THE SYRACUSE FIGURE SKATING CLUB Presents

SKATE SYRACUSE 2016 AND BASIC SKILLS COMPETITION



SATURDAY, JULY 23, 2016 SUNDAY, JULY 24, 2016

To be held at: LYSANDER ICE ARENA 2725 West Entry Road ● Baldwinsville, NY 13027

> Sanctioned by: United States Figure Skating Skate Canada (pending)

Entry Deadline: June 27, 2016

IJS JUDGING SYSTEM for Juvenile through Senior and Adult Silver & Gold Freestyle events

Events include:

Free Skating, Short Program, Test Track Free Skating, Adult events, Compulsory Moves, Compulsory Spins, Jumps, Solo Dance, Solo Showcase, Group Showcase, Interpretive, Basic Skills

For information email:SkateSyracuse@hotmail.comwebsite:www.SkateSyracuse.com

Skate Syracuse 2016 is open to all eligible skaters who are members in good standing with US Figure Skating or Skate Canada.

US Figure Skating rules for non-qualifying competitions, as set forth in the 2016-17 US Figure Skating Rulebook, shall apply. The International Judging System (IJS) will be used for all short programs and Juvenile through Adult Gold Free Skating. All other events will be judged using the 6.0 judging system.

Skate Syracuse 2016 Syracuse Figure Skating Club July 23-24, 2016

SKATE SYRACUSE 2016 will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the 2016-17 rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

ELIGIBILITY/TEST LEVEL:

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, except for novice and higher.

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 beginner-pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

DEADLINE: All entries must be postmarked by USPS no later than **June 27, 2016**. Late entries may be accepted at the discretion of the Competition Committee. **A fee of \$25 will be charged for any accepted late entries**.

Entryeeze registration available at http://comp.entryeeze.com/Home.aspx?cid=490

Contact: Michael Kempisty at SkateSyracuse@hotmail.com

Mailing Address: Syracuse Figure Skating Club PO Box 807 Baldwinsville, NY 13027

Fees: Entry fees, listed below, must accompany the entry form and are payable to Syracuse Figure Skating Club. There will be a \$35 fee for returned checks and any contested credit card charges.

\$85.00 for first IJS event
\$65.00 for each additional IJS event
\$10.00 for Critiques (IJS Free Skate events only)
\$65.00 for first event (Non IJS Events)
\$45.00 for the second event (Non IJS Events)
\$25.00 for each additional event (Non IJS Events)
\$45.00 for first Basic Skills Event
\$25.00 for each additional Basic Skills Event

Notification of competition and practice ice times will be available by email and posted on the Syracuse Figure Skating Club website at www.SkateSyracuse.com

REFUND POLICY: Entry fees will not be refunded after June 27, 2016, unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$35 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

FACILITIES: The competition will be held at Lysander Ice Arena, 2725 West Entry Road, Baldwinsville, NY. Events will be conducted on a 85' x 200' rink. Snack bar and dressing rooms are available. Directions to the rink can be found at **www.lysanderarena.com**

MUSIC: Each competitor must supply their own music on CDs (*no CD-RWs, MP3s, or music upload systems*) for the freestyle, short program and showcase events. CDs should be clearly labeled with the skater's name, club and event. Only one selection should be on the 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 the Syracuse Figure Skating Club cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

JUDGING SYSTEM:

The International Judging System (IJS) will be used for the following events: Juvenile, Intermediate, Novice, Junior, Senior, Adult Silver and Adult Gold Well Balanced Free Skate events and for all Short Program events.

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's Only section at www.usfigureskating.org. The deadline to submit the form is July 11, 2016.

The 6.0 Majority Judging System will be used for all other events

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 main lobby. Please register promptly upon arrival.

PRACTICE ICE: If time allows once the schedule is set practice ice will be made available. Details will be emailed to all participants.

<u>PHOTOGRAPHY/VIDEOGRAPHY</u>: Professional photographs and video will be available for purchase during the competition.

AWARDS: Medals will be awarded for 1st, 2nd, 3rd and 4th places. All awards will be presented off ice at scheduled intervals throughout the competition. Basic Skills events will be limited to 4 skaters per flight.

OFFICIAL NOTICES: An official bulletin board will be maintained in the main 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 **1 HOUR** prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- 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.

Skate Syracuse 2016 Syracuse Figure Skating Club July 23-24, 2016

INFORMATION REGARDING COACHES (con't):

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

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.

LIABILITY: U.S. Figure Skating, Syracuse Figure Skating Club, and Lysander Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

Dressing Rooms: The dressing rooms are unsupervised. Do not leave valuables unguarded. Neither the Syracuse Figure Skating Club nor Lysander Ice Arena will be liable for items that are lost or stolen.

