



**14th Annual Bend of the River Competition
LEARN TO SKATE USA
Mankato Figure Skating Club
Saturday – January 14, 2017**

**Chief Referee – Jennifer Gillespie
Chief Accountant – Joe Pope**

The Bend of the River Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

ELIGIBILITY/TEST LEVEL:

The competition is open to ALL skaters who are current eligible (ER 100) members of either the Learn To Skate USA Program and/or full members of the U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete, but must be registered with the host Basic Skills Program/club or any other Basic Skills Program/club.

Eligibility will be based on skill level as of DECEMBER 16, 2016. All Snowplow Sam and Basic Skills 1-6 skaters must skate at the highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including MIF or individual dances.

Free Skate 1-6, Test Track and Well Balanced levels, eligibility will be based upon the highest Free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at the highest level passed OR one level higher BUT not both levels in the same event during the same competition.

ENTRIES:

- *Registration will be available at www.mankatofsc.com
- *Entry fees are \$45 for the first event and \$20 for each additional event
- ***ONLY** online registrations will be accepted
- *Deadline for registrations is midnight **December 16, 2016**
- ***Entries received after December 16, 2016 will be considered late**
- *Pay via a secured credit card transaction (Visa, MasterCard or Discover only)
- *Credit card charges will show up as: ENTRYEEZE, LLC
- *Persons contesting the charges on their credit card for their entry fees will be charged an additional \$30 fee
- *A non-refundable processing fee applies



- *Late entries will be assessed a \$25 late fee
- *Late entries acceptance will be at the discretion of the Chief Referee
- *Changes to a skater's event registration done after the deadline will incur a \$25 late fee
- *Skaters will not be allowed to practice or compete until all financial obligations are met
- *The competition committee and/or chief referee reserve the right to cancel or combine any event(s) or to limit entries because of time constraints. Skaters will be notified if their event is cancelled or combined.

REFUND POLICY: Entry fees will not be refunded after **December 16, 2016** unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. 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 by e-mail and the Entry Eeze notification system.

FACILITIES: The competition will be held at:

All Seasons Arena
1251 Monks Avenue
Mankato, MN 56001

507-387-6552
allseasonsarena.com

- *Ice surface is 85 x 200 - South Rink
- *Ice surface is 100 x 200 - North Rink
- *Bleacher seating is available
- *Admission to the competition is free
- *Locker rooms will be available for skaters to use
- *The arena has a concession stand
- *There is a first aid room located at the concession stand end of the South Rink
- *There will be trained first aid staff on site during practice ice and all events
- *There will be a coach's hospitality room

MUSIC: Only CDs (standard format only) will be accepted, they must be clearly marked with the competitor's name and event. 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 Mankato Figure 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, Mankato Figure Skating Club and All Seasons 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 6.0 Majority Judging System will be used for:

- *Basic Elements Event: Snowplow Sam – Basic 6
- *Basic Program Event: Snowplow Sam – Basic 6
- *Pre-Free Skate – Free Skate 6 Compulsory Event
- *Pre-Free Skate – Free Skate 1-6 Program Event

REGISTRATION DESK:

- *The competition registration desk will be open at All Seasons Arena during all scheduled practices and events. **Check in at least one hour prior to your event.** Events can begin as early as 30 minutes ahead of schedule.
- *The registration desk will be located in the lobby of the arena. Please register promptly upon arrival.
- *Results and programs can be purchased at the registration desk
- *Lost and Found is at the registration desk
- *Maps to local restaurants, hotels, malls and the hospital are available at the registration desk
- *A self-service first aid station is available at the registration desk
- *Competition apparel will be available for pick-up at the registration desk

PRACTICE ICE:

- *Limited practice ice will be available for the evening of January 13, 2017 and on the morning of January 14, 2017
- *An e-mail notification will be sent out to all skaters once practice ice is available online
- *Practice ice purchased ahead of time online during registration will be \$10
- *Practice ice purchased online once practice ice is posted will be \$12
- *Practice ice purchased at the arena will be \$15
- *Practice ice sessions are 20 minutes and no music played

PHOTOGRAPHY/VIDEOGRAPHY: An official photographer located near the awards area will take group pictures of ALL participants as well as individual skater pictures. Pictures will be available to order online at www.spxsports.com. There will be no professional videotaping available.

AWARDS: All skaters will be given awards which will be presented off-ice after the official results are posted for each event.

OFFICIAL NOTICES: An official bulletin board will be maintained on the wall near the concession stand in the lower lobby of the South Rink. 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 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:

*This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14*



- 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 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:

Registration questions:

Jill Nusser
jill_nusser@yahoo.com
507-304-1058

General competition questions:

Debbie Radzak
Debbie.radzak@courts.state.mn.us
507-340-3464

Cheryl Liu
cdliu60@gmail.com
507-382-2986

ADDITIONAL INFORMATION:

*Competition apparel will have to be pre-ordered from our Entry Eeze registration site. Apparel will be ready for pick-up at our registration desk during the competition.

*Personal ads for placement in the Bend of the River program are available for \$5 and can be purchased through the Entry Eeze site.

*Hotel information and links can be found on our website at www.mankatofsc.com. MFSC has partnered with the Country Inn and Suites for reduced hotel rates.

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.

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

Event: Basic Elements Event: Snowplow Sam – Basic 6

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

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

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.
- 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.
- Time: 1:15 max

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

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

This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14

