



THE CANTIAGUE
FIGURE SKATING CLUB

Welcomes you to our 46th Annual

Trophy Cup Competition

THE 2015 NASSAU COUNTY FIGURE SKATING CHAMPIONSHIPS

****IJS FREESTYLE JUDGING AND CRITIQUES****

FRIDAY, SATURDAY & SUNDAY
MAY 15TH - MAY 17TH

Presented by
THE CANTIAGUE FIGURE SKATING CLUB

Sanctioned and Approved by



Hosted by
NASSAU COUNTY DEPARTMENT OF RECREATION AND PARKS

FOR INFO: WWW.CFSCSKATINGCLUB.ORG



Nassau County Figure Skating Championship Trophy Cup Competition
Cantiague Figure Skating Club
Cantiague Park Ice Rink, 480 W John Street, Hicksville, NY 11801
Friday May 15 - Sunday May 17, 2015

The Nassau County Trophy Cup Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is 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.

SERIES INFORMATION: The Trophy Cup Competition is the 5th event in the Long Island Grand Prix Series.

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 open juvenile free skate events (Well Balanced Program), must be at least 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. The Cantiague FSC reserves the right to sub divide any event if necessary, and to cancel any event if there are fewer than two entries. It is our intent to have separate events for females and males, however, we reserve the right to combine males and females in any events.

ENTRIES: Participants are encouraged to complete entry online through EntryEeze.com. **The deadline for entry is April 22, 2015.** Paper entries submitted before the deadline require an additional \$30.00 fee. All Late Entries, which must be on paper, will require an additional \$40.00 fee. Acceptance of late entries shall be at the discretion of Competition Officials. For Paper Entries, please make your checks payable to: **CFSC** and mail with the official entry form to: CFSC, c/o Robert Fader, 19 Orange Drive, Jericho, N. Y. 11753.

Competition Fees are as follows:

Basic Skills and Introductory Events	\$ 60.00	Additional Basic Skills and Intro Events	\$ 40.00
First Singles 6.0 and Adults Event	\$ 85.00	Additional 6.0 Event and Adult Events	\$ 60.00
First IJS Event (Juvenile to Senior)	\$115.00	Additional IJS event	\$ 85.00
Solo Pattern Dance Event	\$110.00	Combined Dance Event	\$135.00

REFUND POLICY: Entry fees will not be refunded after **April 22, 2015** 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 \$30 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 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 185 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: Music should be on CD-R media. Due to compatibility and reliability, music may NOT be submitted on re-recordable "CD-RW" discs. CDs must be clearly marked with the skater's name and event. Each CD must have only ONE (1) track. Lead-in time (time before the music begins) on CD may not exceed two (2) seconds.

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 rink side during the competition. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Cantiague FSC cannot be responsible for CDs left at the end of the competition and accepts no responsibility for damaged or lost CDs.

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

JUDGING SYSTEM:

The International Judging System (IJS) will be used for all Juvenile through Senior Well Balanced Program *Free Skate and Short Program* Events. All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles".

All competitors skating in these events need to submit the **Planned Program Content** form online through **EntryEeze.com**. The deadline to submit the form is **April 22, 2015. After May 1st, there will be a late charge of \$30.00.** Technical critiques for IJS events will be offered depending on the availability of officials and adequate amount of time in the schedule. Please check at the Registration Desk for the exact time and location of critiques.

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

Pre-preliminary through Pre-juvenile Well Balanced Program free skate events; Basic Skills (Basic 1- 8, Free skate 1-6); Introductory free skate events (Beginner, High Beginner, No-test); All Test Track events; All specialty singles events (Compulsories, Showcase, etc.); All Dance events; and All Adult Events.

REGISTRATION: Registration deadline is **April 22, 2015**. Registration during the competition 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 rink area. Skaters **MUST** check in at least one hour prior to the event. Please have your music ready at check-in. While every effort is made to adhere to the posted schedule, events may run early.

