



---

**BLADES ON ICE  
HIGHLAND SKATING CLUB  
SEPTEMBER 9, 10, 11 2016**

The Blades on Ice 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 for the 2016-2017 season.

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.

**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 open intermediate must be at least 18 years of age by the close of entries. Skaters entering no test through senior must be either a member of a USFS club or an individual USFS member. Skaters entering Snowplow Sam through Freeskate 6 must either be a Basic Skills member or a USFS club member.

Skaters entering Basic Skills through pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group. The Local Organizing Committee (LOC) and chief Referee may combine or split levels as necessary.

**ENTRIES:**

**THERE WILL BE NO LATE ENTRIES. THE ENTRY DEADLINE IS AUGUST 10, 2016, 11:59 PM.**

Entries will be accepted through Entry Eeze. [www.entryeeze.com](http://www.entryeeze.com)

**ENTRY FEES:** All USFS events (No test through Senior, all adult events) \$95.00 for the first event entered, \$50.00 for each subsequent event. Intermediate (including open intermediate) through senior short program and freeskate are separate events. All Basic Skills events including Snowplow Sam, Basic Skills 1-8 and Freeskate 1-6 are \$60.00 for the first event and \$40.00 for each additional event. The fee for each duet, mini production and production ensemble is \$60.00. Preliminary solo dance fee is \$50.00. An "early bird" discount of \$5.00 will be applied for each event if the skater registers on Entry Eeze by July 5, 2016, 11:59 PM.

**REFUND POLICY:** Entry fees will not be refunded after August 10, 2016, 11:59 PM unless no competition exists or the event is canceled. In any event with only one entry, the skater will be offered the choice of either  
*This event is a standard U.S. Figure Skating Non-Qualifying Competition*



competing as an individual competitor in accordance with Rule 3045 A without a refund, or withdrawing from the event and receiving a refund. 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 \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available on Entry Eeze, under the Blades on Ice Logo.

**FACILITIES:** The competition will be held at Highland Ice Arena, 18005 Aurora Ave North, Shoreline, WA 98133. The ice surface measures 175 feet by 85 feet. Dressing rooms are available near the ice entrance.

**MUSIC:** All music must be supplied on CD's, no CD-RW's or music upload systems. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Highland Skating Club cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

**LIABILITY:** U.S. Figure Skating, Highland Skating Club and the Highland Ice Arena 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 Juvenile through Senior events. This includes the Open Intermediate event. All competitors who are judged under IJS must submit their planned program content (PPC) with their online entry via [www.entryeeze.com](http://www.entryeeze.com). Revisions to a skater's PPC will be accepted through EntryEeze until September 5, 2016. Competitors not submitting their PPC's via EntryEeze will be required to provide a paper PPC prior to registering and will be subject to a \$30.00 late PPC fee.

#### **VIDEO REPLAY WILL BE USED FOR ALL IJS EVENTS**

The 6.0 Majority Judging System will be used for:

- a. Well Balanced free skate events (no test through open juvenile)
- b. All Basic Skills events: (Snowplow Sam, Basic Skills 1-8 and FS 1-6.)
- c. All Showcase and Team Events.
- d. Solo dance event
- e. All adult events

**REGISTRATION:** Registration will begin one hour before the first event and run through the end of the end of the competition. The Registration Table will be located in the Highland Ice Arena Lobby. Please register promptly upon arrival.

**PRACTICE ICE:** Practice ice will be available on September 9, 10 and 11 at Highland Ice Arena. Please register at [www.entryeeze.com](http://www.entryeeze.com). The charge will be \$14.00 per half hour session. Additional practice ice is available at Olympicview Arena, 425-672-9012 and Lynnwood Ice Center, 425-640-9999.

**PHOTOGRAPHY/VIDEOGRAPHY:** Award photography will be available in the main lobby after each event. Videography and action photography are available for purchase. Parents and coaches are allowed to use hand held video/photo equipment in the seating area. According to USFS rules, you may video/photograph only your own skater/student.

**FLASH PHOTOGRAPHY IS PROHIBITED ANYWHERE INSIDE THE ARENA.**

**AWARDS:** Medals will be awarded for first through fourth places in all USFS events (no test through senior) and Freeski 1-6. All Compete USA entrants will receive a medal.

**COMPETITION SCHEDULE:** It is left to the discretion of the Chief Referee as to the time, order and day of each event. Skaters should be prepared to skate at any time that their event is scheduled. The official schedule showing starting times for each event and starting orders will be posted on the bulletin board.

**OFFICIAL NOTICES:** An Official Bulletin board will be maintained on the rink lobby, west wall. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted on EntryEeze prior to the competition.

**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 Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

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

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without 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, please contact:

Sallie Crowell, Co-chair;  
[salliecrowell782@msn.com](mailto:salliecrowell782@msn.com)

**ADDITIONAL INFORMATION:**

The following hotels are within 5 miles of the arena.

