



ANNOUNCING

The 2010 La Jolla Figure Skating Club's Open Championships

**April 23rd, 24th, 25th
2010**

Sponsored by the La Jolla Figure Skating Club.....Sanctioned by US Figure Skating

Event to be held at the La Jolla Ice Town, University Towne Centre
4545 La Jolla Village Drive San Diego, CA 92122
www.LaJollaFSC.com

ENTRY DEADLINE: March 19th, 2010
Postmarked or by midnight if **entering online with**
Entryeze

For further information contact:

Chair :
Cary Landt
619-445-3260
carylandt@gmail.com

Chief Referee:
George Rossano
gsrossano@earthlink.net

Registrar:
Diane Economou
619-225-0707
dianeonly@cox.net

(No calls after 8pm, please)



General Rules and Information

The La Jolla Figure Skating Club's Open Championships April 23rd, 24th, 25th, 2010, will be held at Ice Town, 4545 La Jolla Village Drive, San Diego, CA 92122. The competition is sanctioned and will be conducted in accordance with the rules of US Figure Skating as set forth in the **2009)/2010** Rule Book, except as herein specified (Short Programs have been selected for the **2010/2011 season, Group C for Singles and Group B for Pairs**). Only skaters who are US Figure Skating members are eligible to compete. All Free Skating music durations are +/- 10 seconds unless otherwise noted.

ENTRY DEADLINE

Entries must be submitted online via Entryeeze (www.entryeeze.com or www.lajollafsc.com) by **midnight March 19th, 2010** or **postmarked** no later than, **March 19, 2010**. Entries may be accepted after this date at the discretion of the competition committee. **A \$25 late fee MUST accompany late entries to be considered.** No entries or changes to entries will be accepted after **March 26, 2010** for any reason.

TESTS

Test qualifications are in effect as of **March 19, 2010** and shall determine eligibility for all events.

PREVIOUS WINNERS

No competitor may enter an event previously won by that skater, but must skate up one level regardless of their test status, with the exception of Senior, Adult Gold, and Adult Masters events. No competitor will be eligible for an artistic award previously won by that competitor.

AGE RESTRICTIONS

A competitor's age on the date of the close of entries shall be used to determine eligibility for age restricted events. Open Juvenile level is for eligible competitors that are 13 years of age or older.

REGISTRATION

A Registration Desk will be located in the lobby of Ice Town on the days of the competition. All competitors are required to register upon arrival at the arena, no later than 30 minutes before the scheduled start of their event. Always check the official bulletin board for changes in schedule and events. Events may, at the discretion of the Referee, start up to 20 minutes prior to the scheduled time.

BULLETINS AND NOTICES

An official bulletin board will be maintained in the lobby of Ice Town and will contain official information only. The posting of notices on the official bulletin board and the club website (www.LaJollaFSC.com) shall be considered sufficient advance notice to all competitors.

ICE SURFACE

The Ice Town is indoors, located in a mall with an overlooking food pavilion. The ice surface measures 185' x 85' with slightly rounded corners. The rink is conveniently located within the food court of the University Towne Centre Mall.

VIDEO TAPING

Professional video taping will be available. Due to contractual obligations, you are not allowed to video any competitor but your own, for your personal use. Taping of other competitors is strictly prohibited.

PHOTOGRAPHY

Official photos will be provided and taken immediately following the posting of the results. There is ample light in the arena for your own photography. For safety reasons, use of flash is strictly prohibited anywhere in the arena.

MUSIC

Please provide **CD's only** and have at least one back-up at the arena during competition. The La Jolla FSC is not responsible for poorly recorded CD's. No CD-RW CD's and only one track per CD. Please clearly mark with the competitor's name and event. You are responsible for picking up your music at the registration desk after your event.

PRACTICE ICE

No official practice ice will be offered. Please call Ice Town directly at 858-452-9110 for their freestyle schedule.

DISPUTES

Please bring disputes to the attention of the competition chairperson. In any case, the decision of the Chief Referee shall be final.

REFUND OF ENTRY FEES

Once entries have closed, entry fees are refundable only if the competition is not held per US Figure Skating Rule #3235. If there are not enough entries to hold an event and time allows, a critique may be offered the skater in lieu of a refund for that event. The processing fee portion of the fees is non refundable.

GROUPING OF EVENTS

Two entries in any event constitute a competition. Intermediate thru Senior Short Programs and Free Skating Programs are offered as separate events. Events with more than 12 competitors may be divided into groups at the discretion of the competition committee. In the event of multiple groups, there will be no final round. Pre-Juvenile and below groups will be divided by age. If there are not enough entries to hold an event, boys and girls may compete against each other at the Preliminary level and below. Warm up groups may have up to 8 skaters at one time.