PRACTICE ICE: Practice ice pre-orders can be reserved through EntryEeze.com. Spaces will be filled when the schedule is posted according to the order in which the requests are received. Telephone or e-mail requests will not be accepted. Walk-ons can pay at the registration desk on the day of the event if there is room on the session. Music will not be played at practice sessions.

PHOTOGRAPHY/VIDEOGRAPHY: The competition will be videotaped by a professional videographer. Order forms will be available in the lobby area of the rink on the event days. If you use your own camera, it must be battery powered. **No tripods or flash photography will be 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.

AWARDS: All Basic Skills competitors will receive trophies. For all other events, trophies will be awarded to the 1st place winners, medals will be awarded to the 2nd and 3rd place winners. Medals will be given to first three places in dance events.

OFFICIAL NOTICES: It is the responsibility of each competitor, parent and coach to check EntryEeze and/or Cantiague Figure Skating Club's website at <http://www.cfcskatingclub.org/> frequently for any schedule changes and/or additional information. Notification of competition and practice ice times will be available through EntryEeze approximately 1- 2 weeks prior to the competition. Skaters are requested to arrive one hour prior to the scheduled time of their event. Schedules will be posted at the Registration desk during the competition and will not be mailed. Please do not call Cantiague Rink for information.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

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

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For 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.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

CONTACT INFO: If you have questions, you can contact Bob Fader via Email at Sk8erspapa@aol.com. Please leave your phone number for a return phone call.

ADDITIONAL INFORMATION:

Journal: You can purchase an ad in our competition journal to wish a skater good luck or to promote your business. Contact Laura Emert at lemert@whitmoregroup.com for ad information. Single line boosters are also available as per the attached order form.

Lodging:- The [Holiday Inn](#) at 215 Sunnyside Blvd. in Plainview, NY 11803 is offering a rate of \$134.99 per night. Reservations can be made by calling 516-349-7400 by April 22, 2015. Please reference the Cantiague Trophy Cup to get the reduced rate.

The 4th Annual Long Island Grand Prix Series

The Cantiague Figure Skating Club, Iceworks Skating Academy, Newbridge Arena, and Freeport Skating Academy would like to welcome all skaters to our 5th event of our Grand Prix Series for this season! All information regarding participation is as follows...

Who:

Group 1: Skaters from Snowplow Sam to Freeskate 6, including Beginner and High Beginner.

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

Dates:

December 7th, 2014– **Cantiague FSC Holiday Skate Classic**-- Cantiague Park, Hicksville NY

January 31, 2015– **Iceworks Skating Academy "Love To Skate"**-- Syosset, NY

March 14, 2015– **Newbridge Arena "Clover Classic"**-- Bellmore, NY

April 25, 2015– **Freeport Skating Academy's Spring Challenge**--Freeport Recreation Center, Freeport NY

May 18th, 2015– **Cantiague FSC Trophy Cup Competition**-- Cantiague Park, Hicksville NY

*** 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 3 additional points for every level they advance during the Series. Bonus points will not be awarded for moving from the Basic/Free Skate categories to the Beginner/High Beginner category. Remember you can enter 3 different disciplines in each competition to accumulate more points!

See chart below for point values. After all 5 competitions, points will be totaled to determine the 1st, 2nd, and 3rd place winners. Finals will be conducted if needed. Special awards, along with a gift certificate will be given out at the CFSC Trophy Cup Competition in May.

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

If there is only 1 skater in the group, he or she will be awarded 3 points. If last--minute changes cause groups to become larger than 5 skaters, then all skaters finishing 5th or lower will receive 1 point. Skaters may receive bonus points for advancing in level during the course of the season.

