



Glide into Spring Beyond the Basics
Figure Skating Club of Southern Maryland (FSCSM)
Saturday, May 20, 2017



The ***Glide Into Spring Beyond the Basics*** 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 sanctioned by U.S. FIGURE SKATING, Sanction # 24844.

Location: Capital Clubhouse, 3033 Waldorf Marketplace, Waldorf, MD 20603

Date: Saturday, May 20th, 2017

ELIGIBILITY/TEST LEVEL:

Competition Eligibility: This competition is open to any eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, who 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.

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.

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.

ENTRIES:

Register Online: All registrations will be done online via EntryEeze. <http://comp.entryeeze.com/Home.aspx?cid=552>
Mail in registrations will NOT be accepted.

Entry Fee: First event is \$85, additional events are \$30 each. Once the registration has been completed, skaters will not be allowed to enter additional events, unless the athlete completes an addition registration and pays an additional first event fee.

Entry Deadline: 11:59pm ET, Sunday, April 30, 2017

Please Note: Juvenile and Open Juvenile may be combined, and genders may be combined in Test Track events, in case of single entries. For other levels, single entries may be offered the option of skating an exhibition without scores, of transferring to another contested event for which they are eligible, or receiving a refund. The organizing committee reserves the right to limit entries or to cancel an event based on time restrictions.

REFUND POLICY: Entry fees will not be refunded after entry deadline 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 \$25 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 email or posted online.

FACILITIES: The competition will be held at Capital Clubhouse, 3033 Waldorf Marketplace, Waldorf, Maryland 20603, www.capitalclubhouse.com. Locker rooms will be available.

MUSIC: Skaters must furnish their own music. Only CDs are acceptable. CDs should be clearly marked with the name of the skater, event name, level and length of music. Only one track per CD. 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 FSCSM cannot be responsible for CDs left at the end of the competition.

LIABILITY: U.S. FIGURE SKATING, FSCSM, and Capital Clubhouse 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 all levels.

REGISTRATION: Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located in the front lobby of the Capital Clubhouse. Please register promptly upon arrival.

PRACTICE ICE: Practice ice may be available based upon the number of entries. Information will be made available after the Entry Deadline.

AWARDS: Medals will be awarded to skaters placing first, second, or third in each event.

OFFICIAL NOTICES: An official bulletin board will be maintained in the lobby. 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 the FSCSM website at www.fscsm.org on or before May 14, 2017.

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 Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

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 Competition Chair, Loren Garcia at Glideintospring@gmail.com.

EVENTS OFFERED:

Event: Singles Short Program 2016-2017

<p>INTERMEDIATE LADIES/MEN</p> <p>2:10 max</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps</p> <p>May not repeat double Axel or the triple jump <u>used in the combination</u></p>	<p>Jump Combination</p> <p>Single/Double, Double/Double, Single/Triple, or Double/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p>Spin</p> <p>Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. Each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Max Level 2. Only Simple Variety (7 turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level.</p> <p>Fully utilizing the ice surface</p>
<p>NOVICE LADIES</p> <p>2:30 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat double Axel or solo jump performed</p>	<p>Layback or Sideways Leaning Spin</p> <p>No change of foot No flying entry Min. 6 revs.</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
<p>NOVICE MEN</p> <p>2:30 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p>Camel or Sit Spin</p> <p>With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>

Singles Well Balanced Free Skate

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <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 	<p>Max 2 Spins</p> <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 <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <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 <p>If IJS is used, then: ChSt</p>
<p>JUVENILE and OPEN JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <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 executions (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 	<p>Max 2 Spins</p> <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 ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>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))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <p>Must fully utilize the ice surface</p>
<p>INTERMEDIATE</p> <p>2:40 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps allowed <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations are limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <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 ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>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))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Maximum of Level 2. Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. <p>Must fully utilize the ice surface</p>

Singles Well Balanced Free Skate (Con't)

<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <p>Must fully utilize the ice surface</p>
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <p>Must fully utilize the ice surface</p>

EVENT: 2016-17 Test Track Free Skate – Pre-Juvenile through Novice levels

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate or Introductory Level 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
PRE-JUVENILE 2:00 +/- 10 sec	Maximum of 5 Jump Elements: <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 	Maximum of 2 Spins: <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. 	One step sequence fully utilizing ice surface	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
JUVENILE 2:15 +/- 10 sec	Maximum 5 Jump Elements: <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 	Max 2 Spins <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) • <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	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
INTERMEDIATE 2:40 +/- 10 sec	Max 6 Jump Elements <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 	Max 2 Spins <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
NOVICE Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	Maximum of 7 jump elements for men and 6 for ladies: <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	Maximum of 3 spins, of a different nature: <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) • <i>All spins may fly</i> 	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	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