COMPULSORY PROGRAMS

Compulsory Programs must be performed as a continuous program with all elements performed once in any order without music and without additional elements or excessive embellishment. Moves in the Field elements are each considered a single element and may not be split but must be performed in its entirety as it would be in the Moves in the Field Test.

Compulsory Programs will be judged on the 6.0 system, however the judges will be looking strongly at how the program relates to three of the Program Component marks used in IJS: Skating Skills, Transitions, and Performance and Execution. Two marks will be awarded. One for Required Elements and one for Program Components with the mark for Required Elements breaking ties. Additional, repeated or omitted elements will be penalized by a deduction of 0.2 in the mark for Required Elements. Failures, based on their severity and context in the program, may be reflected in the base mark and/or a penalty of 0.1 to 0.2, the latter only for extreme failures. Excessive embellishment may be penalized only to the extent in the judge's opinion that the program is unnecessarily prolonged, but no more than 0.2 in the mark for presentation. Additional elements include jumps of ½ revolution or greater and spins or spin-like movements of 1 revolution or greater. Excessive embellishment includes excessive posing, unnecessary/excessive step sequences and unprescribed moves such as spirals, Ina Bauers, etc. Exit of spins optional.

LENGTHS OF PROGRAMS

Program times allow plus or minus 10 seconds except those specified as Maximum. In that case, there is no additional 10 seconds allowance and there is no minimum time. All references to the Axel jump include one foot Axel and inside Axel. If half ice is specified, the event shall be skated on half ice with cones regardless of whether the other half of the ice surface is being utilized or not.

AWARDS

Medals will be given for First, Second, Third, and Fourth place finishes in all events.

COMPETITION INFORMATION

No Information will be mailed. Please visit the official La Jolla FSC web site for schedule and group information, www.lajollafsc.com. You may also contact the Registrar and request an electronic copy be sent to you via email.

JUDGING SYSTEM

All Juvenile/Open Juvenile thru Senior singles, Short Program and Free Skating events, and Adult Gold, Adult Championship and Adult Masters Free Skating events will be judged using the IJS system of judging as outlined in Rule number 3430. Skaters must submit a Planned Program content sheet for all events entered that use the IJS system. Pre-Juvenile and below Free Skating events, Adult Silver, Adult Bronze and Adult Pre-Bronze Free Skating events, all Competitive Test Track events, all Artistic events, all Pairs events and all Compulsory events will be judged using the 6.0 system.

ADMISSION

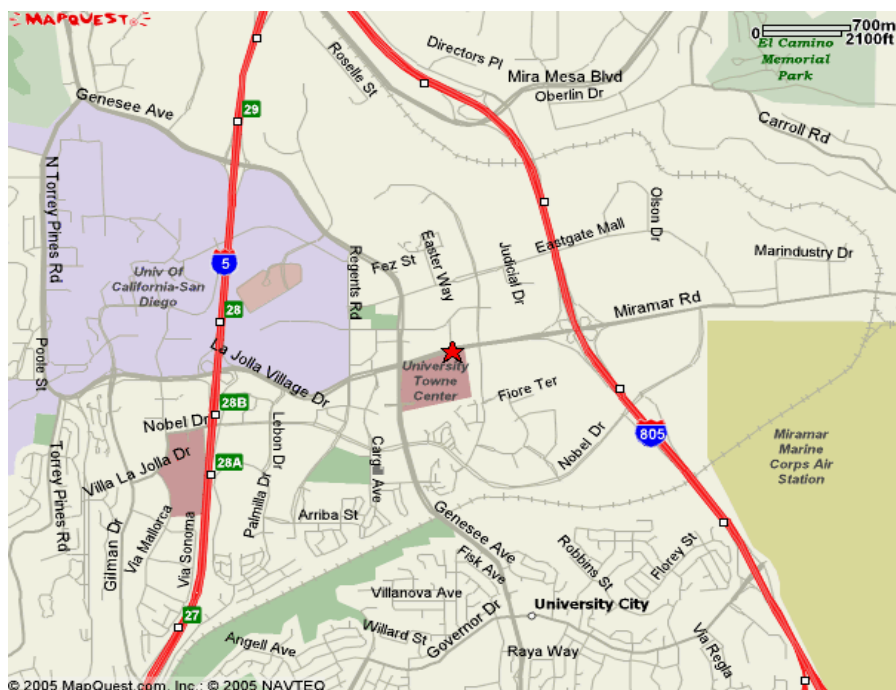
There is no admission charge to any of the events.

ACCOMMODATIONS

Please check our website at www.LaJollaFSC.com for additional information and updates.

