

# 2017 CENTRAL PACIFIC NON-QUALIFYING FIGURE SKATING COMPETITION

Hosted by  
**WASATCH FIGURE SKATING CLUB**



To be held at  
Weber County Ice Sheet  
4390 Harrison Boulevard  
Ogden, Utah 84403

October 5-9, 2016

**ONLINE REGISTRATION ONLY THROUGH ENTRYEEZE**

2016-2017 U.S FIGURE SKATING RULES WILL BE IN EFFECT FOR THIS COMPETITION

**ENTRY DEADLINE: SEPTEMBER 1, 2016**



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## **GENERAL RULES & INFORMATION**

The Central Pacific Non-Qualifying Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook and non-qualifying competition guidelines, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. Any approved exceptions to the current rules or guidelines are noted in this announcement.

The Chief Referee's interpretation of the rules and decisions on all questions not covered by these rules is final.

Information will be posted and available at [www.wasatchfigureskating.org](http://www.wasatchfigureskating.org), as necessary.

## **ELIGIBILITY/TEST LEVEL**

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.

**Test level:** Competition level is the highest test passed as of the entry deadline (Sept. 1, 2016) 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.

**Age restrictions/requirements:** Age restrictions are noted in the event requirements section of this announcement and are in accordance with U.S. Figure Skating rules. Age is based on the closing date of entries for this competition (Sept. 1, 2016).

## **ENTRIES**

Entries may have to be limited and will be accepted in the order received.

**Online Entry Only:** Secure online registration and credit card payment (Visa, Mastercard, and Discover only) is the only method for entry to this competition. Please go to [www.entryeeze.com](http://www.entryeeze.com) and click on the Central Pacific Non-Qualifying Competition logo to register your information as well as pay all entry fees.

Deadline for online registration is by 11:59 PM on **September 1, 2016**.

Each skater entry is a step by step process of adding club and coach information, skating level, events, and practice ice session reservations to the shopping cart.

Prior to completing payment for the online entry, competitors will be taken to an ***Assumption of Risk and Waiver of Liability*** page. Please review this page. The Assumption of Risk and Waiver of Liability must be accepted by the parent/guardian or adult skater prior to being directed to the payment page.

When online entry is complete and payment is made via credit card, an e-mail is automatically sent confirming the entry. Additionally, **an e-mail is sent to the skater's primary coach and home club when a skater's entry is processed. These e-mails have a link embedded in them. The receiver must click that link to be taken to an "Approval" page in our system. If the receiver clicks the "I approve" button in that page, the system records the approval. Skaters who do not receive approvals from their club and coach will not be able to compete.** Therefore, it is vital that the club officer and primary coach follow this procedure to approve the skater entry. In addition, if your coach and/or club are not currently listed in the dropdown box available, please be sure to enter the correct contact e-mail for your coach and/or club.

## Entry Fees:

Event Type	Event Fee
<ul style="list-style-type: none"><li>Well Balanced Free Skate events</li><li>Competitive Test Track events</li></ul>	\$60.00
<ul style="list-style-type: none"><li>Compete USA Events</li></ul>	\$50.00
<ul style="list-style-type: none"><li>Special Needs</li></ul>	\$20.00

**Late Entries:** All entries must be *submitted online* no later than **September 1, 2016**. Entries submitted after this date are late entries and will **not** be accepted.

**Refund Policy:** In accordance with Rule 3047, entry fees will be refunded only if the event is cancelled, with the exception that a refund will be made if entry is withdrawn prior to the close of entries. There will be no refunds for medical withdrawals. *Credit Card processing fees are not refundable for any reason.*

**Privacy Policy:** Personal information provided to the host organization through the entry process will not be sold or distributed for commercial use.

## **LIABILITY**

U.S. Figure Skating, the Wasatch Figure Skating Club and the Weber County Ice Sheet accept no responsibility for injury or damage sustained by any participant in this competition. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the Wasatch Figure Skating Club and its officers. Entries shall be accepted only on such condition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

## **GROUPS**

Two entries constitute an event, except for Special Needs events where one entrant is sufficient. All other events with only one entrant will be cancelled and the fees refunded. However, skaters who are the only entrant in an event may be allowed to compete at the Chief Referee's discretion, if time permits. If the solo entry skater is offered and accepts the opportunity to compete, fees will not be refunded. The skater will be judged, receive scores and their award. Note: The withdrawal of competitor(s) in an event within 48 hours of the event start will not change the status of an event as long as one skater remains; no event will be cancelled with at least one competitor, and no refunds provided, within 48 hours of the competition event.