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



This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14



Basic Program with Music Events: 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. 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 1-3	1:00 max.	<ol style="list-style-type: none"> 1. March followed by a two-foot glide and dip 2. Forward two-foot swizzles, 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ol style="list-style-type: none"> 1. Forward two-foot glide and dip 2. Forward two-foot swizzles, 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ol style="list-style-type: none"> 1. Forward one-foot glide, either foot 2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot 3. Moving snowplow stop 4. Two-foot turn in place, forward to backward 5. Backward two-foot swizzles, 6 - 8 in a row
Basic 3	1:00 max.	<ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive 3. Forward slalom 4. Backward one-foot glide, either foot 5. Two-foot spin – minimum three revolutions
Basic 4	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward outside three-turn, right and left 2. Forward crossovers, 4-6 consecutive, both directions 3. Backward stroking, 4-6 strokes 4. Backward snowplow stop, right or left
Basic 5	1:00 max.	<ol style="list-style-type: none"> 1. Backward crossovers, 4-6 consecutive, both directions 2. Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions 3. Side toe hop, either direction 4. Hockey stop
Basic 6	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward inside three-turn, right and left 2. Bunny Hop 3. Forward spiral on a straight line, right or left 4. Lunge, right or left 5. T-stop, right or left
Basic 7	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward inside open mohawk, right to left and left to right 2. Ballet jump, either direction 3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise 4. Forward inside pivot
Basic 8	1:00 max.	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns, right and left 2. Waltz jump (from a standstill) 3. Mazurka, either direction 4. 1 Combination move, clockwise or counter clockwise, two forward crossovers into 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

Basic Elements/Compulsory Events: SNOWPLOW SAM – BASIC 8

Format: Each skater will perform each element one element at a time in the order listed below (no excessive connecting steps) when directed by a judge or referee. 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 1-3	1:00 max.	<ol style="list-style-type: none"> 1. March followed by a two-foot glide and dip 2. Forward two-foot swizzles, 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ol style="list-style-type: none"> 1. Forward two-foot glide and dip 2. Forward two-foot swizzles, 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ol style="list-style-type: none"> 1. Forward one-foot glide, either foot 2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot 3. Moving snowplow stop 4. Two-foot turn in place, forward to backward 5. Backward two-foot swizzles, 6 - 8 in a row
Basic 3	1:00 max.	<ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive 3. Forward slalom 4. Backward one-foot glide, either foot 5. Two-foot spin – minimum three revolutions
Basic 4	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward outside three-turn, right and left 2. Forward outside edge on a circle, clockwise or counter clockwise 3. Forward crossovers, 4-6 consecutive, both directions 4. Backward stroking, 4-6 strokes 5. Backward snowplow stop, right or left
Basic 5	1:00 max.	<ol style="list-style-type: none"> 1. Backward outside edge on a circle, clockwise or counterclockwise 2. Backward crossovers, 4-6 consecutive, both directions 3. Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions 4. Side toe hop, either direction 5. Hockey stop
Basic 6	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward inside three-turn, right and left 2. Bunny Hop 3. Forward spiral on a straight line, right or left 4. Lunge, right or left 5. T-stop, right or left
Basic 7	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward inside open mohawk, right to left and left to right 2. Ballet jump, either direction 3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise 4. Forward inside pivot
Basic 8	1:00 max.	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns, right and left 2. Waltz jump (from a standstill) 3. Mazurka, either direction 4. 1 Combination move, clockwise or counter clockwise, two forward crossovers into 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

Free Skate 1-6 Program with Music Events

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 moves and steps should be demonstrated throughout the program. Vocal music is allowed. To be skated on full ice. 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.