Directions to Ice Town Arena:

Take I-5 South to 805 South
To La Jolla Village Drive – Exit West/Right
To Towne Centre Drive – Turn Left
Turn Right into Shopping Center (2nd Driveway)
Ice Town is located below the food court (near Burger King)



Special Awards

- **The 1985 Junior Board Trophy for Most Artistic Performance in the Juvenile, Intermediate, & Novice Free Skating Events**

This trophy was donated by the LJFSC Junior board and designated to be awarded for the most artistic freestyle performance in the Juvenile, Intermediate, and Novice events. The selection of a winner is made by a special committee of judges. Perpetual trophy to stay with Club.

- **The William O. Smythe Memorial Trophy for the Most Artistic Performance in Pre-Juvenile-Intermediate Artistic Events**

This trophy was donated by the LJFSC Board of Governors as a memorial to William Smythe who for many years was a gold test judge in San Diego, and who took a special interest in the development of young skaters in figures. The trophy was originally awarded for the best figures skated by entrants in the Pre-Juvenile through Intermediate events. In the absence of figure events, this trophy has been rededicated to award the most artistic performance in the Pre-Juvenile through Intermediate Artistic Events. Perpetual trophy to stay with Club.

- **The Carol Watkins Memorial Trophy for Best Costume Artistic Events**

This trophy was donated by the LJFSC Board of Governors and Jim Watkins as a memorial to Carol Watkins, co-founder of the La Jolla Figure Skating Club. Carol was very active in all aspects of the community, working to fight drug use and child abuse. She raised money to help children, veterans and animals. She was also responsible for bringing the Olympic Training Center to San Diego. Her creative talents could be seen in the "backless" and beaded dresses she hand made for her daughter, KC Watkins - Vafiadis. This trophy will be awarded to the skater in an Artistic Event with the best costume. Perpetual trophy to stay with Club.

Dance events will not be offered at the 2010 La Jolla Open so the following trophies will not be awarded:

- **The Claude Sweet Trophy for the winners of the Open American Waltz**
- **The Tooker Trophy for Best Solo Dance in Preliminary through Bronze Level**
- **The Grace Smith Memorial Trophy for Adult Silver Dance**

Short Program Events

Short Programs will be skated as a separate event.

Senior Short Program: Skaters must have passed the Junior Free Skating Test. The Short Program shall be per Rule 3641 for Men and 3642 for Ladies. Short Program Time: 2:50 Max. ***The International Judging System (IJS) will be used for this event.***

Junior Short Program: Skaters must have passed the Novice Free Skating Test, but not the Senior Free Skating Test. The Short Program shall be per Rule 3651 for Men and 3652 for Ladies. The designated group will be **Group C**. Short Program Time: 2:50 Max. ***The International Judging System (IJS) will be used for this event.***

Novice Short Program: Skaters must have passed the Intermediate Free Skating Test, but not the Junior Free Skating Test. The Short Program shall be per Rule 3661 for Men and 3662 for Ladies. Short Program Time: 2:30 Max. ***The International Judging System (IJS) will be used for this event.***

Intermediate Short Program: Skaters must have passed the Juvenile Free Skating Test, but not the Novice Free Skating Test. The Short Program shall be per Rule 3671. Short Program Time: 2:00 Max. ***The International Judging System (IJS) will be used for this event.***

Free Skating Events

Senior Free Skate: Skaters must have passed the Junior Free Skating Test. The Free Skating Program shall be per Rule 3643. Free Skating Program Time: 4 minutes 30 seconds (+/- 10 seconds) for Men and 4 minutes (+/- 10 seconds) for Ladies. ***The International Judging System (IJS) will be used for this event.***

Junior Free Skate: Skaters must have passed the Novice Free Skating Test, but not the Senior Free Skating Test. The Free Skating Program shall be per Rule 3653. Free Skating Program Time: 4 minutes (+/- 10 seconds) for Men and 3 minutes 30 seconds (+/- 10 seconds) for Ladies. ***The International Judging System (IJS) will be used for this event.***

Novice Free Skate: Skaters must have passed the Intermediate Free Skating Test, but not the Junior Free Skating Test. The Free Skating Program shall be per Rule 3663. Free Skating Program Time: 3 minutes 30 seconds (+/- 10 seconds) for Men and 3 minutes (+/- 10 seconds) for Ladies. ***The International Judging System (IJS) will be used for this event.***

Intermediate Free Skate: Skaters must have passed the Juvenile Free Skating Test, but not the Novice Free Skating Test. The Free Skating Program shall be per Rule 3672. Free Skating Program Time: 2 minutes 30 seconds (+/- 10 seconds). ***The International Judging System (IJS) will be used for this event.***

Juvenile Free Skate: **Restricted to competitor's who have not reached the age of 13 as of close of entries (March 19, 2010).** Skaters must have passed the Pre-Juvenile Free Skating Test, but not the Intermediate Free Skating Test. Free Skating Program shall be per Rule 3681. Free Skating Program Time: 2 minutes 15 seconds (+/- 10 seconds). ***The International Judging System (IJS) will be used for this event.***

Open-Juvenile Free Skate: Competitor's must be 13 years of age or older as of close of entries (March 19, 2010). Skaters must have passed the Pre-Juvenile Free Skating Test, but not the Intermediate Free Skating Test. Free Skating Program shall be per Rule 3681. Free Skating Program Time: 2 minutes 15 seconds (+/- 10 seconds).