Events having a large number of entries will be divided into groups based on age of competitors. Group size may be larger or smaller than the standard set in the Rulebook at the discretion of the Chief Referee. There will not be final rounds for any events with multiple groups.

## **FACILITIES**

The competition will be held at the Weber County Ice Sheet at 4390 Harrison Boulevard, Ogden, Utah 84403. The Weber County Ice Sheet will have two ice surfaces available to us (Olympic and NHL). The Olympic Rink is 100' x 200' and the NHL rink is 80' x 200'. Number of entries will determine which ice surface will be used for the non-qualifying competition events.

There are a total of 8 dressing rooms available. Concessions will be available during competition. Parking is free and abundant. Hotels are within 15 minutes of the Ice Rink. Several eating establishments, such as Starbucks are a short distance (some within walking distance) from the rink. Layered clothing/blankets are recommended as the rinks tend to be very cold.

## **ADMISSION**

Entrance to the non-qualifying competition is free. Please note: each non-qualifying competitor will receive one (1) athlete credential and one (1) chaperone credential. These credentials are valid for entrance into the 2017 Central Pacific Regional Championships (qualifying competition). **They are not transferrable.** Additional tickets for the qualifying competition may be pre-purchased using the Credential & Ticket Order Form at a discount. Tickets may be purchased at the door, as well (see table below for pricing). Tickets can also be purchased by credit card on the event website at [www.entryeeze.com](http://www.entryeeze.com).

## **TICKET PRICES**

<b>ALL EVENT TICKETS</b>		
	<b>Pre-Pay</b>	<b>Door Pricing</b>
Adults & Children 13+	\$30.00	\$35.00
Children 7-12	\$13.00	\$15.00
Children (Under 7)	FREE*	FREE*
Seniors 65+	\$13.00	\$15.00

<b>ONE-DAY TICKETS</b>		
	<b>Pre-Pay</b>	<b>Door Pricing</b>
<b>Adults &amp; Children 13+</b>	\$10.00	\$12.00
<b>Children 7-12</b>	\$ 5.00	\$ 5.00
<b>Children (Under 7)</b>	FREE*	FREE*
<b>Seniors 65+</b>	\$ 5.00	\$ 5.00

**\*when accompanied by a ticketed or credentialed adult**

## **CREDENTIALS**

Each athlete will receive one (1) complimentary credential, one (1) chaperone credential and one (1) designated approved coach credential, **provided the Credential Ticket and Order Form is submitted.** As noted above, these credentials will be valid for entrance into both the non-qualifying competition and qualifying competition. You must have your credential visible for entrance into either competition.

The credentials will be marked with the individual's name. You must have credentials to enter the Weber County Ice Sheet, the warm-up area and the locker rooms. Additional chaperone and coach credentials may be purchased at the door for \$35.00.

At the time of registration, **AFTER** competition music has been turned in, each competitor will receive their credential badges for themselves and their chaperone(s). The competitor's coach will pick up their credential badge separately at check-in.

**A photo ID must be shown by all chaperones and coaches when the credential is picked up. BADGES are non-transferable!**

Badges must be worn at all times while in the Weber County Ice Sheet. Any lost badges will be replaced for an additional charge of \$50 per badge.

## **MUSIC**

All competitors must provide their own music CD (*no CD/RW or DVD-R*). Music submission must be clearly marked with the entrant's name and event and is to be turned in at the time of registration or at least 45 minutes prior to the start of the event. There should be only one track per CD. *The CD turned in for competition should be free from scratches and smudges for the best result for playing your music.* Skaters are to have a backup CD readily available at rink side. Music should be picked up at the registration desk shortly following the conclusion of the event. Any CDs not picked up by the conclusion of the competition are not the responsibility of the Wasatch Figure Skating Club and will be discarded. Please have separate CDs for practice and competition.