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	<ol style="list-style-type: none"> Advanced forward stroking, 4-6 consecutive One-foot upright scratch spin from backward crossovers, minimum three revolutions Waltz jump from backward crossovers Half flip jump
Free Skate 2	1:30+/-10 sec	<ol style="list-style-type: none"> Forward outside spiral, right or left Beginning back spin – entry optional, minimum two revolutions Waltz jump, side toe hop, waltz jump sequence Toe loop jump
Free Skate 3	1:30+/-10 sec	<ol style="list-style-type: none"> Forward crossovers in a figure 8 Back spin, minimum three revolutions Salchow jump Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:30+/-10 sec	<ol style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin, minimum three revolutions Loop jump Waltz jump-loop jump combination
Free Skate 5	1:30+/-10 sec	<ol style="list-style-type: none"> Camel spin, minimum three revolutions Forward upright spin to back upright spin, minimum three revolutions each foot Loop-loop jump combination Flip jump
Free Skate 6	1:30+/-10 sec	<ol style="list-style-type: none"> Camel, sit spin combination, minimum of four revolutions total Split jump or stag jump Waltz jump, ½ loop, Salchow jump sequence Lutz jump

Free Skate 1-6 Elements/Compulsory Events

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 .2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules / standards
Free Skate 1	1:15 max.	<ol style="list-style-type: none"> Advanced forward stroking, 4-6 consecutive Backward outside three-turns, right and left One-foot upright scratch spin from backward crossovers - minimum three revolutions Waltz jump from backward crossovers Half flip jump
Free Skate 2	1:15 max.	<ol style="list-style-type: none"> Forward outside or inside spiral, right or left Waltz three's, right or left, 2-3 sets Beginning back spin, entry optional – minimum two revolutions Waltz jump, side toe hop, waltz jump sequence Toe loop jump
Free Skate 3	1:15 max.	<ol style="list-style-type: none"> Forward crossovers in a figure 8 Backward inside three-turns, right and left Back spin - minimum three revolutions Salchow jump Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ol style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Loop jump Waltz jump/loop jump combination
Free Skate 5	1:15 max.	<ol style="list-style-type: none"> Camel spin - minimum three revolutions Forward upright spin to back upright spin - minimum three revolutions each foot Loop/loop jump combination Flip jump
Free Skate 6	1:15 max.	<ol style="list-style-type: none"> Five step mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free skate 6) Camel, sit spin combination - minimum of four revolutions total Split jump or stag jump Waltz jump, ½ loop, Salchow jump sequence Lutz jump

Introductory Level Free Skate with Music Events - Beginner, High Beginner and No Test

Format: The skating order of the required elements is optional. To be skated on full ice. Vocal music is permitted at all levels. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps <i>Max. 5 jump elements:</i>	Spins <i>Max. 2 spins:</i>	Step Sequences	Qualifications
Beginner 1:40 Maximum	<ul style="list-style-type: none"> Jumps with no more than one-half rotation (front to back or back to front). Max. 2 jump sequences Max. 2 of any same jump 	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	<ul style="list-style-type: none"> Jumps with no more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. Max. 2 jump combinations or sequences Max. 2 of any same type jump. 	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	<ul style="list-style-type: none"> Single jumps, with the exception of the single Axel, are allowed Maximum of 2 jump combinations or sequences Jump combinations limited to 2 jumps Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) No single Axels, double jumps or triple jumps 	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).	<ul style="list-style-type: none"> Step sequence* 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 	

Introductory Level Element/Compulsory Events - Beginner, High Beginner and No Test

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. *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> Waltz jump ½ jump of choice Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) Forward or backward spiral
High Beginner	1:15 max.	<ol style="list-style-type: none"> Toe loop jump Salchow jump Forward scratch spin - minimum three revolutions Forward or backward spiral
No-Test	1:15 max.	<ol style="list-style-type: none"> Loop jump Jump combination to include a toe loop (may not use a loop or Axel) Solo spin - sit <u>or</u> camel spin - minimum three revolutions Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

Test Track Free Skate Program with Music Events

Format: Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition. Vocal music is permitted at all levels. 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 Test Track 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • 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 Test Track 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	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 Test Track 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile Test Track 2:15 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • Only solo spin may fly 	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 Test Track 2:30 +/- 10 sec.	<ul style="list-style-type: none"> • 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 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test

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

Pre-Preliminary and Preliminary Element/Compulsory Events

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional. Elements skated on ½ ice. Elements may be performed only once. Music is not allowed.

