b>	Canasta Tango Rhythm Blues		<b>Silver</b>	American Waltz Rocker Foxtrot
<b>Pre-Bronze</b>	Swing Dance Fiesta Tango		<b>Pre-Gold</b>	Paso Doble Blues
<b>Bronze</b>	Willow Waltz Ten Fox		<b>Gold</b>	Argentine Tango Viennese Waltz
<b>Pre-Silver</b>	Foxtrot European Waltz		<b>International</b>	Tango Romantica Silver Samba

**PLEASE SUBMIT YOUR PARTNER’S NAME OR PRO NAME IN THE “PARTNER NAME” BOX DURING REGISTRATION. BOTH PARTNERS (EXCEPT PROS) MUST SUBMIT ENTRIES AND PAY THE EVENT FEE. IF SKATING WITH A PRO, THE PRO DOES NOT NEED TO REGISTER OR PAY AN ENTRY FEE.**

## Showcase: Light Entertainment/Dramatic Entertainment Events

### Format:

- This event differs from the USFS standard announcement in that the **Light Entertainment and Dramatic Entertainment events have been combined**. Skaters may perform either a Light Entertainment or a Dramatic Entertainment program.
- A Light Entertainment program should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- A Dramatic Entertainment program should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery are permitted

### General event parameters:

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

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

Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
<b>Event</b>	<b>Must meet requirements for*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>
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 Skate or 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

*\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.*

## Showcase: Interpretive Events

Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee. All competitors in an event will interpret the same music. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- **This procedure differs from the USFS standard announcement.**
- During warm-up, skaters will listen to the selected music twice.
- Following the warm-up, all skaters except for the first skater will be escorted to a soundproof area of the arena.
- The first skater will hear the music one more time and then perform a program to the music.
- As each skater performs, the next skater in the skating order will be brought back to rink side and allowed to hear the music for the 3<sup>rd</sup> time before they perform to the music. The listening skater will not be allowed to view the performing skater.
- Props will not be permitted.

During this event, no instruction is allowed from coaches, parents, or fellow skaters. The staging area must be kept clear except for the monitor and the listening competitor.

Current guidelines and procedures for non-qualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org) under "Programs" on the National Showcase page.

Level	Program Duration	Test Requirements
Pre-juvenile and below	1:00 maximum	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
Juvenile - novice	1:30 maximum	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
Junior and senior	1:30 maximum	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
Teen and young adult	1:30 maximum	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
All adult events	1:30 maximum	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



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

When directed by a judge or referee each skater in sequence will perform the first of the required elements listed below before moving on to the next element.

- 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"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Pre-Free Skate – Free Skate 6 Compulsory Event

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

- To be skated on ½ ice. Time: 1:15 max
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.

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

**43<sup>rd</sup> Annual Howard E. Van Camp Invitational Competition  
Program Personal Ad Order Form**



**Wish your skater good luck! Thank your coach!  
Place a Happy Ad in the competition program**

**Maximum 3 lines - \$5 each ad, \$12 for 3 ads**

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**Deadline for Program Ads: March 10, 2017**

**Number of Ads:\_\_\_\_\_**

**Total Payment Due: \$\_\_\_\_\_**

Checks payable to: **Lansing Skating Club**  
Mail check and forms to:

**Lansing Skating Club  
Van Camp Program Ad, c/o Erin Banner  
2810 Hannah Blvd  
East Lansing, MI 48823**

If you would like to advertise in our Program, please contact Erin Banner at [ebanner@suburbanice.com](mailto:ebanner@suburbanice.com) or 517-336-4272 for further information.



## Lansing Area Hotels

Rooms have been blocked at the following area hotels in conjunction with the 2017 Howard E. Van Camp Competition for the March 16-19, 2017 dates. When making your reservation, please indicate your affiliation with the Lansing Skating Club/Van Camp Competition to obtain these nightly rates while room availability exists.

**Courtyard by Marriott** 6.2 miles to rink (14 min)  
2710 Lake Lansing Rd \$109 Mix of King Room and Two Queen Beds  
Lansing, MI 48912  
517-482-0500  
[www.marriott.com/lancy](http://www.marriott.com/lancy)

**Hampton Inn – E. Lansing** 5.3 miles to rink (14 min)  
2500 Coolidge Rd \$119-\$189 Mix Room Types  
E. Lansing, MI 48823  
517-324-2072  
[www.lansing.hamptoninn.com](http://www.lansing.hamptoninn.com)

**Holiday Inn Express & Suites – Okemos** 4.7 miles to rink (14 min)  
2209 University Park Dr \$124 Mix Room Types  
Okemos, MI 48864  
517-349-8700  
<http://www.hiexpress.com/Okemos>

**Residence Inn East Lansing by Marriott** Adjacent to the rink (1 min)  
2841 Hannah Blvd \$144.00 Standard Single Rooms  
East Lansing, MI 48823  
517-657-2875  
[www.marriott.com](http://www.marriott.com)

**TownPlace Suites East Lansing by Marriott** Adjacent to the rink (1 min)  
2855 Hannah Blvd \$118-\$158.00 – Mix Room Types  
East Lansing, MI 48823  
517-203-1000  
[www.marriott.com/lants](http://www.marriott.com/lants)

**University Quality Inn** 3.6 miles to rink (14 min)  
3121 E Grand River Ave \$99 Double Rooms  
Lansing, MI 48912  
517-351-1440  
<http://www.qualityinn.com/hotel-lansing-michigan-MI030>