## **REGISTRATION**

The Registration Desk will be open beginning Wednesday, October 5, 2016 through Sunday, October 9, 2016 one (1) hour before practice and competition begins. The Registration Desk is located in the Front Lobby area. All skaters are expected to be in the arena one hour prior to the start of their scheduled event.

## **OFFICIAL NOTICES**

Bulletins and Notices will be posted on an area of the wall in the main lobby next to the registration desk and will contain official information only. Notices posted here are considered sufficient notice to all entrants. The event schedule will be posted here at the start of the competition. This posted schedule supersedes any previously distributed schedules. Check frequently for any change in the schedule or other notices.

Results will be posted at the arena as soon as possible following the event. In addition, all results will be posted on our website after the conclusion of the competition.

NOTE: A skater's name and club affiliation will be posted online as outlined above for purposes of posting results of the competition. No other skater's information will be posted online by the host organization. Based on the notification provided in this Announcement, entry into the competition is deemed permission to post this information.

## **JUDGING SYSTEM**

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

## **OFFICIALS**

Referees, judges, and accountants will be selected from the officials list provided by U.S. Figure Skating. Accounting clerks, announcers, and music may be selected from the officials list or other volunteers who have received appropriate training.

## **AWARDS**

Skaters placing 1st, 2nd, 3rd and 4th in each event will receive medals. Awards will be presented immediately following the posting of the official results for each event.

## **INFORMATION REGARDING COACHES**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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. 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.

**NOTE: Any coach also participating in the Central Pacific Regional Championships must be a current member of PSA in addition to the above requirements.**

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 and including practice sessions. Coaching at U.S. Figure Skating events without compliance 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>

### **PRACTICE ICE**

Practice ice sessions may be available starting Wednesday, October 5, 2016 and, if needed, through Sunday, October 9, 2016 depending on the number of entries, practice ice requests, and overall schedule of the non-qualifying competition as well as the regional championships held in conjunction with this event.

Practice ice may be purchased online only at the time you register for your event. Purchases must be made by Sept. 1, 2016 on [www.entryeeze.com](http://www.entryeeze.com).

- All practice ice sessions will be 30 minutes in duration.
- Practice Ice sessions may be on either ice surface. No music will be played.
- Waiting lists will be established for all full sessions. Empty slots on a session will be filled in the order the names appear on the waiting list. If a skater is not present when a spot is to be filled, the next skater on the waiting list will be granted the spot.
- If a practice ice session is full, a skater's place on that session will be held for 5 minutes after the beginning of the session only. Skaters should check in with the Practice Ice Desk at least 15 minutes prior to the start of their session.
- Practice ice fees are non-refundable unless a session is not assigned or the skater registered for a practice ice session scheduled after their event is completed. Practice sessions may not be transferred to other skaters.

Skaters may purchase practice ice for \$15 per 30 minute session. Practice ice may be purchased at the door (subject to availability) for \$18 per 30 minute session.

### **PHOTOGRAPHY**

Action photos as well as still awards photos will be available for purchase at the event.

- Quicksilver Shots

***Please note: Flash photography of the competition, including practice ice, is strictly prohibited per U.S. Figure Skating policy.*** The flash may cause distraction leading to error or injury. Taking photos of any skater other than your own is prohibited without their express written consent, a copy of which must be provided to the host organization.

### **VIDEOGRAPHY**

The U.S. Figure Skating Production Team will serve as the official video provider for this event. To order a copy of your performance, please visit [www.usfigureskatingvideos.com](http://www.usfigureskatingvideos.com).

***Please note: videotaping of this competition, including warm-ups and practice ice, in any form is strictly prohibited per U.S. Figure Skating policy.***

## **SPECTATOR CONDUCT**

- The Weber County Ice Sheet is a non-smoking facility.
- Any small gifts thrown on to the ice must be completely wrapped. **NO** flowers are to be thrown onto the ice at any time (even if wrapped).
- Flash photography is not permitted at any time the competitors are on the ice, including the warm up and practice sessions.
- Videotaping of the competition, including practice ice, in any form is strictly prohibited.
- Spectators must turn off all audible tones on your electronic media devices.
- Violation of any of the above rules may subject the offender to ejection from the arena.