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> Single Toe Loop (<i>for competitions held after January 1, 2015</i>) Jump combination: single/single (no Axel) Sit spin or camel spin - minimum three revolutions Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> Single Lutz Jump combination: single/single (may include Axel) Back upright spin - minimum three revolutions Forward inside spiral

Well Balanced Free Skate Program with Music Events

Format: 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. Athletes and coaches are responsible for going to the [U.S. Figure Skating rulebook](#) for rules, program length, etc. The 6.0 Majority Judging System will be used for Pre-preliminary through Pre-juvenile. The IJS judging system is used for the Juvenile through Senior Free skate Events.

Event	Program Requirements	Time	Judging System
Pre-Preliminary	Rules 4270	1:30 +/- 10 sec.	6.0
Preliminary	Rules 4260	1:30 +/- 10 sec.	6.0
Pre-Juvenile	Rules 4250	2:00 +/- 10 sec.	6.0
Open Juvenile	Rules 4240 (14 years or older)	2:15 +/- 10 sec	6.0
Juvenile	Rules 4240 (Under 14 years)	2:15 +/- 10 sec	IJS
Intermediate	Rules 4230 (Under Age 18)	2:30 +/- 10 sec.	IJS
Novice Ladies	Rules 4220	3:00 +/- 10 sec.	IJS
Novice Men	Rules 4220	3:30 +/- 10 sec.	IJS
Junior Ladies	Rules 4210	3:30 +/- 10 sec.	IJS
Junior Men	Rules 4210	4:00 +/- 10 sec.	IJS
Senior Ladies	Rules 4200	4:00 +/- 10 sec.	IJS
Senior Men	Rules 4200	4:30 +/- 10 sec.	IJS

Singles Short Program Events

Format: Skaters will skate to the music of their choice. Vocal music is permitted. Athletes and coaches are responsible for going to the [U.S. Figure Skating rulebook](#) for rules, program length, etc. The IJS judging system is used for the Intermediate through Senior Short Events.

Event	Program Requirements	Time
Intermediate Short Program	Rules 4230 (Under Age 18)	2:00 minutes - maximum
Novice Short Program	Rules 4220	2:30 minutes - maximum
Junior Short Program	Rules 4210	2:50 minutes - maximum
Senior Short Program	Rules 4200	2:50 minutes - maximum

Adult Free Skate Program Events

Skaters will skate to the music of their choice. Vocal music is permitted at all levels. Athletes and coaches are responsible for going to the [U.S. Figure Skating rulebook](#) for rules, program length, etc. The 6.0 Majority Judging System will be used.

Event	Program Requirements	Time
Adult Pre-Bronze	Rule 4600	Not to exceed 1:40 minutes
Adult Bronze	Rule 4590	Not to exceed 1:50 minutes
Adult Silver	Rule 4580	Not to exceed 2:10 minutes
Adult Gold	Rule 4570	Not to exceed 2:40 minutes

Showcase Events – Light Entertainment Events

Format: The Showcase program should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions. Props and Scenery are permitted. Current guidelines for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page. Note: these levels do not qualify for National Showcase.

Level	Must not have passed	Skating rules / standards	Time
Basic 1-8	any higher than Basic 8 level	Elements only from Basic 1-8 curriculum	1:00 max
Freestyle 1-6	any official U.S. Figure Skating free skate tests	3 jump maximum, ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop	1:30 max
Introductory Level (Beginner, High Beginner, No Test)	any higher than Pre-Preliminary Free Skate	3 jump maximum. No Axels or double jumps permitted	1:30 max
Pre-Preliminary/ Preliminary	Pre-Juvenile Free Skate	3 jump maximum. Axels are permitted, but no double jumps allowed	1:30 max

Adult Showcase Events – Light Entertainment and Dramatic Entertainment Events

Format: The Light Entertainment Showcase program should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions. The Dramatic Entertainment Showcase program should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. Props and scenery are permitted for both events.

