

CENTRAL REGION FUNSKATE 2009

January 16 - 18, 2009

*Kurt Browning Complex
Caroline, AB*



SANCTION #4768

HOST CLUB INFORMATION

Event Name: Central Region FunSkate

Event Dates: January 16 – 18, 2009

Host Club Name: Caroline Skating Club

Competition Chairperson

Name: Doris Houghton

Phone / Email address: (403) 722-2627 / wdoughton@xplornet.com

Technical Representative

Name: Anita Kohlen

Phone / Email: (403) 948-7183 / kohlen@telusplanet.net

Arena Details

Name: Kurt Browning Complex

Address: 5103 48 Avenue, Caroline, AB

Phone Number: (403) 722-3022

Ice Surface Dimensions: 80' X 200'

Registration Times: 1 hour prior to each event

Accommodation Information

Host Hotel: Walking Eagle Motor Inn

Address: Hwy 11, Rocky Mountain House, AB

Phone: 866-845-2131

Room Rate: \$99.00 plus tax

Other Hotels:

Name: Best Western

Address: Hwy 11, Rocky Mountain House, AB

Phone: (403) 844-3100

Room Rate: \$134.95 plus tax

GENERAL INFORMATION

1. The Event is being held under the current rules of the Association Official Rulebook (revised 2000) and any amendments thereto which became effective after that date. The nature of the Event is defined in the Skate Canada Technical Handbook, 5000 Competitive Program. The Association reserves the right to alter the overall procedures to be followed during any part of the Event, if such alteration is considered to be in the best interest of the skaters or the Association. The Technical Representative, Chief Referee, or Senior Referee present will be the agent of the Association in such an instance.

2. **CATEGORIES:** The following Categories are to be held:

- CanSKATE Elements
- CanSKATE Program
- STARSkate Elements – Introductory to Gold
- STARSkate Freeskate – Introductory to Gold
- STARSkate Solo Dance
- STARSkate Creative
- STARSkate Team Event

3. **SYSTEM OF MARKING:**

Closed marking will be used for all Categories.

4. **SCHEDULE OF PRACTICE TIMES AND EVENT SCHEDULE:** Will be emailed if an address is provided. Otherwise, a schedule will be mailed to all clubs who have skaters in the Event as soon as possible after the closing of the entries.

5. **ENTRIES:** Entrants in Events shall be:

- a) Eligible persons as defined in Skate Canada Rule Book Section 2100
- b) Be Associate members in good standing of the Association. FunSkate entries will be accepted only from skaters who are members of affiliated Skate Canada clubs and whose home club is within the Central region.

Registration forms **MUST BE COMPLETED IN FULL** or they may not be processed!

Restriction of Entries – IF NECESSARY ENTRIES MUST BE LIMITED TO ADHERE TO THE SECTION GUIDELINES FOR HOURS OF COMPETITION – COMPETITION MAY NOT BEGIN BEFORE 12 PM ON FRIDAY AND MAY NOT RUN MORE THAN 12 HOURS ON SATURDAY. COMPETITION MUST BE COMPLETED BY 5 PM ON SUNDAY

Skaters registered to compete in any event at the Novice or higher level at Sectionals, do not qualify to compete in the FunSkate. Skaters registered to compete in the PreJuvenile to PreNovice level at Sectionals may register to compete in event categories other than those competed in at Sectionals.

7. **CLOSING DATE OF ENTRIES:** All entries must be received no later than December 16, 2008. In the event of a postal disruption it is the responsibility of the competitor to ensure that their entry is in to the Host Committee Registration person by the closing date, at their own expense. **ALL QUALIFYING TESTS MUST BE PASSED BY December 1, 2008.**

8. **ENTRY FEES:**

CanSkate	\$30.00	2nd EVENT	\$15.00
TEAM EVENT	\$40.00	PER TEAM	
STARSkate	\$50.00	FIRST EVENT	
	\$30.00	SUBSEQUENT EVENT	
Special O	\$30.00	2 nd Event	\$15.00

Cheques or money orders should be made payable to:

Caroline Skating Club

NO POSTDATED CHEQUES ALLOWED. REGISTRATION WILL NOT BE PROCESSED.