The International Judging System (IJS) will be used for this event.

Pre-Juvenile Free Skate: Skaters must have passed the Preliminary Free Skating Test, but not the Juvenile Free Skating Test. Free Skating Program shall be per Rule 3691. Free Skating Program Time: 2 minutes (+/- 10 seconds).

The 6.0 System of Judging will be used for this event.

Preliminary Free Skate: Skaters must have passed the Pre-Preliminary Free Skating Test, but not the Pre-Juvenile Free Skating Test. Free Skating Program shall be per Rule 3701. Free Skating Program Time: 1 minute 30 seconds (+/- 10 seconds).

The 6.0 System of Judging will be used for this event.

Pre-Preliminary Free Skate: Open to skaters who have not passed the Preliminary Free Skating Test. Free Skating Program shall be per Rule 3711. Free Skating Program Time: 1 minute 30 seconds (+/- 10 seconds).

The 6.0 System of Judging will be used for this event.

Surfer Girls & Surfer Boys Free Skate: Open to skaters who have not passed the Pre-Preliminary Free Skating Test. Free Skating Program shall be per Rule 3721, however jump spins are not allowed. Free Skating Program Time: 1 minute 30 seconds (+/- 10 seconds).

The 6.0 System of Judging will be used for this event.

Starfish Girls & Starfish Boys Free Skate: Open to skaters who have not passed the Pre-Preliminary Free Skating Test. Free Skating Program shall be per Rule 3721, however jumps will be limited to all half jumps, single toe loop, and single salchow. Jump spins are not allowed. Free Skating Program Time: 1 minute 30 seconds (+/- 10 seconds).

The 6.0 System of Judging will be used for this event.

Sand Castle Girls & Sand Castle Boys Free Skate: This event is only open to skaters who are 6 years of age or younger as of the close of entries (March 19, 2010). Skaters must not have passed the Pre-Preliminary Free Skating Test. Elements must be performed as a continuous program with all listed elements performed once in any order with music. These are the only elements allowed in the program:

- Forward Swizzles, minimum 3
- Backward Wiggles, minimum 3
- Dip
- Bunny Hop
- Snow Plow Stop, 1 or 2 foot

Free Skating Program Time: 1 minute (+/- 10 seconds).

The 6.0 System of Judging will be used for this event.

Adult Gold and Championship Free Skate: Open to adults age 21 and older. Competitors must have passed the Adult Silver Free Skating Test and not higher than the Standard Juvenile Free Skating Test. Free Skating Program shall be skated in accordance with Rule 3781. Free Skating Program Time: 2 minutes 40 seconds Maximum.

The International Judging System (IJS) will be used for this event.

Adult Silver Free Skate: Open to adults age 21 and older. Competitors must have passed the Adult Bronze Free Skating Test, but not higher than the Adult Silver Free Skating Test, and/or the Standard Juvenile Free Skating Test. Free Skating Program shall be skated in accordance with Rule 3791. No double jumps are permitted. Free Skating Program Time: 2 minutes 10 seconds Maximum. ***The 6.0 System of Judging will be used for this event.***

Adult Bronze Free Skate: Open to adults age 21 and older. Competitors must have passed the Adult Pre-Bronze Free Skating Test, but not higher than the Adult Bronze Free Skating Test, and/or the Standard Preliminary Free Skating Test. Free Skating Program shall be skated in accordance with Rule 3801. No axels and no double jumps are permitted. Free Skating Program Time: 1 minute 50 seconds Maximum. ***The 6.0 System of Judging will be used for this event.***

Adult Pre-Bronze Free Skate: Open to adults age 21 and older. Competitors must have not passed higher than the Adult Pre-Bronze Free Skate Test, the Pre-Preliminary Free Skate Test, or the ISI Freestyle 3 test. Free Skating Program shall be skated in accordance with Rule 3806. No Lutz jumps, axels or double jumps are permitted. Free Skating Program Time: 1 minute 40 seconds Maximum. ***The 6.0 System of Judging will be used for this event.***

Adult Masters Free Skate: Open to all adults age 21 and older. Must have passed at least the US Figure Skating Intermediate Free Skating test and /or 3rd Figure test prior to October 1, 1977. Free Skating Program shall be skated in accordance with Rule 3741. Events may be combined with Adult Gold and Championship at the Chief Referee's discretion depending on the number of entries. Free Skating Program Time: 3 minutes 40 seconds Maximum. ***The International Judging System (IJS) will be used for this event.***

Compulsory Events

Juvenile Compulsory Moves: Restricted to competitor's who have not reached the age of 13 as of close of entries (March 19, 2010).