CONTACT INFO: If you have questions, please contact Michael Kempisty at SkateSyracuse@hotmail.com

Nearby Accommodations:

The Red Mill Inn – Baldwinsville, NY – (315) 635-4871 Microtel Inn & Suites – Baldwinsville, NY – (315) 635-9556 Hampton Inn Syracuse Clay – Liverpool, NY – (315) 622-3443 Fairfield Inn Syracuse Clay – Liverpool, NY – (315) 622-2576

Directions to Lysander Ice Arena:

From the New York State Thruway:

Take Exit 39 from the NYS Thruway Merge onto NY-690 N toward Fulton/Baldwinsville Turn right onto Hencle Boulevard Hencle Boulevard turns into West Entry Road Lysander Ice Arena, 2725 West Entry Road, is on the left

From Route 81

Take NY-481 N toward Fulton/Oswego Take the NY-31 exit, EXIT 12, toward Cicero/Baldwinsville Turn left onto NY-31 Turn right onto Willett Parkway/NY-631 Turn left onto West Entry Road/NY-631 Lysander Ice Arena, 2725 West Entry Road, is on the right

Skate Syracuse 2016 Syracuse Figure Skating Club WELL BALANCED FREE SKATE

EVENT: Well Balanced Free Skate

General event parameters:

- 1. Skaters may <u>not</u> enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying 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. The 6.0 Judging System will be utilized for Pre Preliminary through Pre Juvenile, Adult Pre Bronze and Bronze; the IJS Judging System will be utilized for Juvenile through Senior, Adult Silver and Gold.
- 5. All Well Balanced Free Skate and Short Program events governed by Rules of the 2016-17 US Figure Skating Rule Book
- 6. All competitors skating in these events need to submit the Planned Program Content form online. This form is found in the Member's Only section at <u>www.usfigureskating.org</u>. The deadline to submit the form is July 11, 2016.

Category	Qualifications	Skate Canada	Time
Pre Preliminary A	Not passed Preliminary Free Skating test. No axel or double jumps permitted.	CANSkate	1:30
Pre Preliminary B	Not passed Preliminary Free Skating test. Axel permitted. No double jumps permitted.	Not passed Preliminary	1:30
Preliminary A	Not passed Pre Juvenile Free Skating test. Axel permitted. No double jumps permitted.	Preliminary	1:30
Preliminary B	Not passed Pre Juvenile Free Skating test. Axel plus up to 2 different double jumps permitted.	Preliminary	1:30
Pre Juvenile	Not passed Juvenile Free Skating test.	Preliminary	2:00
Juvenile*	Not passed Intermediate Free Skating test.	Junior Bronze	2:15
Intermediate*	Not passed Novice Free Skating test.	Senior Bronze	2:30
Novice*	Not passed Junior Free Skating test.	Junior Silver	Ladies: 3:00 Men: 3:30
Junior*	Not passed Senior Free Skating test.	Senior Silver	Ladies: 3:30 Men: 4:00
Senior*	Passed Senior Free Skating test	Gold	Ladies: 4:00 Men: 4:30
Adult Pre Bronze (21 & up)	Passed Adult Pre Bronze Free Skating test. No lutz, axel or double jumps.	Canadian equivalent	1:40 max.
Adult Bronze (21 & up)	Passed Adult Bronze Free Skating test. No axels or double jumps.	Canadian equivalent	1:50 max.
Adult Silver* (21 & up)	Passed Adult Silver Free Skating test. Axels permitted, no double jumps.	Canadian equivalent	2:10 max.
Adult Gold* (21 & up)	Passed Adult Gold Free Skating test.	Canadian equivalent	2:40 max.

*these events will be judged using the International Judging System (IJS)

EVENT: Short Program

General event parameters: Skaters may not compete below their test level. They must skate at their test level OR up one level, but not both.

Category	Qualifications	Duration (MAX)
Intermediate	Governed by the Rules of 2016-17 US Figure Skating Rule Book	2:00
Novice	Governed by the Rules of 2016-17 US Figure Skating Rule Book	2:30
Junior	Governed by the Rules of 2016-17 US Figure Skating Rule Book	2:50
Senior	Governed by the Rules of 2016-17 US Figure Skating Rule Book	2:50

Skate Syracuse 2016 Syracuse Figure Skating Club TEST TRACK FREE SKATE

EVENT: Test Track Free Skate

General event parameters:

- 1. Skaters may <u>not</u> 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
Pre-Preliminary 1:30 +/- 10 sec.	Maximum of 5 jump elements: Jumps with not more than one-half rotation (front to back or back to front including half- loop) Single rotation jumps: Salchow, toe loop and loop only. Max. 2 jump combinations or sequences Max. 2 of any same type jump	Maximum of 2 spins: 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
Preliminary 1:30 +/- 10 sec.	Maximum of 5 jump elements: 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: 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)	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
Pre-Juvenile 2:00 +/- 10 sec.	Maximum of 5 jump elements: 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: 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

