

# THE CANTIAGUE FIGURE SKATING CLUB

*Welcomes you to our 12<sup>th</sup> Annual*

## *Holiday Skate Classic*

**BASIC SKILLS**

**“Compete USA” COMPETITION**

*Basic Skills Competition Approval BSC# 24554*



**SUNDAY, DECEMBER 4th, 2016**

**Presented by**

**THE CANTIAGUE FIGURE SKATING CLUB**

[www.CFCSKATINGCLUB.ORG](http://www.CFCSKATINGCLUB.ORG)

**Approved by**

**UNITED STATES FIGURE SKATING**

**Hosted by**

**NASSAU COUNTY DEPARTMENT OF RECREATION AND PARKS**

## **2016 HOLIDAY SKATE CLASSIC**

Sunday, December 4, 2016

The 12<sup>th</sup> annual Holiday Skate Classic Basic Skills Competition sponsored by **Cantiague Figure Skating Club** will be held at the **Cantiague Park Ice Rink at 480 West John Street Hicksville, N. Y. 11801** on **Sunday December 4th, 2016**. The Holiday Skate Classic 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.

Skaters may enter as many events as they are qualified for. The Cantiague Figure Skating Club reserves the right to subdivide or cancel any event if necessary. The Ice surface measures 85 feet wide by 200 feet long and has rounded corners.

**SERIES INFORMATION:** The Holiday Skate Classic Basic Skills Competition is part of the Long Island Grand Prix Series!

**ELIGIBILITY RULES FOR PARTICIPANTS:** The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and those who are full members of 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 Learn to Skate USA or a member club. There will be no more than six competitors maximum in an event and all competitors in each event receive an award.

### **Eligibility and Test Requirements:**

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

For the Pre-free skate, free skate 1-6, test track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

**ENTRIES AND FEES:** Online registration via [Entryeeze](#). Entry fees are per person, U.S. dollars. The first event is \$60.00 and each additional event is \$25.00. PAPER ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with additional \$25.00 fee, with **check or money order** made payable to **Cantiague Figure Skating Club**. All paper entries must be postmarked no later than **Friday November 18, 2016 @ 11:59PM**. Entryeeze payment is by credit card, be sure to check your credit card charges carefully. Late entries may be accepted at the discretion of the organizers.

**REFUND POLICY:** Entry fees will not be refunded after **November 18, 2016** unless no competition exists or the event is canceled by the Cantiague Figure Skating Club (rule #3047). 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 \$30.00 fee. Payment of the fees will be required before the skater is allowed to participate in practice ice or events.

**AWARDS:** Trophies will be awarded to first place, and medals to *All* other competitors. ALL awards will be given at appropriate times throughout the competition.

**SCHEDULE OF EVENTS:** Information and notification of competition and practice ice times regarding groups and skating times will be posted (via an Entryeeze link) on the CFSC website: [www.cfscskatingclub.org](http://www.cfscskatingclub.org) as soon as possible after the close of entries. Schedules will not be mailed or given over the phone. The registration desk will be open throughout the competition. Skaters **MUST** check in at least one hour prior to the event. Events frequently run early and/or warm ups combined, so **BE READY** with skates on before the event is likely to be called!

**PRACTICE ICE:** Practice ice will be available for pre-purchase at \$20 for 20 minutes on a first-come, first-served basis. All Practice ice will be scheduled Sunday morning before the competition begins. Walk-ons the morning of the competition will be permitted at \$25 **cash only** as long as the session is not full. A maximum of 24 skaters will be allowed on the ice during any one session. No music will be played on the practice sessions. Cantiague Figure Skating Club offers Monday evening Freestyle if you want to skate on the ice prior to the competition. See our [website](#) for times and prices.

**FACILITIES:** The competition will be held at Cantiague Park Ice Rink, 480 W John St, Hicksville, NY 11801. The Rink Phone is (516) 571-7056 for directions only. They do not have schedule or competition information. The rink measures 85 feet wide by 200 feet long, and has rounded corners. There are no locker rooms available, only restrooms. A snack bar and vending machines are located within the building.

**MUSIC:** The music for all free skating programs and showcase must be provided on CDs by the skater. CDs should be clearly marked with the first and last name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds unless otherwise noted. It is the responsibility of the skater to have a backup CD in your possession. The competition officials are not responsible for the condition of your CD.

**VIDEO TAPING:** If you use your own camera, it must be battery powered. **No tripods** will be permitted. **NO FLASH PHOTOGRAPHY PERMITTED!** By entering this Competition, permission is hereby expressly granted to Cantiague Figure Skating Club to use any photographs or likeness of us or our skater in advertising, promotional materials, etc.

