

North Shore Winter Classic 2016

SYNCHRONIZED SKATING REGISTRATION PACKET

CENTENNIAL ICE ARENA, HIGHLAND PARK

DECEMBER 3-4, 2016

ENTRY DEADLINE: NOVEMBER 1, 2016



Centennial Ice Arena

3100 Trail Way • Highland Park, IL, 60035

Contact: Inga Fedorova at 847.579.4104

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North Shore Winter Classic 2016

LEARN TO SKATE USA SYNCHRO SKILLS 1 – 3

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.)

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skaters' test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each team may have between 8-16 skaters. Teams may have a total of four athletes on their roster in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow Rule 7022 Clothing and Equipment (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

Coach Compliance: Coaches bringing their Learn to Skate USA synchronized skating team to a Learn to Skate USA competition should have, at a minimum, the Learn to Skate USA Instructor Membership and background check.

Judging System: Synchronized skating events will be judged using the 6.0 judging system or Basic Skills judging system

Events offered will be:

- Level 1
- Level 2
- Level 3
- Preliminary

LEARN TO SKATE USA SYNCHRO SKILLS 1-3

The synchronized competition program is also part of the U.S. Figure Skating Learn to Skate USA program. The Compete USA competition program is for Learn to Skate USA level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Synchro Skills teams compete at Learn to Skate USA competitions and nonqualifying synchronized skating competitions around the country.

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
SYNCHRO SKILLS 2 8-16 skaters, majority under 12 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1 foot glide (held for at least 2 counts), back pump, 1 backward crossover, FI stroke (1 direction only, don't need to repeat)	One line, which must cover the ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old 2 – 2 ½ minutes +/- 10 seconds	Circle element, which must include the combination move from Basic 8. (1 direction only, don't need to repeat)	Line element, which must cover the ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 or 3 configurations.	Wheel element of the team's choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Unison and use of skills such as guiding and shadowing.
- Incorporating skills from the Basic 1-6 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

Restrictions in Synchro Skills 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Synchro Skills 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Synchro Skills 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Synchro Skills 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook. Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules

7270 Preliminary Synchronized Skating

A. Test qualifications as of the closing date for entries: None

B. Requirements as of the preceding July 1: 8-16 skaters who are under age 12 with the majority of skaters under age 10

PRELIMINARY SYNCHRONIZED WELL-BALANCED FREE SKATE	
2:00 +/- 10 seconds	
Must contain the following five elements in any order	
BLOCK	One block element
CIRCLE	One circle element
INTERSECTION	One intersection element (forward only)
LINE	One line element
WHEEL	One wheel element
STANDARDS	
<ul style="list-style-type: none"> • A minimum of two different clearly recognizable holds are required. These holds may be done in elements or transitions and must be shown by the whole team for three seconds or more. • All elements must meet general criteria and basic requirements in order to be counted (see rule 7150). • Other elements may be incorporated into the free skate and will be judged in the program component mark. • Creative innovations and variations are permitted in the transitions and required elements, and will be reflected in the program component mark. • The team must predominantly act as one unit. Division of the team into several units is allowed during the creative element and transitions. Additionally, several units can be used as short transitions if the element following the transition so requires, such as preparation for an intersection or the beginning of a creative element. Excessive division into small groups without the reasons mentioned above is not according to the requirements. • Features and additional features are optional. Step sequences are permitted in non-step sequence elements and may also be used during transitions. • Turns and linking steps may be used during elements. • Mirror image pattern is permitted in elements and transitions. • Syncopated choreography may be used. • For illegal and non-permitted elements, see rules 7160 and 7170. • Definitions of general terms, steps and turns, features and requirements and additional features/extra features can be found in rules 7110-7140. 	

COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p. 1

Team Name:		U.S. Figure Skating #:	
Club: (if applicable)			
Team Contact Person:			
Day Time Phone:		Email:	
Address:		City:	State/Zip:
Primary Coach:		U.S. Figure Skating #:	
Day Time Phone:		Email:	
Number of Skaters		Number of Alternates:	

Please check the level/event(s) entered:

- BS Level 1
- BS Level 2
- BS Level 3
- Preliminary

Entry Fee

Team Fee: \$50

Number of Skaters _____ x \$8 per skater = \$ _____
 \$ _____ Total

Online Entry: <http://comp.entryeeze.com/Home.aspx?cid=507>

ALL FEES AND ENTRY FORMS MUST BE RECEIVED BY: NOVEMBER 1ST, 2016

Learn To Skate USA teams may choose to represent either a full member club or a Learn to Skate USA school / program.

COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p. 2

Name of the team:

Name of the club or program represented:

TEAM ROSTER (Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate)

Skater's name	Membership #	Age	Level

COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p.3

ENTRY FORM 3: Liability Waiver/Certification by Club Officer

Team Name	Level:
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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 against its officers, and their entries shall be accepted only on such condition.

Skaters' names in alphabetical order:	Skater signature or parent/guardian (if skater is under 18):
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

Club officer or skating school director: All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.

Print Name:	Signature:
Title:	
Club or Learn to Skate USA program name:	

Synchronized Skating / Entry Form

Name of the team:
Name of the club of program represented:

TEAM ROSTER *(Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate).*

Skaters' Name	Membership #	Birthdate	Signature <i>verifies acceptance of waiver</i>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
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16			
17			
18			
19			
20			

All questions pertaining to this new pilot Synchronized program should be directed to Vicki Revere at 847.844.8700, ext. 223.

Waiver and Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services/vehicle operation, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation.

I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Park District of Highland Park, including its officials, agents, volunteers and employees (hereinafter collectively referred as "Park District of Highland Park"). I do hereby fully release and forever discharge Park District of HP from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

I understand that photos and videos are periodically taken of people participating in Park District of HP programs and activities and I agree that any photograph or videotape taken by the park district of me or my minor child/ward while participating in a park district program or activity may be used by the park district for promotional purposes including its electronic media, videotapes, brochures, flyers and other publications without additional prior notice, permission or compensation to the participant.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims as well as the registration policies on page 86. If registering via fax, my facsimile signature shall substitute for and have the same legal effect as an original form signature.