



August 5-7, 2010

**Basic Skills, Competitive Test Track,
Well Balance Free Skate and Adult Events
Singles– Artistic – Showcase**

**Salt Lake City Sports Complex
645 S. Guardsman Way
Salt Lake City, Utah**

**ONLINE REGISTRATION MUST BE MADE
BY MIDNIGHT ON JULY 2, 2010**



Sanctioned by:



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2010 SKATE SALT LAKE

August 5-7, 2010

Location:

Salt Lake City Sports Complex
645 Guardsman Way
Salt Lake City, UT 84108
(801) 583-9713
www.recreation.slco.org

Salt Lake City Sports Complex has two rinks, each with an enclosed ice surface of 200' x 100' with slightly rounded corners. Dressing rooms are available. There is bleacher seating in both arenas, and admission to view the competition is free.

Eligibility:

Skate Salt Lake is open to all eligible skaters. All competitors must be current members of US Figure Skating at the time of event (including Basic Skills participants). Test qualifications and age restrictions will be effective as of the closing date, July 2, 2010.

Sanction:

The 2010 Skate Salt Lake Figure Skating Competition is a non-qualifying competition sanctioned by US Figure Skating. The competition will be conducted according to the rules of US Figure Skating as shown in the 2010/2011 US Figure Skating rulebook, except as stated in this announcement and to comply with all Technical Notifications posted on the US Figure Skating website.

Judging

If available, an IJS mini system will be used for all well balanced free skate level events at Juvenile, Open Juvenile and all higher levels. **Juvenile, Open Juvenile through Senior level skaters must submit a program content form by July 23, 2010.** There will be a \$10.00 late fee if the form is submitted late. Updates to the announcement shall be posted on our website, at www.saltlakefigureskating.com. Basic Skills, No-Test through Pre Juvenile and Test Track events as well as all Artistic, Showcase and Adult events will be judged using the 6.0 system.

Official Notices:

A bulletin board will be maintained in the lobby area of the arena and shall be considered sufficient notice to competitors. The skating order for each event shall be posted a minimum of 12 hours prior to the start of the event. Please check the bulletin board for any schedule changes and official notices. Notices and a tentative competition schedule will also be posted on the website at www.saltlakefigureskating.com.

Referee:

The decision of the referee on all matters will be final. The referee, along with the competition chair, shall have the right to exclude any person whose behavior is unruly or unsportsmanlike.

Lodging:

The following hotel is close to the rink, and may have special rates available for competitors:

University Park Marriott

480 Wakara Way
SLC, UT 84108
801-581-1000

Fees: (Registration fee INCLUDES the credit card processing fee)

Free skate Levels

Basic Skills (Snowplow, Basic 1-8, Free skate 1-6)	\$60.00
No-Test through Pre Juvenile, Adult, Competitive Test Track	\$75.00
Juvenile through Senior	\$95.00
Artistic or Showcase as first event (Free skate 1-6 through Senior and Adult)	\$60.00
Each Additional Event* (Artistic, Showcase)	\$35.00

*If entered, Free Skate events are designated the first event.

Entries:

Online entry with secure credit card (Visa, Mastercard or Discover) payment is available at:

www.saltlakefigureskating.com

Online entry must be completed by midnight on July 2, 2010

Notification of competition and practice ice times will NOT be available by phone, mail or email. Skater and Coaches schedule will be available online at **www.saltlakefigureskating.com**.

Two entries in a division will constitute an event per US Figure Skating rules. The competition committee reserves the right to limit the number of entries in a category and to combine or divide groups as necessary. The committee may eliminate events due to insufficient entries or limitation on the availability of ice time.

Entrants may skate one level above that for which they are qualified.

Event eligibility is based on test status as of July 2, 2010. Events with large number of entries may split into multiple groups at the discretion of the Referee and the LOC. Short Program and Free skate will be skated as combined events for Intermediate and above. If necessary, qualifying rounds for Intermediate, Novice, Junior and Senior level events will be held and consist of the Short Program and Free skate, and final rounds will consist of the Free skate only. The number of skaters advancing to the final round for Juvenile through Senior-level events will be in accordance with Rule 3276.