Skate Syracuse 2016 Syracuse Figure Skating Club TEST TRACK FREE SKATE

Level	Jumps	Spins	Step Sequences	Qualifications
Juvenile 2:15 +/- 10 sec.	Maximum of 5 jump elements: Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump	Maximum of 2 spins: 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	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 2:30 +/- 10 sec.	Maximum of 6 jump elements: 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	Maximum of 2 spins: 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: 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: 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	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

Skate Syracuse 2016 Syracuse Figure Skating Club TEST TRACK FREE SKATE

Level	Jumps	Spins	Step Sequences	Qualifications
Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	Maximum of 8 jump elements for men and 7 for ladies: 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	Maximum of 3 spins of a different nature: 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)	One step sequence fully utilizing ice surface (See rule 4105 for remarks)	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
Senior Ladies: 4:00 + /- 10 sec. Men: 4:30 + /- 10 sec.	Maximum of 8 jump elements for men and 7 for ladies: 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	Maximum of 3 spins of a different nature: 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)	Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks) Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)	Skaters must have passed at least the U.S. Figure Skating junior free skate test

Skate Syracuse 2016 Syracuse Figure Skating Club COMPULSORY EVENTS

EVENT: Compulsory Moves

General event parameters:

- 1. Skaters present a program including the required elements.
- 2. Pre Preliminary Pre Juvenile: Elements skated on ½ ice.
- 3. Juvenile Senior: Elements skated on full-ice.
- 4. Elements may be performed in any order and used only once.
- 5. Music is not allowed.

Level	Time	Skating rules/standards
		1. Single Toe Loop
Pre –	1.15 max	2. Jump combination: single/single (no Axel)
Preliminary		3. Sit spin or camel spin - minimum three revolutions
		4. Spiral sequence with one forward spiral and one backward spiral (any edge)
		1. Single Lutz
Preliminary	1:15 max.	2. Jump combination: single/single (may include Axel)
rienninary	1.15 max.	3. Back upright spin - minimum three revolutions
		4. Forward inside spiral
		1. Single jump (may include Axel)
Pre – Juvenile	1:15 max.	2. Jump combination: single/single (may include Axel)
rie – Juvenne	1.15 max.	3. Layback spin or camel spin - minimum three revolutions
		4. Step sequence - circular
		1. Single Axel
Juvenile	2:00 max.	2. Jump combination: single/single or double/single
Juvenne	2.00 max.	3. Layback spin or camel spin - minimum three revolutions
		4. Step sequence – circular
		1. Double Salchow or double toe loop
Intermediate	2:00 max.	2. Jump combination: single/single or double/single
Interneulate	2.00 max.	3. Flying spin, minimum five revolutions
		4. Step sequence – straight line
		1. Double loop
Novice	2:30 max.	2. Jump combination: double/single or double/double
Novice	2.30 max.	3. Flying spin - minimum five revolutions
		4. Step sequence – straight line
		1. Double flip or double lutz
		2. Double-double combination jump
Junior/Senior	2:30 max.	3. Combination spin – consisting of 1 change of foot and 2 changes of position (6 rev.
Junior/Jenior	2.50 max.	min. each foot)
		4. Step sequence or spiral sequence
		5. Flying spin of any nature (6 rev. min.)

Skate Syracuse 2016 Syracuse Figure Skating Club COMPULSORY EVENTS

EVENT: Compulsory Spins

General event parameters:

- 1. Spins may be skated in any order, connecting steps are allowed, but will not be taken into consideration in scoring.
- 2. All events are skated on ½ ice.
- 3. Minimum number of revolutions are noted in parentheses.
- 4. Test requirements are the same as free skate levels.

Level	Time	Skating rules/standards
Pre – Preliminary	1:00 max.	 One foot spin (3) Two foot spin (3) Sit spin (3 rev. in position)
Preliminary	1:15 max.	 One foot upright spin (3) Front to back scratch spin (3) Sit spin (3)
Pre – Juvenile	1:15 max.	 Camel spin (3 rev. in position) Front to back scratch spin (3) Combination camel to sit spin (6 rev., no change)
Juvenile	1:15 max.	 Forward sit spin (4 rev. in position) Lay-back or attitude spin – ladies (4 rev. in position) Combination spin with one change of foot and one change of position (4 rev. each foot), spin can be camel, sit or lay-back
Intermediate	1:30 max.	 Sit change sit (4 rev. each foot in position) Flying camel (5 rev. in position) Spin combination consisting of one change of foot and one change of position (4 rev. each foot)
Novice	1:30 max.	 Camel spin to backward camel spin (4 rev. on each foot, in position) Solo spin, choice of camel, sit or lay-back (6 rev. in position) Spin combination consisting of 3 positions and one change of foot (5 rev. each foot)
Junior/Senior	1:30 max.	 Flying sit or flying reverse sit spin (6 rev. in position) Lay-back or crossfoot spin (6 rev. in position) Spin combination consisting of 3 positions and one change of foot (5 revs. each foot)

EVENT: Compulsory Jumps

General event parameters:

- 1. Each jump may be attempted twice; the best attempt will be counted.
- 2. Jumps must be skated in the order listed.
- 3. Pre Preliminary through Pre Juvenile will be skated on ½ ice, Juvenile through Senior will be skated on full ice
- 4. Test requirements are the same as free skate levels.