**THANK YOU** for your cooperation and compliance with these policies, and we hope you enjoy the event.

## **PROGRAM INFORMATION**

If you would you like your photo in the event program, email a photo to [program@wasatchfigureskating.org](mailto:program@wasatchfigureskating.org) no later than September 1, 2016. Photos should be a “yearbook style” headshot in JPEG format with a pixel resolution of at least 600 x400 pixels. The e-mail should include the skater’s name and event in the subject line. Photographs and media forms will be used for the program and publicity at the event. Submission of a competition entry automatically grants permission to use all accompanying information, including photographs, for publicizing these Championships.

Programs may be pre-purchased at the cost of \$20 per program on the Program Order Form. A very limited number of programs will be available for purchase at the door for \$25 each.

## **SCHEDULE**

A schedule will be posted on Entryeeze and the Wasatch Figure Skating Club website ([www.wasatchfigureskating.org](http://www.wasatchfigureskating.org)) as soon as possible following the close of entries. (Entries close on September 1, 2016)

## **MERCHANDISE**

Event merchandise will be available for purchase at the venue and more information will be available at [www.wasatchfigureskating.org](http://www.wasatchfigureskating.org).

## **ACCOMMODATIONS**

Please make your reservations early to guarantee you have the necessary room(s). Hotel information will be available on our website at [www.wasatchfigureskating.org](http://www.wasatchfigureskating.org). A block of rooms has been reserved at both the Official Hotel and Secondary Hotel for the competition and all reservations must be made by September 5, 2016.

<b>OFFICIAL HOTEL: Comfort Suites</b>	
Address	2250 S. 1200 W. Ogden, Utah 84401
Telephone	801-621-2545
The Comfort Suites is located 6.8 miles (approximately 15 minutes) from the Weber County Ice Sheet. The rate is \$89.00 per night plus tax	
Reservations are by phone only. Please reference “2017 Central Pacific Regionals.”	

<b>SECONDARY HOTEL: Holiday Inn Express</b>	
Address	2250 S. 1200 W. Ogden, Utah 84401
Telephone	801-392-5000
The Holiday Inn Express is located 6.8 miles (approximately 15 minutes) from the Weber County Ice Sheet. The rate is \$99.00 per night plus tax	
Reservations are by phone only. Please reference "2017 Central Pacific Regionals."	

## **TRANSPORTATION**

All competitors are responsible for their own transportation to the event and around the local area. Salt Lake International Airport is approximately 40 minutes from the competition venue.

Salt Lake International Airport (SLC)  
34.2 miles

## **LOC FORMS CHECKLIST**

- Credential & Ticket Order Form – required
- Program Pre-Order Form – optional
- Advertising Form – optional (includes 'Good Luck' Ad options)

\*\*\*Reminder, competition entry and practice ice purchase is available online only\*\*\*

## **LOCAL ORGANIZING COMMITTEE – CONTACT INFORMATION**

For any questions or additional information on the competition, you may contact any of the following organizers. E-mail communication is preferred. Please allow up to 48 hours for responses to be provided.