Late entries may be accepted with the approval of the Referee and the Competition Chairperson, and will require a \$25.00 late entry fee. A fee of \$25.00 will be charged on any returned checks, and future payments must be made in cash or money orders. Skaters will not be allowed to practice or compete until all payments are current.

Coaches Registration:

In accordance with current rules, all coaches participating in this event must be registered with U.S. Figure Skating. For more information on the registration process, please visit www.usfigureskating.org. We will provide all registered coaches with a credential. Every coach in attendance will be required to check in at the registration table and must show a picture I.D. to receive their credential. We strongly recommend that you also bring any registration confirmation materials. Coaches must wear their badge at all times when coaching skaters at rinkside of a sanctioned competition. Monitors will be instructed to ensure that anyone standing rinkside has their credential.

Refund Policy:

Refunds are available ONLY if one of the following applies: An event is not held; withdrawal of an entry is made on or before July 2, 2010; a death in the skater's immediate family. A processing fee of \$20.00 will be charged for refunds requested after July 2, 2010. **To withdraw, notify the registrar immediately.** All refunds, less processing fee, will be mailed within 30 days after the completion of the competition or within 30 days of the date of cancellation of an event(s). If you paid by credit card, a refund will be issued to your credit card.

Registration & Music:

The Registration Table will be open in the competition arena, August 5-7, 2010. All competitors must provide their own music on CD (no CD-RW's, DVD-R or mini discs allowed). CD's must be clearly marked with name, event, and the side to be played. Only one piece of music per CD is allowed – **NO MULTIPLE TRACKS!** Please bring a back-up CD. Music must be turned in at the registration table by one (1) hour prior to the event to be skated, and picked up following the event. Salt Lake Figure Skating will not be responsible for any music not picked up by the end of the competition.

Practice Ice:

Pre-reserve your practice ice when you register online. Once the schedule is posted, you will have first choice of times to select online. Practice ice is \$15.00 per ½ hour session. Additional practice ice may be purchased once the schedule has been posted and those that pre-reserved have selected their times. Practice Ice purchased at the rink will be \$20.00 per session. NO REFUNDS will be issued for those who do not appear for their reserved session. Additional information for practice ice can be found on page 13.

Awards/Photographs:

Awards will be presented in the photography area immediately following the posting of the official results for each event. Basic Skills competitors will receive medals for all places. Medals will be given to first through fourth place winners for all other events.

Group award photos will be taken of each group and will be available for purchase. Skaters may also purchase individual photographs. In the spirit of good sportsmanship, all participants are asked to have their picture taken regardless of placement or intention to purchase pictures. If you find you are unable to have your picture taken, out of courtesy to the photographer please let them know so they may go ahead with a group photo.

Annette Barnes Award:

Annette Barnes was one of the founding board members and President of SLFS. She played a vital role in moving the club from the Utah Olympic Oval to the Salt Lake City Sports Complex. In appreciation of her many years of service and dedication to our club and the sport of Figure Skating, this award will be given at the conclusion of this years Skate Salt Lake competition. This award will be presented to an Intermediate skater that best demonstrates artistry, expression and presentation and who best shows a love for the sport of Figure Skating.

Videos:

Videos will be available for purchase during the competition. Hand-held personal video equipment is permitted in the bleacher area only. No video equipment may be plugged into arena outlets.

NOTE: In accordance with US Figure Skating guidelines, no unauthorized taping of skaters other than your own is allowed.

Questions:

Tiffany King, Competition Chair

E-mail: tiffinutah@hotmail.com

BASIC SKILLS FREE SKATE

ALL EVENTS ARE OPEN TO SKATERS OF ALL AGES. The competition is open to all skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club. Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills Skaters through Basic 8 must skate at highest level passed and no official U.S. Figure Skating tests may have been passed including MIF or individual dances. The same restrictions apply to all skaters, including but not limited to skaters taking private lessons. Where entries permit, groups will be divided by gender and age. Adults are welcome and are strongly encouraged to participate. All events are Well-Balanced Free Skate program events. Basic Skills division Snowplow Sam – Basic 8 level Free Skate programs may be skated to instrumental or vocal music and will be 1:00 minute in duration (+/- 10 seconds). All levels will be performed on full ice.

