

2016 Champlain Valley Future Champions Competition

At Gordon Paquette Arena, 216 Leddy Park Rd., Burlington VT



October 23, 2016 after conclusion of NE Regionals Qualifying Competition

All entries must be postmarked September 1, 2016 or registered online by 11:59 PM (EST) on September 1, 2016.

Well Balanced Free Skate, Test Track Free Skate

Sanctioned by US Figure Skating



Organized By

Champlain Valley Skating Club

P.O. Box 3212
Burlington, Vermont 05408

Visit our web site at: www.champlainvalleyskatingclub.org for information on how to register online using EntryEeze.

Champlain Valley Future Champions Competition General Information

- Location:** The Gordon Paquette Arena is located at 216 Leddy Park Rd., Burlington, VT 05408
- Contact:** Competition Chair: Cindy Kalinen at kalinen@comcast.net or 802-879-1955
- Deadline:** Entries must be postmarked no later than September 1, 2016 or skaters must be registered online by 11:59 PM (EST) on September 1, 2016. Late entries may be accepted at the discretion of the local organizing committee pending the approval of the Chief Referee. **A \$30 late entry fee will be required for any accepted late entry.**
- Fees:** All fees are listed on the Entry Form. There will be a \$30.00 charge for returned checks. Re-submittal of the entry form will require a money order, certified check, or cash. The late entry fee is \$30.00 and will apply to all late entries.
- Payment:** Online applications are paid by credit card. Visit www.champlainvalleyskatingclub.org for details. Make checks (in US Funds) payable to: Champlain Valley Skating Club. Mail to: Champlain Valley Future Champions Competition, c/o Cindy Kalinen, 39 Logwood Circle, Essex Jct., VT 05452
- Judging:** 6.0 Judging is used for all events.
- Refunds:** Entry fees will be refunded only if the competition is not held or the event canceled. (Rules 3045, 3047)
- Eligibility:** The competition is open to all skaters who are current eligible (ER 1.00) full members of U.S. Figure Skating or Skate Canada. To be eligible, skaters must have submitted a membership application or be a member in good standing. Eligibility will be based on skill level as of closing date of entries. Skaters in freestyle events may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition.
- Accidents:** U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition and its officers; and their entries shall be accepted only on such condition. (Rule 1600)
- Rink:** The Gordon Paquette Arena has an ice surface that is 200' x 85' with rounded corners.
- Awards:** Medals will be awarded for 1st, 2nd, 3rd and 4th. Medals will only be given if two or more skaters participate in an event.

Music: Only CDs will be accepted. Due to compatibility and reliability issues, **no music may be submitted on re-recordable "CD-RW" disc.** Each CD should be submitted in a paper sleeve, have only one recorded track and be labeled clearly with the skaters name and length of music. All competitors should bring an extra copy of their music.

Test Track: If there is only one entry for a [boys](#) event we reserve the right to give that skater the option to compete in the comparable girls event and vice versa.

Exhibitions: If only one skater is entered in an event s/he may be asked to skate up one level. Exhibitions will be offered to those who are juvenile and above. Any skater electing to exhibit will forfeit his/her fee for that event. Skaters will be permitted to exhibit one program only. The Referee will designate the day and time for this event. There will be no exhibitions at any other time.

Registration: Competitors should register and be ready to skate **at least 1 hour** before the scheduled starting time of the event. Registration desk will open one hour before the competition.

Schedule: The schedule will be posted on our website (champlainvalleyskatingclub.org) and EntryEeze.

Admission: Free.

Credentials: Professionals listed on Application (limit two) will receive credentials. Professionals must have met the registrations requirements (2016-2017) with US Figure Skating in order to be allowed to be credentialed and allowed to coach/instruct at this sanctioned non-qualifying event.

Practice ice: Practice ice information will be available on our website (champlainvalleyskatingclub.org) and EntryEeze shortly after the competition schedule is posted.

Accommodations: DoubleTree Hotel 1117 Williston Road Burlington, Vermont 05403 Tel: 1-802-658-0250

Located 10 to 15 minutes from the Gordon H. Paquette Arena at Leddy Park. Less than 10 minutes from Burlington International Airport. Complimentary on site parking. Rooms may be reserved at a reduced rate of \$159.00 + tax prior to 5 p.m. October 7, 2016. Reference New England Figure Skating Championships.



U.S. Figure Skating Nonqualifying Competitions

EVENT: 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 nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
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. 6.0 judging system will 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"

2016-17 Singles Free Skate Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016.