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	1. Toe loop, 2. Salchow, 3. Combination of any two single jumps (no axel)
Preliminary	1:15 max.	1. Lutz, 2. Flip, 3. Combination of any single jump with a loop jump (may include axel)
Pre – Juvenile	1:15 max.	1. Lutz, 2. Any single or double jump, 3. Single/single combination (axel permitted)
Juvenile	1:15 max.	1. Axel, 2. Double salchow, Double/Single combination (no double axel)
Intermediate	1:30 max.	1. Axel, 2. Double loop, 3. Combination of any two double jumps (no double axel)
Novice	1:30 max.	1. Double loop, 2. Double flip, 3. Combination of any two double jumps (double axel permitted)
Junior/Senior	1:30 max.	1. Double lutz, 2. Double flip, 3. Combination of any 2 double jumps OR triple/double

Skate Syracuse 2016 Syracuse Figure Skating Club DANCE, SHOWCASE and INTERPRETIVE EVENTS

EVENT: Solo Pattern Dance

General event parameters:

- 1. Levels are based upon the skaters' highest pattern dance test passed.
- 2. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- 3. The skater will perform the two pattern dances listed for their level. Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	Dance 1	Dance 2
Preliminary	Canasta Tango	Rhythm Blues
Pre Bronze	Cha-Cha	Fiesta Tango
Bronze	Willow Waltz	Ten Fox
Pre Silver	European Waltz	Foxtrot
Silver	Silver Tango	Rocker Foxtrot
Pre Gold	Kilian	Blues
Gold	Viennese Waltz	Quickstep

EVENT: Showcase Events

Light Entertainment Events

Showcase program that should express a carefree concept or storyline design to uplift and entertain the audience through related skating movements, gestures and physical actions

Dramatic Entertainment Events

Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions

- 1. Solo showcase refers to a single skater.
- 2. Group showcase will consist of 2-4 skaters.
- 3. Props and scenery are permitted
- 4. Vocal music may be used
- 5. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level. Note age restriction on Juvenile and Intermediate levels.
- 6. Current guidelines and procedures for non-qualifying showcase competitions can be found at <u>www.usfigureskating.org</u> under "Programs" on the National Showcase page.
- 7. No feathers or dangling beads that may come off the costume are allowed.
- 8. 30 seconds are allotted for the placing of props other than hand held.

Level	Time	Qualifications
Beginner/High Beginner/No Test	1:30	Must not have passed any USFS/Skate Canada tests.
Pre Preliminary	1:30	Must not have passed higher than Pre Preliminary Free Skate test.
Preliminary	1:40	Must not have passed higher than Preliminary Free Skate test.
Pre Juvenile	1:40	Must not have passed higher than Pre Juvenile Free Skate test.
Juvenile	2:10	Must not have passed higher than Juvenile Free Skate test (age 13 and under).
Intermediate	2:10	Must not have passed higher than Intermediate Free Skate test (age 17 and under).
Novice	2:10	Must not have passed higher than Novice Free Skate test.
Junior/Senior	2:40	Must have passed Junior or Senior Free Skate test.

EVENT: Interpretive Events

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- 1. Music will be chosen by the competition committee.
- 2. Skaters will hear the music during warm-up.
- 3. Skaters will be judged on interpretation of the rhythm and character of the music, edges, footwork and timing of jumps and spins.
- 4. No double or triple jumps allowed (regardless of level)
- 5. Coaching is NOT permitted.
- 6. Boys & girls may be combined in the same event.
- 7. Event levels may be combined based on number of competitors and/or timing of competition.

Level	Program Duration
Pre-juvenile and below	1:00 maximum
Juvenile - novice	1:30 maximum
Junior and senior	1:30 maximum

Skate Syracuse 2016 Syracuse Figure Skating Club TEAM COMPULSORY MOVES

EVENT: Team Compulsory Moves

- 1. Teams may have 3 to 5 members, and may include one male.
- 2. No skater can do more than 2 moves.
- 3. Skaters up to and including Juvenile/Jr. Bronze should be prepared to use ½ the ice surface, if necessary.
- 4. A separate application and check must be sent for each team.
- 5. Technical merit only will be judged.
- 6. Skaters can skate at their test level or one level up.