THERE WILL BE A \$25.00 CHARGE FOR ANY NSF CHEQUES RECEIVED

9. **MUSIC REGISTRATION:** (Rule 5705).

Each skater or pair will provide **2 cassettes or 2 CDs (+ 1 back up cassette) TWO COPIES MUST BE COLLECTED AT REGISTRATION** for the competition upon registration. One for competition (marked as 'Master') and one for back up (marked 'copy'). The competition copy will be played during practices and competition.

Competitors are responsible for the recovery of their own cassettes or CDs at the completion of the Event.

Standard Specifications for Cassettes and CDs:

SKATERS MUST HAVE A BACK UP CASSETTE FOR ALL EVENTS.

- 1) Only one (1) program shall be recorded on each cassette or CD.
- 2) The start of the music shall be recorded on the tape or CD at least 3 seconds following the head leader and not more than 5 seconds.
- 3) Music shall be recorded at equal levels on both left and right channels in stereo.
- 4) Competitor's name followed by music time (not skating time) shall be clearly printed on side one of the cassette or CD.
- 5) Music recording levels shall be a maximum of 0VU and a minimum of -8VU.
- 6) Cassettes or CD's must be marked with the skater's name, Category and total music time and they must be enclosed in their integral container, also marked accordingly.

10. **ACCIDENTS:** The Association and Committee of the Host Club undertake no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in these Championships, all competitors and their parents or guardians shall be deemed to agree to assume all risks or injuries to the competitor's person and property resulting from, or caused by, or connected with the conduct and management of the competitions. An agreement must also be deemed to release any and all claims they may have against the officials, the Association, the Host Club, and their officers. Entries shall be accepted only in accordance with these conditions.

11. **REFUND OF ENTRY FEES:**

Entry fees shall be refunded only if the event is not held or if the entry is withdrawn before the date of close of entries (Skate Canada Rule 7000 – 1.5 (2)).

12. **REGISTRATION:** Skaters must register at least one hour prior to their scheduled Category or practice. Music tapes must be turned in at the time of registration. (**2 copies of music must be registered**). Skaters must report to the Ice Captain one hour prior to their scheduled Category.

13. **FLIGHT SYSTEM:** If the number of competitors in a Category warrants it, a flight system will be used. Flights would be determined by skaters' ages.

14. **EVENT SPECIFICATIONS:** In normal circumstances, each category offered at the competition will be held for men and women separately. It is permissible for events that do not progress skaters on to a subsequent level of Interclub competition to combine events as follows:
- (a) Combine two or more categories in the same event when each category has fewer than three entries;
 - (b) Combine two or more categories in the same event when one category has insufficient entries to hold the event;
 - (c) Combine men and women in events when insufficient entries are registered in one to hold the event.

The decision to combine events is at the discretion of the Technical Representative and the Host Committee. In any of the above cases, categories may be combined – only with full prior knowledge and agreement of all competitors affected. If a category is not held, due to a lack of competitors, the Host Committee will inform competitors and return entry fees.

15. **CANCELLATION OF EVENTS:** The host club reserves the right to cancel events.

16. **EVENT REGISTRATION:**

- Skating up one level is allowed. However, competitors must register in **ONLY ONE** level of the same Category (ie, one freeskate, one elements, etc).
- Skaters may enter a maximum of 3 events (excluding Team Event)
- Skaters may enter **either** CanSkate or STARSkate events (except the Team event)

17. **COACH ACCREDITATION:** All coaches must be minimally certified NCCP Level 1, Level 1 CanSkate Coach or Level 1 STARSkate Primary Coach and carry their Photo ID card indicating current membership within the Association and a valid First Aid certificate. A maximum of 5 Program Assistants may accompany a certified coach to assist with FunSkate competitions. Coaches may expect to register at the registration desk.
18. **WARM UP TIMES:** Skate Canada has standardized warm up times for all events. They are as follows:

CanSkate Events	3 minutes
Team Events	3 minutes
Interpretive, Element Programs	4 minutes
Skating Skills	4 minutes
Freeskate	5 minutes
Dance Events	1 minute without music/3 minutes with music

All other events as specified in the Skate Canada Rulebook.