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 stated. Elements from a previous level are permitted; however, elements from a higher level are prohibited and a .2 deduction will be taken for each element performed from the higher level. Each program must contain the following required elements to be skated in any order (taken from the U.S. Figure Skating Basic Skills handbook).

SNOWPLOW SAM: March Followed by a Two-Foot Glide and Dip
Forward Two-Foot Swizzles 2 - 3 in a Row
Forward Snowplow Stop
Backward Wiggles 2 - 6 in a Row

BASIC 1 FREE SKATE: Forward Two-Foot Glide
Forward Snowplow Stop
Forward Two-Foot Swizzles 6 – 8 in a Row
Backward Wiggles 6 – 8 in a Row

BASIC 2 FREE SKATE: Forward One-Foot Glide (either foot)
Two-Foot turn in place – Forward to Backward
Backward Two-Foot Swizzles 6 – 8 in a Row
Forward Alternating ½ swizzle pumps, in a straight line – across width of ice (slalom like pattern)
Moving Snowplow Stop

BASIC 3 FREE SKATE: Forward Stroking
Forward ½ swizzle Pumps on a circle, either clockwise or counter clockwise
6- 8 consecutive
Moving Forward to Backward Two-Foot turn (either direction)
Backward One-Foot Glide (either foot)
Two-Foot Spin

- BASIC 4 FREE SKATE:** Forward Outside edge on a circle, either clockwise or counter clockwise
 Forward Crossovers 6 – 8 consecutive, Both Directions
 Forward Outside 3-turn – R & L from a standstill
 Backward Stroking
 Backward One-Foot Snowplow Stop (either foot)
- BASIC 5 FREE SKATE:** Backward Outside edge on a circle, either clockwise or counter clockwise
 Backward Crossovers 6 – 8 consecutive, Both Directions
 One-Foot Spin (minimum 3 revolutions)
 Side toe Hop, either direction
 Hockey Stop
- BASIC 6 FREE SKATE:** Forward Inside 3-turn – R & L from a standstill
 Bunny Hop
 Forward Spiral on a straight line, either R or L
 Forward Lunge, either R or L
 T-Stop (either foot)
- BASIC 7 FREE SKATE:** Forward Inside open Mohawk, R to L & L to R
 Ballet Jump (either direction)
 Backward Crossovers to a Back Outside edge landing position – Clockwise & Counter Clockwise
 Forward Inside Pivot
- BASIC 8 FREE SKATE:** Moving Forward Outside or Forward Inside 3-turns, R & L
 Waltz jump (entry optional)
 Mazurka (either direction)
 Combination Move: Two Forward Crossovers into FI Mohawk, step behind, step into one Backward Crossover and step to a FI edge (clockwise or counter clockwise)
 Beginning One-Foot upright Spin (optional free foot position)

FREE SKATE EVENTS: Free Skate 1 – 6 - For the Free skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

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 stated. 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 a previous level. A .2 deduction will be taken for each element performed from a higher level. Vocal music is not allowed. Music duration: 1:30 minutes (+/- 10 seconds).

- FREE SKATE 1:** Advanced Forward Stroking (4-6 consecutive strokes)
Scratch Spin from Backward crossovers
Waltz jump from Backward crossovers
Half-Flip jump
- FREE SKATE 2:** Forward Outside Spiral, either R or L
Toe loop jump
Beginning Back Spin
Waltz jump-side hop- Waltz jump series
- FREE SKATE 3:** Forward crossovers in a figure 8
Back Spin
Salchow
Waltz jump/Toe loop or Salchow/Toe loop combination
- FREE SKATE 4:** Forward Power 3s (2-3 consecutive sets), either R or L
Sit Spin
Loop jump
Waltz jump/Loop jump combination
- FREE SKATE 5:** Camel Spin
Forward upright pin to Back upright spin
Loop/Loop combination
Flip jump
- FREE SKATE 6:** Camel/Sit Spin combination (min. 4 revolutions)
Split or Stag jump
Lutz jump
Waltz jump/half loop/Salchow combination

COMPETITIVE TEST TRACK

Skaters may enter either the Test Track Free Skate program or the Well-Balanced Free Skate program track, but not both, during the same non-qualifying competition. Competitors will skate to music of their choice. 6.0 Judging will be used. All events are Well-Balanced Free Skate program events. Deductions will be made for skaters including technical elements not permitted in the event description. Skaters must be 20 years of age or younger as of the competition date. Vocal music is allowed at all levels.