Online applications: [www.entryeeze.com](http://www.entryeeze.com) which can also be accessed through the club website: [www.cfscskatingclub.org](http://www.cfscskatingclub.org).  
Send any paper applications (with additional \$25.00 fee) to:

Cantiague Figure Skating Club  
c/o Cantiague Park Rink  
Attention "Holiday Skate"  
480 West John Street Hicksville, N. Y. 11801  
Contact Information:  
E-mail: [info@cfscskatingclub.org](mailto:info@cfscskatingclub.org)

## 6th Annual Long Island Grand Prix Series

The Cantiague Figure Skating Club would like to welcome all skaters to the first event of the Long Island Grand Prix Series!

### WHO:

**Group 1:** Skaters from Snowplow Sam through Basic 6

**Group 2:** Skaters from Pre-Freeskate through Freeskate 6

**Group 2:** Skaters from No Test to Preliminary, including Pre-Preliminary and Preliminary Test Track

### WHEN:

December 4th, 2016– Cantiague FSC - **Holiday Skate Classic**-Cantiague Park, Hicksville NY

February 11, 2017– Iceworks Skating Academy - **Love To Skate**-Northwell Heath Ice Center, East Meadow NY

March 11, 2017– Newbridge Arena - **Clover Classic**– Newbridge Arena, Bellmore NY

April 23, 2017– Freeport Skating Academy - **Spring Challenge**-Freeport Recreation Center, Freeport NY

May 19-21th, 2017– Cantiague FSC - **Trophy Cup Competition** – Cantiague Park, Hicksville NY

June 11, 2017- Metropolitan Figure Skating Club - **Summer Swizzle** - Iceland Rink, New Hyde Park NY

Great Neck FSC - **Gold Coast Autumn Classic**- Parkwood Sports Complex, Great Neck NY-- Date TBD

\*\*\* Please Note that other Competitions may be added to the Series

### HOW IT WORKS:

Each skater will receive points for their placements at each competition in all Compulsory, Showcase, and Program events. Skaters will receive 5 additional points if they “move up” a program level (not showcase or compulsories) during the Series (can only be awarded 1 time). If a skater competes in **any** Test Track Events they may not compete at No Test or below in any other event or competition. Skaters will be placed in finals depending on last level they competed at. Freeskate 6 competitors will only be awarded points for moving up if they compete at Pre Preliminary or higher in the program event. Skaters will forfeit their points if they “skate down” in the series.

Remember you can enter 3 different disciplines in each competition to accumulate more points! See chart below for point values. After all competitions, points will be totaled to determine the 1st, 2nd, and 3rd place winners. Finals will be conducted if needed. We will hold a special awards ceremony for the winners at the end of the season!

Placement	Points
1st	5*
2nd	4
3rd	3
4th	2
5th	1
6th	1

\*\* If there is only 1 skater in the group, he or she will be awarded 3 points.

**Please fill out registration form if you wish to participate in the Grand Prix Series.** Forms will be available at the registration desk when you check in at any of the competitions listed above.

**THE MORE EVENTS YOU ENTER, THE MORE POINTS YOU EARN!**



## Compete USA Competitions

### 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"> <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>



## Compete USA Competitions

### 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"> <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	1:10 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	1:10 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	1:10 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	1:10 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	1:10 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	1:10 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>

## Compete USA Competitions

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

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

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

## 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>





## Compete USA Competitions

### EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- **Music is not allowed**

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Toe Loop jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Sit spin or camel spin - minimum three revolutions</li> <li>• Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Back upright spin - minimum three revolutions</li> <li>• Forward inside spiral</li> </ul>

## EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice.
- 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.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• No single Axels, double jumps or triple jumps</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3- jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <p>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</p>
Pre-Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels)</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface. Moves in the field and spiral sequences are permitted, but will not count as elements Jumps may be included in the step sequence</p>

<p>Preliminary</p>	<p>1:40 Maximum  Vocal music permitted</p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• One must be an Axel or Waltz-jump type jump</li> <li>• All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>• Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed</li> <li>• An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single or double jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface. Moves in the field and spiral sequences are permitted, but will not count as elements. Jumps may be included in the step sequence</p>
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## EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 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.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- 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-Preliminary 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions)</li> </ul>	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.
Preliminary 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels)</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	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.

## SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event. 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 competitors within one minute 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. Props may not be flame oriented or alive. Nothing can be thrown or placed near the judges.

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).

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.

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	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	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary.	Time: 1:30 max.
Preliminary	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate.	Time: 1:40 max.