ELIGIBILITY AND CATEGORIES

CANSKATE CATEGORIES

CanSkate ELEMENTS

Elements are to be skated in isolation. Each skater will complete all elements before next skater begins.

Note that skills are integrated. So if a skater has passed Stage 1 they would enter in Stage 2. Groups will be given half the ice surface.

Stage 1A

1. Forward walking/skating
2. Two-foot jumps on spot
3. Two-foot ¼ bends turns on spot
4. Forward marching width of ice

Stage 3A

1. One foot glide
2. Push glide (4 counts/Stop)
3. Two-foot turn: forwards to backwards
4. Forward slalom

Stage 5A

1. Forward Crosscuts
2. One foot jump on a curve Fwd to Bwd
3. One foot fwd spin
4. Forward inside edge development
5. Spiral

Stage 7A

1. Full fwd edges width of ice
2. Toe loop jump
3. One foot spin
4. Simple set pattern step sequence
(Including 3 turns and Mohawks)
5. Fast fwd skating, stop across width of ice

Stage 2A

1. Forward Skating
2. Half snowplow stop
3. Two-foot glide/half sit/ snowplow stop
4. Walk backward with glide

Stage 4A

1. Outside one foot turn on a curve fwd to Bwd
2. Two-foot jump forward to backwards on a curve
3. Forward crosscuts
4. Two-foot spin

Stage 6A

1. Backward Crosscuts Figure 8 Pattern
2. (Waltz jump) Rotating Power Jump
3. One foot spin
4. Forward outside edge spiral
5. Backward outside edge development

CANSKATE PROGRAM

This is a One- minute freeskate program skated to music provided by the host club. To be skated on ½ ice. Program must include at least 1 spin, 1 spiral and 1 jump (waltz, salchow or toeloop). Other elements may be included.

NO HIGHER JUMP OF ONE OR MORE REVOLUTIONS MAY BE INCLUDED

STARSkate EVENTS ELEMENTS PROGRAM

Elements Programs will not be skated to music. The skater may determine the order of the elements. Connecting steps are permitted to link the elements. Additional elements or repetition of elements that have failed are not permitted. Rotational movements of more than one full rotation shall be considered extra elements. Small jumps of not more than half a turn may be included in the step sequence.

INTRODUCTORY LADIES/MEN:

- (i) TEST: Competitors must not have passed **any** portion of the Preliminary Freeskate test.
- (ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 1 minute.
Groups will be given half of the ice surface

1. Any forward upright spin
2. Toe loop
3. Waltz Jump
4. One forward spiral

PRIMARY LADIES/MEN:

- (i) TEST: Competitors must not have passed **any** portion of the Preliminary Freeskate test.
- (iii) SPECIFICATIONS FOR EVENT: Program length not to exceed 1 minute.
Groups will be given half of the ice surface

1. Sit spin
2. Salchow jump
3. Loop
4. One forward spiral

PRE-PRELIMINARY LADIES/MEN:

- (i) TEST: Competitors must not have passed the complete Preliminary FreeSkate test.
- (ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 1 minute.
Groups will be given half of the ice surface

1. Flip jump
2. Back spin (minimum 2 rotations)
3. Jump combination - salchow/toe loop
4. One Backward spiral

PRELIMINARY LADIES/MEN:

- (i) TEST: Competitors must have passed the complete Preliminary FreeSkate test
- (ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 1 minute; not less than half of the ice to be used
Groups will be given half of the ice surface.

1. Lutz jump
2. Jump combination - flip/loop
3. Camel/Sit Spin (minimum 2 rotations in each position)
4. Spirals on the left and right foot (may be performed separately or in sequence)

JUNIOR BRONZE LADIES/MEN:

- (i) TEST: Competitors must have passed the complete Junior Bronze FreeSkate test
- (ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 1.5 minutes, the full ice surface to be used

1. Axel
2. Any double or single jump
3. Jump Combination – any single or double jump followed by a Loop
4. Combination spin – minimum one change of position/ one change of foot (minimum 2 rotations in each position)
5. One (1) spiral on each foot in sequence
6. Footwork sequence

SENIOR BRONZE LADIES/MEN:

- (i) TEST: Competitors must have passed the complete Senior Bronze Freeskate test