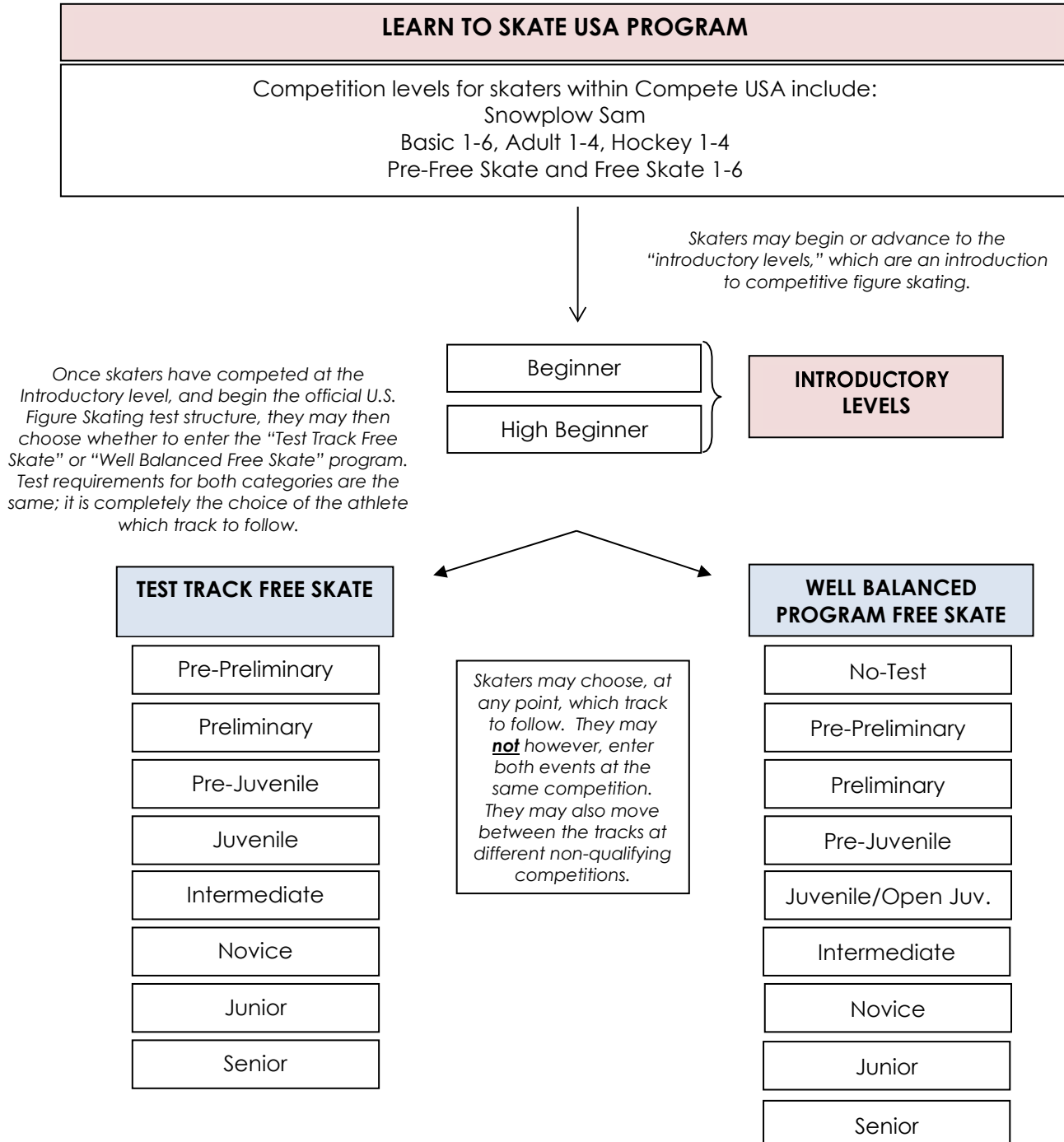
<b>Competition Chairs:</b>	Betty Winters	801-866-2703	<a href="mailto:wdennis410@aol.com">wdennis410@aol.com</a>
	Doris Friess	801-589-1169	<a href="mailto:dtfriess@yahoo.com">dtfriess@yahoo.com</a>
<b>Registrar:</b>	Betty Winters	801-866-2703	<a href="mailto:wdennis410@aol.com">wdennis410@aol.com</a>
<b>Practice Ice:</b>	Doris Friess	801-589-1169	<a href="mailto:dtfriess@yahoo.com">dtfriess@yahoo.com</a>
<b>Programs:</b>	Doris Friess	801-589-1169	<a href="mailto:dtfriess@yahoo.com">dtfriess@yahoo.com</a>
<b>Chief Referee:</b>	Lisa Erle	925-785-3148	<a href="mailto:lnrle68@aol.com">lnrle68@aol.com</a>
<b>Chief Accountant:</b>	Rebecca Oniki		<a href="mailto:r_oniki@yahoo.com">r_oniki@yahoo.com</a>

**Event website:** [www.wasatchfigureskating.org](http://www.wasatchfigureskating.org)



## ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

*Singles athletes begin with the Learn to Skate USA program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.*





## Compete USA Competitions

### **EVENT: Basic Program Event: Snowplow Sam – Basic 6**

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Forward snowplow stop on two feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6 - 8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counter clockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



## Compete USA Competitions

### EVENT: Free Skate 1-6 Program

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:40 max.