## 2016 HOLIDAY SKATE CLASSIC - ENTRY FORM

Approved By the USFSA

Name: \_\_\_\_\_ USFSA #: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone #: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zipcode: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_  Male  Female  
 Home Club: \_\_\_\_\_ Tests Passed: Moves \_\_\_\_\_ Freestyle \_\_\_\_\_ Pairs \_\_\_\_\_ Basic Skills \_\_\_\_\_  
 Parent/Guardian Name: \_\_\_\_\_  
 Coach's Name: \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Basic 1 - 8 Elements**

- Snowplow Sam
- Basic 1
- Basic 2
- Basic 3
- Basic 4
- Basic 5
- Basic 6
- Basic 7
- Basic 8

**Basic 1-8 Program w/music**

- Snowplow Sam
- Basic 1
- Basic 2
- Basic 3
- Basic 4
- Basic 5
- Basic 6
- Basic 7
- Basic 8

**Well Balanced Freeskate Elements**

- Pre-Preliminary
- Preliminary
- No Test

**Well Balanced Freeskate Program w/music**

- Pre-Preliminary
- Preliminary
- No Test

**PreFreeskate - 6 Elements**

- Pre Free Skate
- Free Skate 1
- Free Skate 2
- Free Skate 3
- Free Skate 4
- Free Skate 5
- Free Skate 6

**PreFreeskate - 6 Program w/music**

- Pre Free Skate
- Free Skate 1
- Free Skate 2
- Free Skate 3
- Free Skate 4
- Free Skate 5
- Free Skate 6

**Test Track Program w/music**

- Pre-Preliminary TT
- Preliminary TT

**Showcase Events**

- Basic 1 - Basic 8
- Pre Free Skate - Free Skate 6
- No Test/Pre-Preliminary
- Preliminary

First Event	\$60	\$ <u>60.00</u>
Additional Event	\$25	\$ _____
Additional Event	\$25	\$ _____
<hr/>		
Total		\$ _____
Paper Entry Fee	\$25	\$ <u>25.00</u>
<hr/>		
Total Fees		\$ _____

Entry is online **at [www.EntryEeze.com](http://www.EntryEeze.com)**. Alternatively, send this Official Entry form with your check and an additional **\$25.00 for a paper entry (payable to CFSC)** to : **Cantiague Figure Skating Club c/o Cantiague Park Rink, Attention "Holiday Skate" 480 West John Street Hicksville, N. Y. 11801**

**PLEASE FILL IN ALL INFORMATION and have your COACH SIGN below to confirm event level is appropriate.**

**DEADLINE:** Applications must be completed in Entryeze or postmarked no later than **Friday November 18, 2016 11:59pm**

\*\*\*\* *Entry fees are not refundable after the entry deadline unless an event is cancelled*\*\*\*\*

**Certification:** The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Cantiague Figure Skating Club and the Cantiague Rink harmless from any and all liability either during practice or the competition and from any and all liability for damages to or loss of property. The undersigned skater or parent/guardian acknowledges that photographs and/or videos or likeness of the skater may be taken and may be used and reproduced by the Club in marketing and/or promotional material, print and internet media including social media and any other reasonable use.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Program Director/Club Officer: \_\_\_\_\_ Date: \_\_\_\_\_

**CANTIAGUE FIGURE SKATING CLUB**  
**WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND  
INDEMNITY AGREEMENT (“AGREEMENT”)**

In consideration of participating in Cantiago Figure Skating Club Activities, I represent that I understand the nature of figure skating activities (“activity”) and that I am qualified, in good health and in proper physical condition to participate in such “activity”. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the “activity”.

I fully understand that this “activity” involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by own actions, or inactions, those of others participating in the “activity”, the conditions in which the activity takes place, or the negligence of the “releasees” named below; that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the “activity”.

I hereby release, discharge, and covenant not to sue the *Cantiago Figure Skating Club*, United States Figure Skating, it’s directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants, if applicable, owners, lessors of premises on which “activity” takes place (each considered one of the Releasees herein) from all liability, claims, demands, losses, the damages on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operation; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, that I will indemnify, save and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

The *Cantiago Figure Skating Club* has the right, but not the obligation, to provide rules, regulations and/or ice monitors for the Club Ice. We hereby acknowledge that the *Cantiago Figure Skating Club* shall not be responsible for the supervision of the members at Club Ice.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, not withstanding, shall continue in full force and effect. I have also read and agree to follow the Club ice rules on the back of this waiver.

\_\_\_\_\_  
Printed Name of Participant

Phone: \_\_\_\_\_

\_\_\_\_\_  
Address

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of Participant (age 18 or over)

**PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT**

I, the minor’s parent and or legal guardian, understand the nature of the above referenced activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such “activity”. I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses or damages on the minor’s account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss and liability, damage, or cost any Releasees may incur as the result of any such claim.

\_\_\_\_\_  
Printed Name of Parent/Guardian

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of Guardian