2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
NO TEST 1:40 maximum *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. Jump sequences limited to a maximum of 3 single jumps 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence If IJS is used, then: ChSt
PRE- PRELIMINARY 1:40 maximum *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. Jump sequences limited to a maximum of 3 single jumps 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence If IJS is used, then: ChSt
PRELIMINARY 1:30 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three-jump combination with a maximum of 2 double jumps and 1 single jump permitted Jump sequences limited to a maximum of 3 single or double jumps. 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence If IJS is used, then: ChSt
PRE-JUVENILE 2:00 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> No triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted Jump sequences limited to a maximum of 3 single or double jumps 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> May start with a flying entry Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot May start with a flying entry Min 4 revs These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence If IJS is used, then: ChSt
JUVENILE and OPEN JUVENILE 2:15 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> No triple or quadruple jumps allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> If both executors (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump can be included more than twice Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump Number of jumps in jump sequence is not limited 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface



U.S. Figure Skating Nonqualifying Competitions

EVENT: 2016-17 Test Track Free Skate – Introductory through Senior levels

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 nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at 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. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Maximum of 2 spins:</i> <ol style="list-style-type: none"> a) Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <ol style="list-style-type: none"> b) Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) c) Single rotation jumps: Salchow, toe loop and loop only. d) Max. 2 jump combinations or sequences e) Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test

<p>Preliminary 1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>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>
<p>Pre-Juvenile 2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	<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 2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • 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 revolutions per foot) • Only solo spin may fly 	<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>

Intermediate 2:30 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	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
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Level	Jumps	Spins	Step Sequences	Qualifications
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) All spins may fly 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</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>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</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>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Must include at least four different double jumps, one must be a double Lutz. • Triple jumps are not permitted • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p><i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. <i>(See rule 4105 for remarks)</i></p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. <i>(See rule 4104 & 4105 for remarks.)</i></p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>
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2016 Champlain Valley Future Champions Competition October 23, 2016

Mail entry forms and Permission Page to: Champlain Valley Future Champions Competition
c/o Cindy Kalinen, 39 Logwood Circle, Essex Jct., VT 05452

Last Name:	First Name	Gender: M F	Date of Birth (mm/dd/yy):
Street		City/State/Zip Code	
Email Address		Telephone	
US Figures Skating/Skate Canada #		Home Club	
Highest test passed as of September 1, 2016: Free Skate If none, mark N/A or None		MIF	Dance
Showcase Duet Partner's Name			
Skating Professional		Optional Skating Professional	
Name:	USFS #:	Name:	USFS#:
Signature:		Signature:	
e-mail:		e-mail:	

Formatted Table

Please Mark an X in the box(es) for the event(s) you want to enter.

Level	Well Balanced Free Skate	Competitive Test Track
Beginner	<input type="checkbox"/>	<input type="checkbox"/>
High Beginner	<input type="checkbox"/>	<input type="checkbox"/>
No Test	<input type="checkbox"/>	<input type="checkbox"/>
Pre-Preliminary	<input type="checkbox"/>	<input type="checkbox"/>
Preliminary	<input type="checkbox"/>	<input type="checkbox"/>
PreJuvenile	<input type="checkbox"/>	<input type="checkbox"/>
Open-Juvenile	<input type="checkbox"/>	<input type="checkbox"/>
Juvenile	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>
Novice	<input type="checkbox"/>	<input type="checkbox"/>
Junior	<input type="checkbox"/>	<input type="checkbox"/>
Senior	<input type="checkbox"/>	<input type="checkbox"/>

Entry Fee	\$90.00	_____
Late Fee (only if late)	\$30.00	_____
Total		_____
Please make checks, in U.S. funds, payable to:		
Champlain Valley Skating Club		

U.S. Figure Skating, Champlain Valley Skating Club and the rink undertake no responsibility for damages or injuries suffered by the skaters. As a condition of and in consideration of acceptance of their entries for participation therein, all entrants with their parents or guardians shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of this competition, and to waive and release any and all claims which they might have against any official, U.S. Figure Skating, Champlain Valley Skating Club, its officers or the rink holding this competition. All entries shall be accepted only on such condition.

Skater name (please print): _____ Parent Name (please print) _____

Skater Signature _____ Date _____

Signature of Parent or Guardian for Minors _____ Date _____

CERTIFICATE OF ELIGIBILITY: I certify that _____ is a member in good standing of this club and is an amateur in accordance with the rules of US Figure Skating and Skate Canada, and is eligible to skate in the specified event(s).


Name of Club _____ Name of club official (print) _____

Club Official Signature _____ Date _____ Title _____

Dear Parents, Relatives and Friends:

We would like to invite you to purchase a good luck advertisement for the 2016 Champlain Valley Future Champions Program to show your support for your favorite skater(s).

Below is a selection of advertisements with grayscale artwork to choose from. Ads will be vertical or horizontal based on space. Ads are 1" x 2" and cost \$5.00 each. *(PLEASE NOTE: For business advertisements, please email kalinen@comcast.net to request appropriate order form and contact information).*




A. \$5.00
Your message here. Limit 10 words.




B. \$5.00
Your message here. Limit 10 words.




C. \$5.00
Your message here. Limit 10 words.



D. \$5.00
Your message here. Limit 10 words.



E. \$5.00
Your message here. Limit 10 words.



F. \$5.00
Your message here. Limit 10 words.

Circle your choice: A B C D E F Amount Enclosed: \$ _____

Message: _____

Your Name: _____ Phone #: _____

Email: _____ Skaters Name: _____

If you have any questions, please email or call Cindy Kalinen at kalinen@comcast.net or 802-879-1955

Please return this form with full payment no later than September 1, 2016 (checks payable in US funds to CVSC). Forms may be sent in with your application or separate forms may be mailed to:

Cindy Kalinen
39 Logwood Circle
Essex Jct., VT 05452