Deductions will be made for skaters including technical elements not permitted in the event description.

- 0.1 from each mark for each technical element that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions.
- 0.1 for each 10 second time violation.
- 0.1 for step sequences not fully utilizing the ice surface, Pre-Juvenile and higher levels.

LIMITED BEGINNER: Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills Free Skate badge tests.

ELEMENTS: Program Duration: 1 Minute 30 Seconds (+/- 10 Seconds)
2 Solo spins in an upright position (min. 3 revolutions)
Jumps with not more than one-half rotation (front to back or back to front)
Jump sequences are allowed
Maximum 5 jump elements
Connecting moves and steps should be demonstrated throughout the program

BEGINNER: Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills Free Skate badge tests.

ELEMENTS: Program Duration: 1 Minute 30 Seconds (+/- 10 Seconds)
2 Solo spins in an upright position, change of foot optional (min. 3 revolutions)
Jumps with not more than one-half rotation (front to back or back to front)
Single rotation jumps – Salchow and toe loop only
Jumps combinations and jump sequences are allowed
Maximum 5 jump elements
Connecting moves and steps should be demonstrated throughout the program

PRE-PRELIMINARY TEST: Skaters may not have passed tests higher than U.S. Figure Skating Pre-Preliminary Free Skate test.

ELEMENTS: Program Duration: 1 Minute 30 Seconds (+/- 10 Seconds)
Two solo held in one position only of a different nature (Min. 3 revolutions, no flying spins)
Jumps with not more than one rotation (No axels)
Jump combinations or sequences using only a Waltz jump, Toe loop and Salchow
Maximum 5 jump elements
Connecting moves and steps should be demonstrated throughout the program

PRELIMINARY TEST: Skaters must have passed at the U.S. Figure Skating Pre-Preliminary Free Skate test, but may not have passed tests higher than the Preliminary Free Skate test.

ELEMENTS: Program Duration: 1 Minute 30 Seconds (+/- 10 Seconds)
Two spins of a different nature, combination spins allowed (min. 3 revolutions each & no flying spins)
Jumps with not more than one rotation (No axels). Jump combinations and sequences are allowed
Maximum 5 jumping elements
Connecting moves and steps should be demonstrated throughout the program

PRE-JUVENILE TEST: 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.

ELEMENTS: Program Duration: 2 Minutes (+/- 10 Seconds)
Three spins in any position (min. 4 revolutions), one must be a combination spin with change of foot optional (min. 3 revolutions on each foot or 6 total revolutions). No flying spins.
Jumps with not more than one rotation (No axels). Jump combinations and sequences are allowed
Maximum 6 jumping elements
One step sequence, straight line, circular or serpentine, fully utilizing ice surface

JUVENILE TEST: 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.

ELEMENTS: Program Duration: 2 Minutes 15 Seconds (+/- 10 Seconds)

Three spins in any position (min. 4 revolutions), one must be a combination spin with one change of foot (min. 4 revolutions on each foot). May include flying spins.

Any single jumps and jump combinations with not more than 1½ rotation (Axel permitted)

Maximum 6 jumping elements

One step sequence, straight line, circular or serpentine, fully utilizing ice surface

INTERMEDIATE TEST: 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.

ELEMENTS: Program Duration: 2 minutes 30 Seconds (+/- 10 Seconds)

Three spins in any position (min. 4 revolutions), one must be a combination spin with at least one change of foot (min 4 revolutions on each foot). May include flying spin

Any single jumps

Double jumps may only be the double Salchow and the double Toe loop. Jump combinations and sequences allowed.