**Holiday Inn Express Hotel and Suites**

14115 Aurora Ave N  
Seattle WA 98133  
206-365-7777

**Comfort Inn and Suites**

13700 Aurora Ave N  
Seattle, WA  
206-363-7707

Highland Skating Club website [www.highlandskatingclub.org](http://www.highlandskatingclub.org)

**EVENTS OFFERED:**

Singles Well Balanced Free Skating  
Adult Singles Well Balanced Free Skating  
Singles Short Program  
All Showcase Events  
Preliminary Solo Dance Event  
Compete USA Basic Program Events  
Compete USA Free Skate Events  
Compete USA Showcase Events

**SINGLES & ADULT FREE SKATING EVENTS**

Please consult the following rules for the 2016-17 season:

A. No test	Rule #4280
B. Pre-preliminary	Rule #4270
C. Preliminary	Rule #4260
D. Pre-juvenile	Rule #4250
E. Juvenile/open juvenile	Rule #4240
F. Intermediate/open intermediate	Rule #4230
G. Novice	Rule #4220
H. Junior	Rule #4210
I. Senior	Rule #4200
J. Adult pre bronze	Rule #4600
K. Adult Bronze	Rule #4590
L. Adult Silver	Rule #4580
M. Adult Gold	Rule #4570

**SINGLES SHORT PROGRAM**

Please consult the following rules for the 2016-17 season:

*This event is a standard U.S. Figure Skating Non-Qualifying Competition*



- |                                   |            |
|-----------------------------------|------------|
| A. Intermediate/open intermediate | Rule #4230 |
| B. Novice short program           | Rule #4220 |
| C. Junior short program           | Rule #4210 |
| D. Senior short program           | Rule #4200 |

**SHORT PROGRAM & WELL BALANCED FREE SKATE EVENTS:**  
INITIAL / FINAL ROUND FOR FREE SKATE EVENTS

The short program and well-balanced freeskating events will be separate events. You may choose to enter the short program, the well-balanced freeskate program, or both events. All events are final round, there are no skate-offs.

**SHOWCASE EVENTS**

Except as otherwise specified in this announcement, showcase events will be conducted in accordance with the [Non-Qualifying Showcase Competition Guidelines](#), as published by US Figure Skating and posted under the [National Showcase Program category](#) on the US Figure Skating website.

Props are not required, but are allowed in accordance with the Non-Qualifying Showcase Competition Guidelines cited above, including restrictions on type, set-up, and removal. Any props, if used, must be placed and removed by the skaters themselves. Set up and take down is limited to one minute for duets and 2 minutes for mini production and production ensembles.

Ladies and men will compete against one another in showcase events. Showcase events of different levels may be combined at the discretion of the Referee; however, will be divided by number of entries and ages if possible. Jumps are not restricted because technical difficulty is not evaluated. However, unintended falls, poorly executed skating elements and obvious loss of control will be detrimental to the evaluation of the performance. Music may be instrumental or vocal. The costume restrictions of Rule 4030 do not necessarily apply, provided that the Non-Qualifying Showcase Competition Guidelines cited above are fully adhered to.

Showcase events will be judged in accordance with the Non-Qualifying Showcase Competition Guidelines cited above. Each judge will award one mark to each skater for Program Components.

Skaters may enter only one duet, one mini production ensemble and one production ensemble each.

Showcase Events Offered (please review requirements using the links provided below):

- A. [Dramatic Entertainment](#): programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions
- B. [Light Entertainment](#): programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- C. [Interpretive](#) – please review the online event requirements.
- D. [Duets](#): theatrical performances by any two competitors.
- E. [Mini Productions](#): theatrical performances by three to seven competitors.
- F. [Production Ensembles](#): theatrical performances by eight or to 30 competitors.

**SOLO PRELIMINARY DANCE EVENT (NON SOLO DANCE SERIES EVENT)**

This event is for all dancers who have not passed higher than the USFS preliminary dance test, either solo or partnered. It is open to dancers of both genders, all ages. The dances to be skated are the Dutch Waltz and

the Swing Dance.



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

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. Maximum of 6 skaters per event.

- 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	1:00 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>



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

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 steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> <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	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</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	1:40 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	1:40 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-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <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>



*This event is a standard U.S. Figure Skating Non-Qualifying Competition*





**COMPETE USA SHOWCASE EVENTS:**

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater’s in the group ensemble or production number. 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.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge’s mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant’s marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org). Maximum of 6 skaters per event.

Showcase categories may include:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
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/ Adult 1-4	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/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.



## **INTERPRETIVE PROGRAM:**

### **Competition Format**

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another 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 line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater. Maximum of six skaters per event.

### **Levels:**

Levels should be broken by ability with ages divided appropriately.

### **Judging Rules:**

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

### **Time:**

Music Duration: Pre-Free Skate - No Test: 1:00 Max

Pre-Preliminary - Preliminary: 1:00 Max

**Coaching:** There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.