Level	Time	Skating rules / standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise or counter clockwise</li> <li>• One foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka (Right and Left)</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers-min 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum three revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 max	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:40 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin – minimum three revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination – minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>



## Compete USA Competitions

### EVENT: Introductory Levels Free Skate Program

General event parameters:

1. Skaters will skate to the music of their choice.
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 is in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner  1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge Tests
High Beginner  1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge Tests

## Compete USA Competitions

### EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

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

## Compete USA Competitions

### EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test.
Preliminary 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels)</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.



## EVENT: Well Balanced Program Free Skate

General event parameters:

1. Skaters may not 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 permitted.
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.

	Jump Elements	Spins	Step Sequences
<b>PRE-JUVENILE</b>  <b>2:00 +/- 10 sec</b> *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed except for the double Axel               <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ An Axel plus up to 3 different double jumps</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps</li> <li>○ Half-loop is considered a listed jump with the value of a single jump when used in sequence or combination</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot*               <ul style="list-style-type: none"> <li>○ May start with a flying entry</li> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*               <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ May start with a flying entry</li> <li>○ Min 4 revs</li> </ul>               These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 E)             </li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <b>If IJS is used, then: ChSt</b>
<b>OPEN JUVENILE</b>  <b>2:15 +/- 10 sec</b> *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps, including the double Axel, allowed               <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence</li> <li>○ No double jump can be repeated more than once</li> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</li> <li>○ Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot*               <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul>               Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))             </li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• One choreographic step sequence*               <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>



## EVENT: Test Track Free Skate

General event parameters:

1. Skaters may not 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-Juvenile 2:00 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile 2:15 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>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)</li> <li><i>Only solo spin may fly</i></li> </ul>	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



## EVENT: Test Track Free Skate

<p>Intermediate</p> <p>2:30 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>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).</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>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>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>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)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>All spins may fly</li> </ul>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 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</p> <p>Ladies: 3:30 +/- 10 sec. 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"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>	<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>



## EVENT: Test Track Free Skate

<p>Senior</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"> <li>Any single jumps.</li> <li>Must include at least four different double jumps, one must be a double Lutz.</li> <li></li> <li>Triple jumps are not permitted</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 &amp; 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>
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## Event: Special Needs

Skaters in any Special Needs or Special Skater program of any singles level may enter. Skaters may perform with assistance (including assistive devices or coach assistance) or without. Every skater will be one entrant only, unless the creation of groups is deemed appropriate by the Chief Referee.

All skaters will receive an award

Program duration should be 1 to 1 ½ minutes. Vocal music is permitted.

**CENTRAL PACIFIC NONQUALIFYING COMPETITION  
CREDENTIAL & TICKET ORDER FORM**

**(REQUIRED)**

Please complete this form to order complimentary skater's credential, complimentary Chaperone's credential (1), complimentary Coach's credential (1), and any additional "All-Event" credentials or tickets that you require. Please print legibly to ensure proper spelling of all names.

**Competitor's Name (print)** \_\_\_\_\_

**Email** \_\_\_\_\_ **Event** \_\_\_\_\_

**Chaperone Credential (complimentary):** \_\_\_\_\_ **Additional Chaperone Credential @ \$35:**

Name \_\_\_\_\_ Name \_\_\_\_\_

**Coach's Credentials (complimentary – must be a member of U.S. Figure Skating and PSA):**

Name \_\_\_\_\_ PSA # \_\_\_\_\_ USFS # \_\_\_\_\_

**Additional Coach's Credentials @ \$35 each:**

Name \_\_\_\_\_ PSA # \_\_\_\_\_ USFS # \_\_\_\_\_

<b>Tickets/Credentials – ALL Event 2017 Central Pacific Regional Championships</b>	<b>Price</b>	<b># of Passes</b>	<b>Total Amount</b>
Adult & Teen (age 13 & older) All-Event Ticket	\$ 30		\$
Child (age 7 – 12) All-Event Ticket*	\$ 13		\$
Senior (age 65 & older) All-Event Ticket	\$ 13		\$
Additional Chaperone's Credential	\$ 35		\$
Additional Coach's Credential	\$ 35		\$
<b>GRAND TOTAL</b>			\$

\*Children under 7 years are free when accompanied by an adult. Ticket prices are higher at the door