Maximum 6 jumping elements

One step sequence, straight line, circular or serpentine, fully utilizing ice surface

NOVICE TEST: 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.

ELEMENTS: Program Duration: 3 Minutes for ladies and 3 Minutes 30 Seconds for men (+/- 10 Seconds)

Three spins in any position (min 6 revolutions), one must be a combination spin with at least one change of foot (min. 5 revolutions on each foot). May include flying spins

Any single jumps

Double jumps may only be the double Salchow, double Toe loop and the double Loop. Jump combinations and sequences allowed

Maximum 7 jumping elements

One step or spiral sequence (see Rule 3640 for description)

JUNIOR TEST: Skaters must have passed at least the U.S. Figure Skating Novice Free Skate test, but may not have passed higher than Junior Free Skate test.

ELEMENTS: Program Duration: 3 Minutes 30 Seconds for ladies and 4 Minutes for men (+/- 10 Seconds)

Three spins – one must be a flying spin, a solo spin (6 revolutions each) and combination spin consisting of all three positions and one change of foot (min. 2 in each position and min. 5 revolutions on each foot)

Any single jumps and double jumps may only be the double Salchow, double Toe loop double Loop and the double Flip. Jump combinations and sequences allowed

Maximum 7 jumping elements for ladies and 8 for men

Ladies: One step sequence and one spiral sequence (see Rule 3640 for description)

Men: Two different step sequences

SENIOR TEST: Skaters must have passed at least the U.S. Figure Skating Junior Free Skate test.

ELEMENTS: Program Duration: 4 Minutes for ladies and 4 Minutes 30 Seconds for men (+/- 10 Seconds)

Four spins (min. 6 revolutions on all solo spins) – one must be a flying spin, one a solo spin, one spin combination consisting of all three positions and one change of foot (min. 2 in each position and min. 5 revolutions on each foot)

At least four different double jumps – one must be a double Lutz. Jump combinations and sequences allowed Maximum 7 jumping elements for ladies and 8 for men

Ladies: One step sequence and one spiral sequence (see Rule 3640 for description)

Men: Two different step sequences

WELL-BALANCED FREE SKATE PROGRAM TRACK

Vocal music is permitted at the Intermediate and lower levels.

NO-TEST FREE SKATE: Program Duration: 1 Minute 30 Seconds (+/- 10 Seconds)

Open to skaters who have not passed the U.S. Figure Skating Preliminary Free Skate Test. Program in accordance with 3720 in the Rulebook. No axels or double jumps permitted. Maximum of 5 jumping elements. Maximum of 2 spins of a different nature. One step sequence utilizing ½ the ice surface.

PRE-PRELIMINARY FREE SKATE: Program Duration: 1 Minute 30 Seconds (+/- 10 Seconds)

Open to skaters who have not passed the U.S. Figure Skating Preliminary Free Skate Test. Program in accordance with 3710 in the Rulebook. Axels are permitted. No double jumps are permitted. Maximum of 5 jumping elements. Maximum of 2 spins of a different nature. One step sequence utilizing ½ the ice surface.

PRELIMINARY FREE SKATE: Program Duration: 1 Minute 30 Seconds (+/- 10 Seconds)

Open to skaters who have passed the U.S. Figure Skating Pre-Preliminary Free Skate test, but not the U.S. Figure Skating Pre-Juvenile Free Skate test. Program in accordance with 3700 in the Rulebook. One jump must be an axel/waltz jump jump-type jump. Maximum 5 jumping elements. Maximum of 2 spins of a different nature. One step sequence utilizing ½ the ice surface.

PRE-JUVENILE FREE SKATE: Program Duration: 2 Minutes (+/- 10 Seconds)

Skaters must have passed the U.S. Figure Skating Preliminary Free Skate Test, but not the U.S. Figure Skating Juvenile Free Skate Test. Program in accordance with 3690 in the Rulebook. Program may include an axel, and up to four different double jumps. Double jumps may be repeated in jump sequence or jump combination.

JUVENILE FREE SKATE: Open to skaters 12 years of age or under at close of entries.

OPEN JUVENILE FREE SKATE: Open to skaters 13 years of age or older at the close of entries.