Open-Juvenile Compulsory Moves: Competitor's must be 13 years of age or older as of close of entries (March 19, 2010).

For both Juvenile and Open-Juvenile Compulsory Moves, skaters must not have passed the Intermediate Moves in the Field Test. Program will be skated on **full ice**.

Program Elements for Juvenile and Open-Juvenile Compulsory Moves are the same –

- Backward Power 3-Turns. (JM Pattern 3)
- Forward & Backward Cross Strokes (JM Pattern 2)
- Jump Combination - one double and one single (no change of foot or turns between jumps).
- Combination Spin with only one change of foot, minimum 4 revolutions each foot. Positions are free. Exit not prescribed.

Program Time: 2:00 Max.

Pre-Juvenile Compulsory Moves: Skaters must not have passed the Juvenile Moves in the Field Test. Program will be skated on **full ice**.

Program Elements -

- Forward Outside-Back Inside 3-Turns in the Field. (PJM Pattern 3)
- Forward & Backward Power Change of Edge Pulls (PJM Pattern 5)
- Axel
- Upright to a Back Upright Spin. Minimum 3 revolutions each foot. Exit not prescribed.

Program Time: 2:00 Max.

Preliminary Compulsory Moves: Skaters must not have passed the Pre-Juvenile Moves In The Field Test. Program will be skated on **full ice**.

Program Elements–

- Consecutive Outside and Inside Spirals. (PM Pattern 2)
- Alternating Forward 3-Turns (PM Pattern 4)
- Single Lutz Jump.
- Camel Spin. Minimum 3 revolutions in position.

Program Time: 2:00 Max.

Pre-Preliminary Compulsory Moves: Open to skaters who have not passed the Preliminary Moves in the Field Test. Program will be skated on **full ice**.

Program Elements –

- Consecutive Backward Inside Edges, Minimum 2 each foot. (PPM Pattern 2 - partial)
- Forward Right & Left Foot Spirals (PPM Pattern 3) *Must hold each spiral for at least 5 seconds.*
- Single Loop.
- Sit Spin. Minimum 3 revolutions.

Program Time: 1:30 Max.

Surfer Girls & Surfer Boys Compulsory Moves: Open to skaters who have not passed the Preliminary Moves in the Field Test. Program will be skated on **half ice**.

Program Elements –

- Consecutive Backward Outside Edges, Minimum 2 on each foot.
- Forward Outside Spiral, either foot. *Must hold spiral for at least 4 seconds.*
- Salchow.
- One Foot Upright Spin. Minimum 3 revolutions.

Program Time: 1:30 Max.

Starfish Girls & Starfish Boys Compulsory Moves: Open to skaters who have not passed any US Figure Skating Test. Program will be skated on **half ice**.

Program Elements –

- Consecutive Forward Inside Edges, Minimum 2 on each foot.
- Forward Spiral, either foot, either edge or flat. *Must hold for at least 3 seconds.*
- Waltz Jump.
- Two Foot Upright Spin. Minimum 3 revolutions.
- T-Stop, either foot or edge.

Program Time: 1:30 Max.

Pairs Events

Short Programs will be skated as a separate event. The designated group will be Group B

Senior Pairs: Both skaters must have passed the Junior Pair Test. Short Program shall be per Rule 4041. Free Skate Program shall be per Rule 4042.
Short Program Time: 2:50 max.; Free Skate Program Time: 4 minutes 30 seconds (+/- 10 seconds)
The 6.0 System of Judging will be used for this event.

Junior Pairs: Both skaters must have passed the Novice Pair Test, but not the Senior Pair Test. Short Program shall be per Rule 4051. Free Skate Program shall be per Rule 4052.
Short Program Time: 2:50 max.; Free Skate Program Time: 4 minutes (+/- 10 seconds)
The 6.0 System of Judging will be used for this event.

Novice Pairs: Both skaters must have passed the Intermediate Pair Test, but not the Junior Pair Test. Short Program shall be per Rule 4061. Free Skate Program shall be per Rule 4062.
Short Program Time: 2:30 max.; Free Skate Program Time: 3 minutes 30 seconds (+/- 10 seconds)
The 6.0 System of Judging will be used for this event.

Intermediate Pairs: Both skaters must have passed the Juvenile Pair Test, but not the Novice Pair Test. Event shall be per Rule 4071. Free Skate Program: 3 minutes (+/- 10 seconds)
The 6.0 System of Judging will be used for this event.