<b>Tickets/Credentials – One Day Tickets 2017 Central Pacific Regional Championships</b>	<b>Price</b>	<b># of Passes</b>	<b>Total Amount</b>
Adult & Teen (age 13 & older) All-Event Ticket	\$ 10		\$
Child (age 7 – 12) All-Event Ticket*	\$ 5		\$
Senior (age 65 & older) All-Event Ticket	\$ 5		\$
<b>GRAND TOTAL</b>			\$

\*Children under 7 years are free when accompanied by an adult. Ticket prices are higher at the door

All credentials and advance purchase all-event tickets may be picked up at the registration at the Weber County Ice Sheet during practice sessions and the competition. They are nontransferable and non-refundable. Lost credentials or all-event tickets may be replaced for **\$50** each. **Deadline to return form: Sept. 1, 2016** **Mail Form and Payment (made payable to WFSC) to:**

**Betty Winters, Registrar  
4903 Burch Creek Hollow  
Ogden, Utah 84403**

**CENTRAL PACIFIC NONQUALIFYING COMPETITION  
PROGRAM PRE-ORDER FORM**

**PHOTO AND INFORMATION SUBMISSION**

If you would you like your photo in the event souvenir program, email a photo to [program@wasatchfigureskating.org](mailto:program@wasatchfigureskating.org) no later than September 1, 2016. Photos should be a “yearbook style” headshot in JPEG format with a pixel resolution of at least 600 x400 pixels. The e-mail should include the skater’s name and event in the subject line. Photographs and media forms will be used for the program and publicity at the event. Submission of a competition entry automatically grants permission to use all accompanying information, including photographs, for publicizing these Championships.

**PRE-ORDERED PROGRAM BOOKS**

Program books may be pre purchased for \$20.00 each. Pre-ordered program(s) will be at the registration desk for pick up. Only a limited number of programs will be available for purchase during the competition. The cost of the program at the event will be \$25 each.

**Competitor’s Name** \_\_\_\_\_

**Email** \_\_\_\_\_ **Phone #** \_\_\_\_\_

Program Pre-Order	# of Programs Ordered	Cost Per Program (pre-order)	Total Price
		\$20.00	\$

**Deadline to return form: Sept. 1, 2016**

MAIL FORM AND PAYMENT (check or money order payable to WFSC) to:

**Betty Winters  
4903 Burch Creek Hollow  
Ogden, Utah 84403**

**CENTRAL PACIFIC NONQUALIFYING COMPETITION  
PROGRAM ADVERTISING ORDER FORM**

Name: \_\_\_\_\_

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

Advertising is available in the event program with sizes and pricing indicated below. All ads must be camera ready black and white hard copy, or Microsoft compatible electronic format. If the ad material supplied is not in a suitable format, the organizing committee reserves the right to alter, enhance, or create a new ad. The program size is 8 ½" x 11" and all artwork must fit into the size specification selected. **The deadline for ads is Sept. 1, 2016. You may email your electronic file: [program@wasatchfigureskating.org](mailto:program@wasatchfigureskating.org).**

Quantity	Location	Size	Ad Price	Total
_____	Outside Back Cover (color)	7 ¼" x 10"	SOLD	_____
_____	Inside Front Cover (color)	7 ¼" x 10"	\$125.00	_____
_____	Inside Back Cover (color)	7 ¼" x 10"	\$100.00	_____
_____	Full Page	7 ¼" x 10"	\$ 80.00	_____
_____	Half Page	7 ¼" x 4 ¾"	\$ 60.00	_____
_____	Quarter Page	3 ¼" x 4 ¾"	\$ 30.00	_____
_____	Business Card	3 ½" x 2 ¼"	\$ 20.00	_____
_____	Good Luck Ad	3 ½" x 2 ¼"	\$ 20.00	_____
*fill out information below; size is approximate				
GRAND TOTAL				\$ _____

If you would like the organizing committee to design a good luck ad, please list the following:

Skater's Name: \_\_\_\_\_

From: \_\_\_\_\_

Good Luck Message (12 word maximum): \_\_\_\_\_

\*\*Return form by Sept. 1, 2016\*\*

MAIL FORM AND PAYMENT (check or money order payable to WFSC) to:

**Betty Winters  
4903 Burch Creek Hollow  
Ogden, Utah 84403**