FOR EITHER EVENT: Program Duration: 2 Minutes 15 Seconds (+/- 10 Seconds)

Skaters must have passed the U.S. Figure Skating Pre-Juvenile Free Skate Test, but not the U.S. Figure Skating Intermediate Free Skate Test. Program in accordance with 3680 in the Rulebook.

SHORT PROGRAMS: Use requirement 3640-3671 in the Rulebook.

INTERMEDIATE FREE SKATE:

Short program maximum duration: 2 minutes. Free Skate program duration: 2 minutes 30 seconds (+/- 10 Seconds). Open to skaters who have passed the U.S. Figure Skating Juvenile Free Skate Test, but not the U.S. Figure Skating Novice Free Skate Test. Free Skate program in accordance with 3672 in the Rulebook.

NOVICE FREE SKATE:

Short program maximum duration: 2 minutes 30 seconds. Free Skate program duration: 3 minutes for ladies and 3 minutes 30 seconds for men (+/- 10 Seconds). Open to skaters who have passed the U.S. Figure Skating Intermediate Free Skate Test, but not the U.S. Figure Skating Junior Free Skate Test. Free Skate program in accordance with 3663 in the Rulebook.

JUNIOR FREE SKATE:

Short program maximum duration: 2 minutes 50 seconds. Free Skate program duration: 3 minutes 30 seconds for ladies and 4 minutes for men (+/- 10 Seconds). Open to skaters who have passed the U.S. Figure Skating Novice Free Skate Test, but not the U.S. Figure Skating Senior Free Skate Test. Free Skate program in accordance with 3653 the Rulebook.

SENIOR FREE SKATE:

Short program maximum duration: 2 minutes 50 seconds. Free Skate program duration: 4 minutes for ladies and 4 minutes 30 seconds for men (+/- 10 Seconds). Open to skaters who have passed the U.S. Figure Skating Junior Free Skate Test or the Senior Free Skating Test. Free Skate program in accordance with 3643 the Rulebook.

ADULT FREE SKATE

Events may be combined by age, sex, or level at the discretion of the Referee in order to give skaters an opportunity to compete. Where events at the different levels are combined, the elements from the lowest level will be skated. Men and women will be separated where possible. Please note that +/- 10 Second time allowances do not apply to Adult Events.

YOUNG ADULT BRONZE FREE SKATE: Open to skaters ages 18 - 20 as of close of entries who have passed no higher than the U.S. Figure Skating Preliminary Free Skate test. Program in accordance with 3800 in the Rulebook. No axel or multi-revolution jumps allowed. Free Skate program maximum duration: 1 minute 50 seconds.

ADULT BRONZE FREE SKATE: Open to skaters 21 years and older as of close of entries who have passed no higher than the U.S. Figure Skating Adult Bronze Free Skating Test or the Preliminary Free Skating Test. Program in accordance with 3800 in the Rulebook. No axel or multi-revolution jumps allowed. Free Skate program maximum duration: 1 minute 50 seconds.

YOUNG ADULT SILVER FREE SKATE: Open to skaters ages 16 - 20 as of close of entries who have passed no higher than the U.S. Figure Skating Juvenile Free Skate Test. Program in accordance with 3790 in the Rulebook . Free Skate program maximum duration: 2 minutes 10 seconds.

ADULT SILVER FREE SKATE: Open to skaters 21 years and older as of close of entries who have passed at least the U.S. Figure Skating Adult Bronze Free Skating Test, but no higher than the U.S. Figure Skating Juvenile or the Adult Gold Free Skating Test. Program in accordance with 3790 in the Rulebook . Free Skate program maximum duration: 2 minutes 10 seconds.

YOUNG ADULT GOLD FREE SKATE: Open to skaters ages 16 - 20 as of close of entries who have passed no higher than the U.S. Figure Skating Intermediate Free Skate Test. Program in accordance with 3780 in the Rulebook . Free Skate program maximum duration: 2 minutes 40 seconds.