Juvenile Pairs: Both skaters must have passed the Pre-Juvenile Pair Test, but not the Intermediate Pair Test. Event shall be per Rule 4081. Free Skate Program: 2 minutes 30 seconds (+/- 10 seconds)
The 6.0 System of Judging will be used for this event.

Pre-Juvenile Pairs: Both skaters must have passed the Pre-Juvenile Moves in the Field Test. Event shall be per Rule 4091. Free Skate Program: 2 minutes (+/- 10 seconds)
The 6.0 System of Judging will be used for this event.

Competitive Test Track Events

Skaters may enter EITHER the Test Track free skate program or the Well-Balanced Track free skate program but **NOT** both during the same non-qualifying competition.

Skaters must be 20 years of age and younger. If there are more than 12 entries in an event, the event will be divided by age. There will be no final rounds.

Skaters will skate to music of their choice. 6.0 Judging will be used.

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

- 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 or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	Two upright spins, no change of foot (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.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: Up to 1:30 +/- 10
Beginner	Two upright spins, 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. Jump combinations and sequences are allowed. Maximum 5 jump elements. 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	Time: 1:30 +/- 10
Pre-Preliminary Test	Two solo spins of a different nature, no change of foot (min 3 revolutions and no flying spins), all single solo jumps allowed (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.	Skaters may not have passed tests higher than U.S. Figure Skating Pre-preliminary free skate test	Time : 1:30 +/- 10
Preliminary Test	Two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements. 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	Time : 1:30 +/- 10
Pre-Juvenile Test	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 and 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.	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	Time: 2:00 +/- 10

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Juvenile Test	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 rotations. (Axel permitted). Maximum 6 jump elements. One step sequence straight line, circular, or serpentine 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	Time: 2:15 +/-10
Intermediate Test	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 spins. Any single jumps. Double jumps may only be the double Salchow and the double toe loop. Jump combinations and sequences allowed. Maximum 6 jump elements. One step sequence straight line, circular, or serpentine 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	Time: 2:30 +/-10
Novice Test	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 jump elements. One step or spiral sequence (see Rule 3660 for description).	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	Time: Ladies 3:00 +/-10 Men 3:30 +/-10
Junior Test	Three spins—one must be a flying spin, a solo spin (min 6 revolutions each) and a combination spin consisting of all three positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot). Any single jumps. Double jumps may only be the double Salchow, double toe loop, double loop and the double flip. Jump combinations and sequences allowed. Maximum 8 jump elements for men and 7 for ladies. Men: Two different step sequences Ladies: One step sequence and one spiral sequence (see Rule 3650 for description).	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	Time: Ladies 3:30 +/-10 Men 4:00 +/-10
Senior Test	Four spins- one must be a flying spin, a solo spin (min 6 revolutions each), and a combination spin consisting of all three positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot). At least four different double jumps one must be a double Lutz. Jump combinations and sequences allowed. Maximum 8 jump elements for men and 7 for ladies. Men: Two different step sequences. Ladies: One step sequence and one spiral sequence (see Rule 3640 for description).	Skaters must have passed at least the U.S. Figure Skating junior free skate test	Time: Ladies 4:00 +/-10 Men 4:30 +/-10

Artistic Events

The Artistic Program is one in which the skating moves are selected for their value in enhancing the skaters' artistry and interpretation of the music rather than for technical difficulty. Content may not exceed that for the Free Skating at the same level. Credit for jumps and spins will be based solely on their choreographic effectiveness. The program should be an integrated exploration of the music; it should not be merely a collection of pleasing or spectacular moves with emphasis being placed on skating skills. Artistic events will be judged on the 6.0 system, however the judges will be looking strongly at how the program relates to the 5 component marks used in IJS: Skating Skills, Transitions, Performance and Execution, Choreography, and Interpretation.

Artistic events are open to those skaters in the Starfish through Senior and Adult levels. Levels may be combined, however, if there are significant entries, the group will be split first by level, then by age. Skaters will enter either an Artistic Dramatic event, and/or a Light Entertainment event. If there are not enough entries, Dramatic and Light events will be combined. Skaters shall enter an artistic event at the level which corresponds with their free skating or compulsory event. Each skater furnishes his/her own music for their Artistic Program. All Vocal music is permitted. US Figure Skating clothing rules will be adhered to as stated in Rules 3550 and 3553, with the exception that boys MAY wear tights. Hats, if worn, must remain on the skater's head. Removable pieces such as props, canes are not permitted.