Level	Must not have passed	Must not have passed	Time
Adult Bronze 21 and older	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	1:40 max
Adult Silver 21 and older	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	1:40 max
Adult Gold 21 and older	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	1:40 max

**For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.*

Solo Dance Events

Solo Pattern Dance

A solo pattern dance competition event will consist of the skater performing two solo pattern dances. The patterns to be skated depend upon which quarter of the year the competition is held. Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee and may be competed consecutively or with a break in-between pattern dances groupings. Levels are based upon the skaters' highest pattern dance test passed.

Level	1st Pattern Dance	2nd Pattern Dance
Preliminary	Rhythm Blues	Dutch Waltz
Pre-bronze	Fiesta Tango	Swing
Bronze	Ten Fox	Hickory Hoedown
Pre-silver	Foxtrot	Fourteenstep
Silver	Rocker Foxtrot	American Waltz
Pre-gold	Paso Doble	Starlight Waltz
Gold	Westminster Waltz	Quickstep

Solo Combined Event– Juvenile through Senior Levels

The combined dance event is comprised of the following:

1. **Juvenile, Intermediate, Novice:** One solo pattern dance chosen by the referee out of two possible dances as selected by U.S. Figure Skating. This dance will not be posted until the starting order is posted at the competition.

Pattern Dance Selection for Juvenile: Willow Waltz and Fiesta Tango

Pattern Dance Selection for Intermediate: European Waltz and Rocker Foxtrot

Pattern Dance Selection for Novice: Paso Doble and Starlight Waltz

Junior, Senior: A short dance

2. **A Solo Free Dance**

Event	Program Requirements	Time
Juvenile Free Dance	Rules 6240 (Under Age 16)	2:15 minutes +/- 10 sec.
Intermediate Free Dance	Rules 6230 (Under Age 18)	2:30 minutes +/- 10 sec.
Novice Free Dance	Rules 6220	3:00 minutes +/- 10 sec.
Junior Free Dance	Rules 6210	3:30 minutes +/- 10 sec.
Senior Free Dance	Rules 6200	4:00 minutes +/- 10 sec.

The results are combined together for an overall result. Refer to the [2014 Solo Dance Series Handbook](#) for the combined event rules and details. The pattern dance competed will be separate from those in the solo pattern dance event and the results will not count towards the solo pattern dance event or results.



Skater Booster Ads Which Will Be Published in the Competition Journal, cost \$10.00 for the first line. If the message is over 1 line, please add \$5.00 for each additional line.

1 line equals 80 characters, including spaces & punctuation.

Name

From

Message

**Return to: Bob Fader
19 Orange Drive, Jericho, N. Y. 11753**

Official Entry Form: 2015 Cantiague FSC Trophy Cup Competition

Name:		U.S. Figure Skating #	
Date of Birth:	Sex:	Cell phone:	
Address:			
Email:			
Name of parent or guardian:			
Highest MITF test:		Highest free skate test:	
Highest dance test:		Highest pairs test:	
Home figure skating club:			
Coach name:		Coach U.S. Figure Skating#	
Coach email:		Coach cell phone:	

Please mark an "X" in the box next to events you are entering.