Level	Skating Rules/Standards
	1. Forward crossovers
	2. Backward crossovers
Beginner (Not passed USFS	3. Bending over and touching ankles
Basic 8)	4. Gliding on one foot
	5. Any stop
	1. Forward crossovers
High Beginner (Not passed	2. Backward crossovers
USFS Free Skate 4 and/or	3. Mohawk
Pre Preliminary Free Skate)	4. Three turns
The The initially thee skale,	5. Two bunny hops
	1. Waltz jump
	2. One foot spin
Pre Preliminary	3. Salchow jump
rierienninary	4. Toe loop
	1. Flip jump
	2. Salchow jump
Preliminary	3. Forward spiral
	4. One foot spin
	5. Waltz jump-toe loop combination
	1. Flip jump
	2. Camel spin
Pre Juvenile	3. Forward spiral
	4. Loop/loop combination
	5. Sit spin
	1. Lutz
	2. Camel spin
Juvenile	3. Spiral-forward and backward
	4. Combination spin
	5. Axel/loop combination
	1. Axel
	2. Change foot spin
Intermediate	3. Double salchow
	4. Straight line footwork
	5. Double/double jump combination
	1. Axel
	2. Double loop
Novice	3. Double/double combination
	4. Combination spin
	5. Circular or straight line footwork
	1. Double/double combination
	2. Ina Bauer or Spread eagle
Junior/Senior	3. Double lutz OR double axel
Juniol/Jeniol	4. Flying camel
	5. Combination spin

EVENT: Basic Program Event: SNOWPLOW SAM - BASIC 8

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. Vocal music is allowed. 1. To be skated on full ice
- 2. The skater may use elements from a previous level
- 3. A 0.2 deduction will be taken for each element performed from a higher level.

The following events are for skaters working on US Figure Skating/Skate Canada badges who have not passed US Figure Skating/Skate Canada Pre-Preliminary Free Skating, Pre-Preliminary Moves In The Field, Free Skate 1 or higher tests. Canadian skaters use the equivalent of CANSKATE level.

Level	Time	Skating rules/standards
Snowplow		1. March followed by a two-foot glide and dip
Sam 1-3		2. Forward two-foot swizzles, 2-3 in a row
(CANSKATE	1:10 max.	3. Forward snowplow stop
Stage 1)		4. Backward wiggles, 2-6 in a row
		1. Forward two-foot glide and dip
Basic 1		2. Forward two-foot swizzles, 6-8 in a row
(CANSKATE	1:10 max.	3. Forward snowplow stop
Stage 2)		4. Backward wiggles, 6-8 in a row
		1. Forward one-foot glide, either foot
Basic 2		2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot
(CANSKATE	1:10 max.	3. Moving snowplow stop
Stage 3)		4. Two-foot turn in place, forward to backward
_		5. Backward two-foot swizzles, 6-8 in a row
		1. Forward stroking
Basic 3		2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6
(CANSKATE	1:10 max.	consecutive
Stage 4)	1:10 max.	3. Forward slalom
Stage 4)		4. Backward one-foot glide, either foot
		5. Two-foot spin – minimum three revolutions
Basic 4		1. Standstill forward outside three-turn, right and left
(CANSKATE	1:10 max.	2. Forward crossovers, 4-6 consecutive both directions
Stage 5)	1.10 max.	3. Backward stroking, 4-6 strokes
Stage J)		4. Backward snowplow stop, right or left
Basic 5		1. Backward crossovers, 4-6 consecutive, both directions
(CANSKATE	1:10 max.	2. Basic one-foot spin, free leg held to side of spinning leg – minimum three revolutions
Stage 6)	1.10 max.	3. Side toe hop, either direction
01480 07		4. Hockey stop
		1. Standstill forward inside three-turn, right and left
		2. Bunny Hop
Basic 6	1:10 max.	3. Forward spiral on a straight line, right or left
		4. Lunge, right or left
		5. T-stop, right or left
		1. Standstill forward inside open Mohawk, right to left and left to right
Basic 7	1:10 max.	2. Ballet Jump, either direction
		3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise
		4. Forward inside pivot
		1. Moving forward outside or forward inside three-turns, right and left
		2. Waltz jump (from a standstill)
		3. Mazurka, either direction
Basic 8	1:10 max.	4. Combination move, clockwise or counter clockwise – two forward crossovers into a forward inside Mahawk, stan down, gross babind, stan into ana back grossovers and stan to
		forward inside Mohawk, step down, cross behind, step into one back crossover and step to
		a forward inside edge 5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position –
		5. Beginning one-tool upright spin, free tool held to side of spinning leg of crossed position – minimum three revolutions

Skate Syracuse 2016 Syracuse Figure Skating Club BASIC SKILLS EVENTS

EVENT: Introductory Levels Free Skate Program - Beginner, High Beginner and No Test Levels

Format:

- 1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 2. 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.
- 3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: 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	Max. 2 spins: 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	Max. 5 jump elements: 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.	Max. 2 spins: 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
No-Test 1:40 Maximum	Max. 5 jump elements: Single jumps, with the exception of the single Axel, are allowed Maximum of 2 jump combinations or sequences 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 (half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination) No single Axels, double jumps or triple jumps	<i>Max. 2 spins:</i> Spins may change feet and/or position Spins may start with a fly Minimum 3 revs. Spins must be of a different character (For definition see rule 4103E)	ep sequence* ust use one-half the ice surface oves in the field and spiral sequences are permitted but will not be counted as elements. mps may be included in the step sequence	

EVENT: Basic Elements Event: SNOWPLOW SAM - BASIC 8

Format choice of the host: Each skater will perform each element when directed by a judge or referee 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.
- 1. To be skated on 1/3 to $\frac{1}{2}$ ice
- 2. No music
- 3. All elements must be skated in the order listed

The following events are for skaters working on US Figure Skating/Skate Canada badges who have not passed US Figure Skating/Skate Canada Pre-Preliminary Free Skating, Pre-Preliminary Moves In The Field, Free Skate 1 or higher tests. Canadian skaters use the equivalent of CANSKATE level.

Level	Skating rules/standards
Snowplow	1. March followed by a two-foot glide and dip
Sam 1-3	2. Forward two-foot swizzles, 2-3 in a row
(CANSKATE	3. Forward snowplow stop
Stage 1)	4. Backward wiggles, 2-6 in a row
	1. Forward two-foot glide and dip
Basic 1	2. Forward two-foot swizzles, 6-8 in a row
(CANSKATE	3. Forward snowplow stop
Stage 2)	4. Backward wiggles, 6-8 in a row
	1. Forward one-foot glide, either foot
Basic 2	2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot
(CANSKATE	3. Moving snowplow stop
Stage 3)	4. Two-foot turn in place, forward to backward
	5. Backward two-foot swizzles, 6-8 in a row
	1. Forward stroking
Basic 3	2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive
(CANSKATE	3. Forward slalom
Stage 4)	4. Backward one-foot glide, either foot
	5. Two-foot spin – minimum three revolutions
Basic 4 (CANSKATE Stage 5)	1. Standstill forward outside three-turn, right and left
	2. Forward crossovers, 4-6 consecutive both directions
	3. Backward stroking, 4-6 strokes
Stage 5)	4. Backward snowplow stop, right or left
Basic 5	1. Backward crossovers, 4-6 consecutive, both directions
(CANSKATE	2. Basic one-foot spin, free leg held to side of spinning leg – minimum three revolutions
Stage 6)	3. Side toe hop, either direction
Stage 0)	4. Hockey stop
	1. Standstill forward inside three-turn, right and left
	2. Bunny Hop
Basic 6	3. Forward spiral on a straight line, right or left
	4. Lunge, right or left
	5. T-stop, right or left
	1. Standstill forward inside open Mohawk, right to left and left to right
Basic 7	2. Ballet Jump, either direction
Dasic 7	3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise
	4. Forward inside pivot
	1. Moving forward outside or forward inside three-turns, right and left
	2. Waltz jump (from a standstill)
	3. Mazurka, either direction
Basic 8	4. Combination move, clockwise or counter clockwise – two forward crossovers into a forward inside
	Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge
	5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position – minimum
	three revolutions

Skate Syracuse 2016 Syracuse Figure Skating Club BASIC SKILLS EVENTS

EVENT: Introductory Levels Compulsory Moves Event - Beginner, High Beginner and No Test Levels

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

- 1. To be skated on 1/2 ice
- 2. No music is allowed
- 3. The skater must demonstrate the required elements and may use any additional elements from previous levels
- 4. A 0.2 deduction will be taken for each element performed from a higher level
- 5. Skaters may have the option to skate one level higher in compulsories than their free skate program

Level	Time	Skating rules/standards
		1. Waltz jump
Beginner	1:15 max.	2. ½ jump of choice
		3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position
		optional)
		4. Forward or backward spiral
		1. Toe loop jump
High Beginner	1:15 max.	2. Salchow jump
		3. Forward scratch spin - minimum three revolutions
		4. Forward or backward spiral
		1. Loop jump
No-Test	1:15 max.	2. Jump combination to include a toe loop (may not use a loop or Axel)
		3. Solo spin - sit or camel spin - minimum three revolutions
		4. Spiral sequence, must include a forward and backward spiral. Additional spirals and
		balance moves may be included.