- (ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 2 minutes; the full ice surface to be used
 - 1. Axel
 - 2. Double Toe jump
 - 3. Jump combinations - any single jump followed by a single or double jump
 - 4. Any flying spin (minimum 3 rotations)
 - 5. Combination spin – at least one change of position with one change of foot (minimum 2 rotations in each position)
 - 6. Combination of spirals on each foot and one other field move in sequence
 - 7. Footwork sequence (any pattern using the full ice surface)

JUNIOR SILVER LADIES/MEN:

- (i) TEST: Competitors must have passed the complete Junior Silver Freeskate test
- (ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 2 minutes; the full ice surface to be used
 - 1. Axel
 - 2. Double Loop jump
 - 3. Jump combination - any single or double jump followed by a double jump
 - 4. Combination spin – at least two changes of position with one change of foot (minimum 2 rotations in each position and minimum 4 rotations on each foot)
 - 5. Any flying spin (minimum 3 rotations)
 - 6. Combination of spirals on each foot and one other fields move in sequence
 - 7. Footwork sequence (any pattern using the full ice surface)

SENIOR SILVER LADIES/MEN:

- (i) TEST: Competitors must have passed the complete Senior Silver Freeskate test
- (ii) SPECIFICATIONS FOR EVENT: program length not to exceed 2 minutes 40 seconds; the full ice surface to Be used
 - 1. Axel
 - 2. Double Flip jump
 - 3. Jump sequence - 3 or more jumps including at least 2 double jumps
 - 4. Camel change camel (minimum 5 rotations on each foot)
 - 5. Flying sit spin (minimum 5 rotations)
 - 6. Combination of 3 field moves in sequence
 - 7. Footwork sequence (any pattern using the full ice surface)

GOLD LADIES/MEN:

- (i) TEST: Competitors must have passed the complete Gold Freeskate test
- (ii) SPECIFICATIONS FOR EVENT: Program length not to exceed 2 minutes 40 seconds; the full ice surface to be used
 - 1. Axel or double Axel
 - 2. Double Lutz jump
 - 3. Jump combination – any double/double combination
 - 4. Any flying spin - (minimum 5 rotations)
 - 5. Combination spin – at least two changes of position with 1 change of foot (minimum 2 rotations in Each position and minimum 5 rotations on each foot)
 - 6. Combination of 3 field moves in sequence
 - 7. Footwork sequence (any pattern using the full ice surface)

STARSkate CATEGORIES

FREESKATE CATEGORIES

EVENTS WILL BE JUDGED ACCORDING TO THE 2008-09 WELL BALANCED PROGRAM CRITERIA

INTRODUCTORY FREESKATE

- (i) TEST: Must not have passed **any** portion of the Preliminary Freeskate test.
- (ii) SPECIFICATIONS FOR EVENT: Freeskate Program to music of 1 or 1.5 minutes in length (+/- 10 seconds)
MAY INCLUDE JUMPS; WALTZ, SALCHOW AND TOE LOOP BUT NO HIGHER JUMP OF ONE OR MORE REVOLUTIONS

PRIMARY FREESKATE

- (i) TEST: Must not have passed **any** portion of the Preliminary Freeskate test.
- (ii) SPECIFICATIONS FOR EVENT: Freeskate Program to music of 1 or 1.5 minutes in length (+/- 10 seconds)
MAY INCLUDE JUMPS; LOOP AND FLIP BUT NO HIGHER JUMP OF ONE OR MORE REVOLUTIONS

PREPRELIMINARY FREESKATE

- (i) TEST: Must not have passed any complete Skate Canada Freeskate test
- (ii) SPECIFICATIONS FOR EVENT: One Free program to music of 1.5 or 2 minutes in length (+ / - 10 seconds)

PRELIMINARY FREESKATE

- (i) TEST: Must have passed complete Preliminary Freeskate test but not Junior Bronze Freeskate test
- (ii) SPECIFICATIONS FOR EVENT: One free program to music of 2.0 or 2.5 minutes in length (+/- 10 seconds)

JUNIOR BRONZE FREESKATE

- (i) TEST: Must have passed complete Jr. Bronze Freeskate test but not Sr. Bronze Freeskate test
- (ii) SPECIFICATIONS FOR EVENT: One free program to music of 2.5 or 3.5 minutes in length (+/- 10 seconds)