Artistic Program Length (in minutes):

Starfish through Pre-Juvenile maximum duration is 1:40

Juvenile through Novice maximum duration is 2:10

Junior and Senior maximum duration is 2:40

Adult and Masters maximum duration is 1:40

Marking the Artistic Program:

1. Two marks are given. The first mark is for Skating Techniques, the second is for Program Components.
2. In marking Skating Techniques, the following shall be considered:
The ease, flow, glide, sureness, power and depth of edges; Ability to vary the speed and direction of the skating; Variety of expression and innovative moves; The succession of movement within the program; Utilization of space and ice coverage; Style.
3. In marking Program Components, the following shall be considered:
Interpretation of the music and rhythm; Musical timing and understanding of the phrasing of the music; Use of the entire body to develop the artistic and musical expression; Creativity; Choreography - art of arranging movements; Variation in tempo, tension, emotion, and movements; Internal motivation of movements and expression projected to the audience; Suitability of music to the skater.
4. Judges shall deduct .1 to .2 in the second mark for the following:
Prohibited jumps; Prolonged lying or kneeling on the ice; Lying on the barrier; An excess of two footed skating; Falls which are the fault of the skater and not part of the program and which interrupt the harmonious composition; Violations of clothing rules or the use of accessories or props.
5. The Program Components (second) mark shall break the tie in an individual judge's total.

NATIONAL SHOWCASE 2010: A COMPETITION IN THEATRICAL SKATING:

Singles competitors who place 1st through 4th in a singles artistic event may qualify for National Showcase 2010. Eligible skaters will have placed 1st through 4th as previously described and will have passed the Preliminary Free Skating test and above OR completed requirements for Adult Interpretive Free Skating and above. Duets and Ensembles need not qualify by placement for National Showcase. Please contact Melissa Bowman (email patinage_tx@verizon.net, phone 972-208-2852), Vice Chair for National Showcase , for more information.

La Jolla Open Official Entry Form

Competition Dates April 23rd, 24th, 25th, 2010

This competition is sponsored by the La Jolla Figure Skating Club, and is sanctioned by US Figure Skating.

Entries must be Postmarked no later than, **March 19, 2010** or entered online by **midnight March 19, 2010**. Late entries may be accepted at the discretion of the competition committee, and are subject to a **\$25** late fee. No entries or changes to entries will be accepted after **March 26, 2010** for any reason. Entries not completely filled out will be returned. Qualifying tests must be passed by **March 19, 2010**.

There are two ways to register for the 2010 La Jolla Open.

Option 1: Online

WWW.Entryeeze.com

- Online entry with secure credit card payment. Online entry must be completed by midnight on **March 19, 2010**.
- Simply follow the links for La Jolla Open information at www.lajollafsc.com and use the link to register for the competition and pay with a credit card (VISA, MASTERCARD, and DISCOVER only please)
- Or go directly to www.entryeeze.com and click on the La Jolla FSC logo.

Fees: (Includes Entry fees and a *non refundable 3.5 % processing fee*)

Events	\$
Compulsory Programs: Starfish through Juvenile/Open Juv	\$52
Short Program: Intermediate through Senior (singles & pairs)	\$60
Free Skate: Sandcastle, Starfish and Surfer	\$62
Free Skate: Pre-Preliminary through Senior, All Adult levels	\$70
Pairs Free Skate: Pre-Juvenile through Senior	\$70
Test Track: Juvenile through Limited Beginner	\$65
Test Track: Intermediate through Senior	\$70
Artistic: Starfish through Senior, All Adult levels	\$60
Late Fee:	\$25

Option 2: By Mail

PLEASE TYPE OR PRINT CLEARLY

Name: _____ M ___ F ___

Address: _____

City: _____ State/Province: _____ Zip: _____

Telephone: _____ Email address: _____

Date of Birth: _____ **Age as of March 19, 2010:** _____

Home Club: _____ **US Figure Skating #:** _____

Highest Test Passed:

Free Skating: _____ Moves ITF: _____ Pairs: _____ Dance: _____

Partner's Name: _____ US Figure Skating #: _____

Coach's Name: _____

Address: _____

City: _____ State/Province: _____ Zip: _____

Telephone: () _____ Email address: _____

Fees: (Includes entry fee and a *non refundable 3.5 % processing fee*)

Events	#		\$	=	Total
Compulsory Programs: Starfish through Juvenile/Open Juv		@	\$52	=	
Short Program: Intermediate through Senior (singles & pairs)		@	\$60	=	
Free Skate: Sandcastle, Starfish and Surfer		@	\$62	=	
Free Skate: Pre-Preliminary through Senior, All Adult levels		@	\$70	=	
Pairs Free Skate: Pre-Juvenile through Senior		@	\$70	=	
Test Track: Juvenile through Limited Beginner		@	\$65	=	
Test Track: Intermediate through Senior		@	\$70	=	
Artistic: Starfish through Senior, All Adult levels		@	\$60	=	
Late Fee:		@	\$25	=	

Total Fees Submitted \$ _____

Please make checks payable to **La Jolla Figure Skating Club**. There is a \$25 fee for returned checks.