EVENT: Introductory Levels Compulsory Spins - Beginner, High Beginner and No Test Levels

- 1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- 2. All events are skated on 1/2 ice.
- 3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules/standards
		1. Upright one-foot spin (3)
Beginner	1:30 max.	2. Upright two-foot spin (3)
-		3. Sit spin (3)
		1. Upright one-foot spin (3)
High Beginner	1:30 max.	2. Upright two-foot spin (3)
		3. Sit spin (3)
		1. Upright one-foot spin (3)
No-Test	1:30 max.	2. Upright two-foot spin (3)
		3. Sit spin (3)

EVENT: Introductory Levels Compulsory Jumps - Beginner, High Beginner and No Test Levels

- 1. Each jump may be attempted twice; the best attempt will be counted.
- 2. Jumps must be skated in the order listed.
- 3. All events will be skated on ½ ice

Level	Time	Skating rules/standards
Beginner	1:15 max.	1. Waltz jump (from backward crossovers), 2. 1/2 flip or 1/2 lutz, 3. Single salchow
High Beginner	1:15 max.	1. Waltz jump (from backward crossovers), 2. Single salchow, 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	1. Single toe loop, 2. Single loop, 3. Jump combination – any two ½ or single revolution jumps (no axel)

Skate Syracuse 2016 ENTRY FORM Entries MUST be postmarked by June 27, 2016

Please print or type						
Skater's Name		Hom	e Club _			
			USFS/Skate Canada #			
	State Zip					
Phone ()						
	date//				e	
Age Birth		піgn	est test pa			
PLEASE ENTER ME IN THE FOLLOWING EVENT(S)					IF	
 Well Balanced Free Skate Pre Preliminary A Pre Preliminary B Preliminary A 	Test Track Free Skate □ Pre Preliminary Test □ Preliminary Test □ Pre Juvenile Test	 Spins Event □ Pre Preliminary □ Preliminary □ Pre Juvenile 	Light	wcase – SOLO t Entertainment tre Preliminary treliminary	Showcase – SOLO Dramatic Entertainment Pre Preliminary Preliminary	
 Preliminary B Pre Juvenile Free Skate (IJS) 	 Juvenile Test Intermediate Test Novice Test Junior Test 	 Juvenile Intermediate Novice Junior/Senior 	□ Ju □ Ir	re Juvenile uvenile ntermediate Novice	 Pre Juvenile Juvenile Intermediate Novice 	
 Juvenile Intermediate Novice 	 Senior Test Compulsory Moves 	Jumps Event	🗇 Ju	unior/Senior wcase – GROUP	Showcase – GROUP	
 Junior Senior Adult Silver Adult Gold 	 Pre Preliminary Preliminary Pre Juvenile Juvenile 	 Preliminary Pre Juvenile Juvenile Intermediate 	Light D Pi D Pi D Pi	t Entertainment Tre Preliminary Treliminary Tre Juvenile	 Dramatic Entertainment Pre Preliminary Preliminary Pre Juvenile 	
Short Program (IJS) Intermediate Novice Junior 	IntermediateNoviceJunior/Senior	 Novice Junior/Senior Solo Dance Preliminary 		uvenile ntermediate Novice unior/Senior	 Juvenile Intermediate Novice Junior/Senior 	
□ Senior		 Pre Bronze Bronze Pre Silver Silver Pre Gold Gold 			Interpretive Pre Juvenile and below Juvenile - Novice Junior/Senior	
Certificate of Eligibility			FEES	5: in U.S. FUNDS ONLY	,	
Approval is hereby given to who is a member standing of the Club and is an amateur in accordance with the rules of US Fig Skating and Skate Canada, and to be best of my knowledge is eligible to enter specified event(s). NOTE: Neither the Syracuse Figure Skating Club not the management of Lysander Ice Arena assumes responsibility for injuries sustain any competitor during this competition or practice attended thereto. Club Club Officer's Signature			\$65 \$10 \$65 \$45 \$25	for 1 st IJS event for each add'l IJS event for IJS critique for 1 st 6.0 event for 2 nd 6.0 event for each add'l 6.0 event FAL ENCLOSED	\$ \$ \$ \$ \$ \$	
			- CHE	CHECKS PAYABLE TO: SYRACUSE FSC		
Coach's Name		()	MAI	MAIL TO: Syracuse FSC PO Box 807 • Baldwinsville, NY 13027		
FOR OFFICE USE ONLY:	Date Amo	ount	Check/Rct #	Rec'd by	/ (initials)	

Skate Syracuse 2016 BASIC SKILLS ENTRY FORM Entries MUST be postmarked by June 27, 2016

Please print or type	
Skater's Name	Home Club
Address	USFS/Skate Canada #
City State Zip	Coach's Name
Phone () Sex	Coach's USFS #
Email	Coach's Email
Age Birth date / /	Highest test passed: Basic Skills Free Skate

PLEASE ENTER ME IN THE FOLLOWING EVENT(S)