Basic Program Events	X	Basic Compulsory w/o Music	X	6.0 Program Events	X	IJS Freeskate Events	X
Snowplow Sam		Snowplow Sam		Pre-Preliminary FS		Juvenile *IJS	
Basic 1		Basic 1		Preliminary FS		Intermediate *IJS	
Basic 2		Basic 2		Pre-Juvenile FS		Novice *IJS	
Basic 3		Basic 3		Open Juvenile FS		Junior *IJS	
Basic 4		Basic 4				Senior *IJS	
Basic 5		Basic 5		6.0 Compulsory Events	X		
Basic 6		Basic 6		Pre-Preliminary		IJS Short Programs	X
Basic 7		Basic 7		Preliminary		Intermediate *IJS	
Basic 8		Basic 8				Novice *IJS	
Freeskate 1		Freeskate 1		6.0 Test Track Events	X	Junior *IJS	
Freeskate 2		Freeskate 2		Pre-Preliminary TT		Senior *IJS	
Freeskate 3		Freeskate 3		Preliminary TT			
Freeskate 4		Freeskate 4		Pre-Juvenile TT		Adult 6.0 Events	X
Freeskate 5		Freeskate 5		Juvenile TT		Adult Pre-Bronze	
Freeskate 6		Freeskate 6		Intermediate TT		Adult Bronze	
				Novice TT		Adult Silver	
Introductory Events	X	Intro Compulsory w/o Music	X	Junior TT		Adult Gold	
Beginner		Beginner		Senior TT		Light Entertainment Bronze	
High Beginner		High Beginner				Light Entertainment Silver	
No Test		No Test		Showcase Events	X	Light Entertainment Gold	
				Showcase Basic 1-8		Dramatic Bronze	
				Showcase Freeskate 1-6		Dramatic Silver	
				Showcase Introductory		Dramatic Gold	
				Showcase Pre-Prelim/Prelimin			

* IJS must register Planned Program Content through Entryeze by April 22, 2015. After May 1st, there will be a late charge of \$30.00.

Dance Events

The chief referee has selected two pattern dances at random that skaters will compete at this event. A combined score for the event will determine the final placement for the event. Skaters must compete in both dances.

Solo Pattern Dance Events	X	Solo Combined Dance Event	X
Preliminary		Juvenile	
Pre-Bronze		Intermediate	
Bronze		Novice	
Pre-Silver		Junior	
Silver		Senior	
Pre-Gold			
Gold			

First Basic Skills and Intro Event	\$ 60.00	\$ _____
Additional Basic Skills and Intro Event	\$ 40.00	\$ _____
First 6.0 Singles and Adult Event	\$ 85.00	\$ _____
Additional 6.0 Singles Event	\$ 60.00	\$ _____
First IJS Event (Juv - Senior)	\$115.00	\$ _____
Additional IJS Event (Juv - Senior)	\$ 85.00	\$ _____
Solo Pattern Dance Event	\$110.00	\$ _____
Solo Combined Dance Event	\$135.00	\$ _____
Paper Entry Fee	\$ 30.00	\$ _____
Late Paper Entry Fee	\$ 40.00	\$ _____
Journal Good Luck Ad (submit form)	\$ 10.00	\$ _____
Total Amount Enclosed		\$ _____

Participants are encouraged to submit Entry online at www.EntryEeze.com. Paper entries submitted before April 22, 2015 require an additional \$30.00 fee. All Late Entries, which must be on paper, will require an additional \$40.00 fee. Enclose this official form with a check or money order payable to **CFSC** and mail to: **CFSC c/o Robert Fader, 19 Orange Drive, Jericho, NY 11753.**

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the CFSC and Cantiague Park Ice 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.

Instructor/coach has verified that the skater is entered in the correct level.

The Program Director/Club Officer has verified that the skater is in good standing.

Parent/Guardian Signature _____ Date _____

Competitor Signature _____ Date _____

Instructor/Coach Signature _____ Date _____

Program Director/Club Officer _____ Date _____

Cantiague Figure Skating Club, Inc.

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT (“AGREEMENT”)

In consideration of participating in Cantiague 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 *Cantiague 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 *Cantiague 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 *Cantiague Figure Skating Club* shall not be responsible for the supervision of the members at Club Ice. Permission is hereby expressly granted to Cantiague Figure Skating Club to use any photographs images or likeness of us or our skater in advertising, promotional materials, social media etc.

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.

_____ 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