Mail the entry form and fees to:

Diane Economou, Registrar
 4268 Del Mar Ave.
 San Diego, CA 92107
 619-225-0707

****IMPORTANT****
Please review events entered before mailing

Please check event(s) entered

Competitor's Name: _____

	Artistic				
	FS	SP	CP	Light	Dramatic
Senior Men					
Senior Ladies					
Jr./Sr. Men					
Jr./Sr. Ladies					
Junior Men					
Junior Ladies					
Novice Men					
Novice Ladies					
Intermediate Men					
Intermediate Ladies					
Juvenile Boys					
Juvenile Girls					
Open Juvenile Boys					
Open Juvenile Girls					
Pre-Juvenile Boys					
Pre-Juvenile Girls					
Preliminary Boys					
Preliminary Girls					
Pre-Preliminary Boys					
Pre-Preliminary Girls					
Senior Pair					
Junior Pair					
Novice Pair					
Intermediate Pair					
Juvenile Pair					
Pre-Juvenile Pair					
Adult Masters Men					

	Artistic			
	FS	CP	Light	Dramatic
Adult Masters Ladies				
Adult Gold/ Champ Men				
Adult Gold/ Champ Ladies				
Adult Silver Men				
Adult Silver Ladies				
Adult Bronze Men				
Adult Bronze Ladies				
Adult Pre-Bronze Men				
Adult Pre-Bronze Ladies				
Surfer Girls				
Surfer Boys				
Starfish Girls				
Starfish Boys				
Sandcastle Girls				
Sandcastle Boys				

Competitive Test Track Free Skate Events	Ladies / Girls	Men / Boys
Senior		
Junior		
Novice		
Intermediate		
Juvenile		
Pre-Juvenile		
Preliminary		
Pre-Preliminary		
Beginner		
Limited Beginner		

Certification of Authorized Club Official *

I hereby approve the entry of the above named competitor and certify that to the best of my knowledge: He/She is a member in good standing of the above named home club. He/She is an eligible person as defined by US Figure Skating.

Club Name

Signature and Title of Home Club Official

* Individual US Figure Skating members (members who are not Home Club members of any US Figure Skating Member Club) must submit a photocopy of their current US Figure Skating registration card with their entry in lieu of a club official's signature.

I have read and agree to abide by the announced rules for this competition. The information on this entry form is complete and accurate. I am aware that skating is at the competitor's risk and release the La Jolla Figure Skating Club, the Ice Town ice arena, and the representative of both from any liability with regard to my participation in this competition (Rule 3222).

Signature of Competitor

Signature of Parent or Legal Guardian

Date

I have reviewed my student's entry form and verify that he/she is entering the correct event(s) for his/her skating level. No changes will be accepted after March 26, 2010.

Signature of Coach

Coach's Name (Please Print)

Date

2010 La Jolla Open Championships Planned Program Content

Please fill in with type or write in capital letters

Competitor's name: _____

Event Entered: _____

ELEMENTS IN ORDER OF SKATING

Elements Short Program
1
2
3
4
5
6
7
8

Elements Free Skating
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16

Signature: _____ Date: _____

2010 La Jolla Figure Skating Club's Open Championships

GREETINGS / PATRON ADS

We invite parents, grandparents, aunts, uncles, friends, neighbors, skaters and/or sponsors to become Patrons of the La Jolla FSC by advertising or placing a special greeting in our program for our upcoming competition, April 23rd, 24th, 25th, 2010. Several different options and prices are available to convey your best wishes to your favorite skater(s) or to advertise your business to the ~150 skaters and their families and friends who will attend the competition and see your ad. Prices and sizes are as follows:

Please indicate your selection:

- Inside/Back Cover (8 1/2" x 5 1/2") \$100
- Full Page (8 1/2" x 5 1/2") \$ 75
- Half Page (4 1/4" x 2 1/2") \$ 40
- Quarter Page (3 1/2" x 2") \$ 25
- Business Card (3 1/2" x 2") \$ 25
- Greeting (1 3/4" x 1") \$ 10

_____ **My black & white, camera ready art is enclosed**
_____ **Please typeset my ad/greeting using the copy provided below.**

Patron Name(s): _____ Phone: _____
Address: _____
City: _____ Zip: _____

Ad/Message Copy: Please print your message below.

THANK YOU for your donation. The La Jolla Figure Skating Club appreciates your support of the excellent group of competitors attending our Annual Open Competition.

Please make check payable to:

La Jolla Figure Skating Club

Amount Enclosed: \$ _____

Please mail this form, check & any artwork or business cards by **March 26th, 2010** to:

Diane Economou
4268 Del Mar Ave.
San Diego, CA 92107
619-225-0707, Email: dianeonly@cox.net

**This Form can be mailed with your
Entry Form**