Basic Skills BASIC ELEMENTS Snowplow Sam Basic 1 Basic 2 Basic 3 Basic 4 Basic 5 Basic 6 Basic 7 Basic 8	Basic Skills BASIC PROGRAM Snowplow Sam Basic 1 Basic 2 Basic 3 Basic 4 Basic 5 Basic 6 Basic 7 Basic 8	Introductory Levels COMPULSORY MOVES Beginner High Beginner No Test Introductory Levels COMPULSORY SPINS Beginner High Beginner No Test	Showcase - SOLO Light Entertainment Beginner/High Beginner/No Test Showcase - GROUP Light Entertainment Beginner/High Beginner/No Test	Showcase - SOLO Dramatic Entertainment Beginner/High Beginner/No Test Showcase - GROUP Dramatic Entertainment Beginner/High Beginner/No Test		
	Introductory Levels FREE SKATE PROGRAM Beginner High Beginner No Test	Introductory Levels COMPULSORY JUMPS Beginner High Beginner No Test				
Skating and Skate Canada, a specified event(s). NOTE: N management of Lysander Ice any competitor during this c Club Club Officer's Signature Parent's Signature	In amateur in accordance with nd to be best of my knowledge either the Syracuse Figure Skat e Arena assumes responsibility ompetition or practice attende	e is eligible to enter the ing Club not the for injuries sustained by d thereto.	FEES: in U.S. FUNDS ONL \$45 for 1 st Basic Skills event \$25 for each add'l Basic Ski TOTAL ENCLOSED CHECKS PAYABLE TO: SYI MAIL TO: Syracuse FSC PO Box 807 Baldwinsville	\$ Ils event \$ \$		
FOR OFFICE USE ONLY:	FOR OFFICE USE ONLY: Date Amount Check/Rct # Rec'd by (initials)					

Skate Syracuse 2016 TEAM COMPULSORY MOVES ENTRY FORM Entries MUST be postmarked by June 27, 2016

One entry form per team! (This form may be duplicated). Form must be completely filled out with fees enclosed. Teams may have 3-5 members. No skater may do more than 2 moves.

Fees are \$45 per team in US FUNDS ONLY. (Please write separate check for team events – 1 check per team.)

Please print or type

TEAM NAME		
Team Members:		
1	Club:	USFS/SC #:
2	Club:	USFS/SC #:
3	Club:	USFS/SC #:
4	Club:	USFS/SC #:
5	Club:	USFS/SC #:
Contact Person:		Phone: ()
Beginer TeamHigh Beginner TeamPre Preliminary TeamPreliminary TeamPre-Juvenile Team (Jr. Bror	nze)	 Juvenile Team (Jr. Bronze) Intermediate Team (Sr. Bronze) Novice Team (Jr. Silver) Junior/Senior Team (Sr. Silver/Gold)

Deadline for entry is June 27, 2016

Checks should be made payable to: Syracuse FSC

Mail entry to: Syracuse FSC PO Box 807 Baldwinsville, NY 13027

All teams must submit completed Certificate of Eligibility signed by Club officer for each skater.

 FOR OFFICE USE ONLY:
 Date
 Amount
 Check/Rct #
 Rec'd by (initials)

Skate Syracuse 2016 SYRACUSE FSC ADVERTISING CONTRACT

Show your support for your athletes while they're competing by advertising in the competition program.

DEADLINE FOR PROGRAM ADVERTISEMENT IS: JUNE 27, 2016

I	Business Ads		width x	height	
_	\$90.00	Full Page	(6.875″	x 10″)	
-	\$50.00	Half Page - wide	(6.875″	x 4.75″)	
-	\$50.00	Half Page - tall	(3.1875)	″ x 10″)	
-	\$30.00	Quarter Page	(3.1875)	″ x 4.75″)	
-	\$20.00	Business Card	(3.5″ x 2	2″)	
-	Basket Raff	le donation (free Busine	ess Card ad)		
	Ex: You could adve or offer coupons fo	ertise your business, ma or your products.	ke announceme	ents	
9	Skater Recognition				
-	\$5.00 \$1.00		30 chara	acters acters per line	
-	\$1.00	Lacit Aud I Line	JU Chara	acters per nne	
Skater Recognition Line(s)	Mary, you're o	ny! Love Mom (1 line) our shining star. Love M			
-					
Advertiser's Name					
Contact			Phone (day)()	
Email			(evening) ()	
Address					
City			state	Zip	
Your electronic PDF file or	camera-ready artv	work must be emailed to	o <u>SkateSyracuse</u>	@hotmail.com no later t	han Jun

Your electronic PDF file or camera-ready artwork must be emailed to <u>SkateSyracuse@hotmail.com</u> no later than June 27, 2016. If you do not have an ad, a business card may be submitted to be scanned and placed into the program. Syracuse FSC is not responsible for typographical errors or quality of scans. All ads will be printed in full color.

Make check payable to: Syracuse FSC

Questions? Email SkateSyracuse@hotmail.com

Mail form with check and form to:

Syracuse FSC PO Box 807 Baldwinsville, NY 13027

	FOR OFFICE USE ONLY:	Date
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