ADULT GOLD FREE SKATE: Open to skaters 21 years and older as of close of entries who have passed at least the U.S. Figure Skating Adult Silver Free Skating Test, but no higher than the U.S. Figure Skating Intermediate Free Skate Test. Program in accordance with 3780 in the Rulebook . Freeskate program maximum duration: 2 minutes 40 seconds.

ARTISTIC

Skate time durations adhere to National Showcase requirements.

This event is to be skated as a rhythmic interpretation of the music selected by the skater; vocal or instrumental music may be used. Qualifications to compete in a given level are the same as the requirements for the same free skating level. One mark will be awarded based on the program components as described in the Rulebook. Any jumps, spins, and footwork sequences incorporated into the program should be to enhance the above components. Base value and difficulty level of technical elements will not be a consideration in assigning the final mark. Novelty effects, such as lip-synching or dancing in place, are not desirable. Costumes should be in accordance with U.S. Figure Skating rules. Props, including hand-held, are not allowed. At the discretion of the referee, groups may be combined and/or divided. Males and females will compete against each other.

Program duration (no minimum requirement):

No Test, Limited Beginner, Beginner through Pre-Juvenile – 1:40 minutes maximum

Juvenile through Novice – 2:10 minutes maximum

Junior and Senior – 2:40 minutes maximum

Adults – 1:40 minutes maximum (this time matches Adult Nationals requirements)

Basic Skills Artistic Light (Snowplow – B8) – 1:00 (+/- 10 seconds)

SHOWCASE

Skate time durations adhere to National Showcase requirements.

These events are designed to portray a character or theme through the use of music and costume.

One mark will be awarded based on the following criteria:

- 1) Entertainment value. This principal element is comprised of showmanship, artistic, and theatrical qualities, and audience appeal.
- 2) Music and choreography. The performance must fit the music. The routine should use the full ice surface with the skating elements reflecting musical interpretation. Creativity and originality will be credited.
- 3) Skating. Skating elements should carry out the mood of the music/choreography and will be judged on how they enhance the performance and interpretation of the music. Difficulty of moves/elements will not be a factor. Choreography and skating ability should be consistent with the skating level entered.
- 4) Costumes and props. Costumes and props should reflect the music and must be appropriate for the performance and age of the skater. A prop must be incorporated into the performance and not just scenery. Props must be carried on and off the ice by the skater in a reasonable amount of time.

If insufficient entries are received, levels may be combined at the discretion of the referee. Males and females will compete against each other.

Program duration (no minimum requirement):

No Test, Limited Beginner, Beginner through Pre-Juvenile – 1:40 minutes maximum

Juvenile through Novice – 2:10 minutes maximum

Junior and Senior – 2:40 minutes maximum

Adults – 1:40 minutes maximum (this time matches Adult Nationals requirements)

Basic Skills Showcase (Snowplow – B8) – 1:00 (+/- 10 seconds)



REGISTER ONLINE!

Pay by credit card

Processing fee included in entry fee.

www.saltlakefigureskating.com

Follow the links for competition information and to register and pay for competition and practice fees!

Signatures: Signatures are no longer needed when registering online. A confirmation will be sent to your coach and home club.

Payment: Visa, Master or Discover cards are accepted.

Planned Program Content Form: (Open Juvenile – Senior Level) The Planned Program Content Form MUST be mailed to the address listed on the form by July 23, 2010. There will be a \$10.00 late fee for all forms turned in AFTER July 23, 2010.

Practice Ice

- Pre register for practice ice ONLINE. **You may purchase six (6) sessions per skater.** After the schedule is posted, **you select the session you want!** Practice ice begins Thursday, August 5, 2010. Practice ice will be available Thursday, Friday and Saturday (August 5-7, 2010). Sessions are \$15.00 per ½ hour. After those who pre registered, additional practice ice may be purchased online if available. Practice ice purchased in person will be \$20.00 per ½ hour session. Not all practice sessions will be on the competition surface.
- Practice ice fees will not be refunded.
- Practice ice will have music played by a random draw. Skaters are not guaranteed that their music will be played. Music will only be played once per session, regardless of how many skaters are on a session or if time is left.
- Schedules will be posted on our website, www.saltlakefigureskating.com

Any questions, email Tiffany King
tiffinutah@hotmail.com