SENIOR BRONZE FREESKATE

- (i) TEST: Must have passed complete Sr. Bronze Freeskate test but not Jr. Silver Freeskate test
- (iii) SPECIFICATIONS FOR EVENT: One free program to music of 3.0 or 3.5 minutes in length (+/- 10 seconds)

JUNIOR SILVER FREESKATE

- (i) TEST: Must have passed complete Jr. Silver Freeskate test but not Sr. Silver Freeskate test
- (ii) SPECIFICATIONS FOR EVENT: One free program to music of 3.5 or 4 minutes in length (+/- 10 seconds)

SENIOR SILVER FREESKATE

- (i) TEST: Must have passed complete Sr. Silver Freeskate test but not Gold Freeskate test
- (ii) SPECIFICATIONS FOR EVENT: One free program to music of 3.5 or 4 minutes in length (+/- 10 seconds)

GOLD FREESKATE

- (i) TEST: Must have passed complete Gold Freeskate test
- (ii) SPECIFICATIONS FOR EVENT: One free program to music of 4.0 (ladies) or 4.5 (men) minutes in length (+/- 10 seconds)

Solo Dance

INTRODUCTORY

- (i) TEST: Skaters must not have passed **any** Skate Canada Dance Test.
- (ii) SPECIFICATIONS FOR EVENT: **Dutch Waltz**

PREPRELIMINARY

- (i) TEST: Skaters must not have passed the complete Preliminary Dance test
- (ii) SPECIFICATIONS FOR EVENT: **Canasta Tango**

PRELIMINARY

- (i) TEST: Skaters must not have passed the complete Junior Bronze Dance test
- (ii) SPECIFICATIONS FOR EVENTS: **Fiesta Tango**

JUNIOR BRONZE

- (i) TEST: Skaters must not have passed the complete Senior Bronze Dance test
- (ii) SPECIFICATIONS FOR EVENT: **Fourteenstep**

SENIOR BRONZE

- (i) TEST: Skaters must not have passed the complete Junior Silver Dance test
- (ii) SPECIFICATIONS FOR EVENT: **Keats Foxtrot**

JUNIOR SILVER

- (i) TEST: Skaters must not have passed the complete Senior Silver Dance test
- (ii) SPECIFICATIONS FOR EVENT: **Paso Doble**

SENIOR SILVER

- (i) TEST: Skaters must not have passed the complete Gold Dance test
- (ii) SPECIFICATIONS FOR EVENT: **Argentine Waltz**

GOLD

- (i) TEST: Skaters must not have passed the complete Diamond Dance test
- (ii) SPECIFICATIONS FOR EVENT: **Silver Samba**

CREATIVE CATEGORIES

In the Creative Categories, the Host Committee (or Technical Representative) will select a piece of music of the appropriate length to be played. The skaters will hear the music selection for the first time in warm-up and will perform a creative, improvisational program in the competition. The warm up will be one minute without music followed by the music selection being played twice. After the warm-up the skaters will be escorted to a supervised, sound proof room to await their turn. Category groups must be small enough that all skaters can warm up together so as not to disadvantage early skaters.

INTRODUCTORY LADIES/MEN

- (i) TEST: Competitors must not have passed **any** Skate Canada Test.
- (ii) SPECIFICATIONS FOR EVENT: Program 1 minute in length.

PREPRELIMINARY LADIES/MEN

- (i) TEST: Competitors must not have passed the complete Preliminary Freeskate test.
- (ii) SPECIFICATIONS FOR EVENT: Program 1 minute in length.

PRELIMINARY MENS/LADIES

- (i) TEST: Competitors may have passed the complete Preliminary Freeskate test but no higher.
- (iii) SPECIFICATIONS FOR EVENT: One program 1 minute in length

STARSkate PROGRAM TEAM EVENT

This is intended as a fun event. Teams will consist of 4 skaters from the same club. Teams may be mixed or similar. Coaches must be at ice surface with their skaters. Elements will be performed in isolation. **Each team will complete their elements before the next team performs.** Each team may decide in advance which skater will perform each element.

INTRODUCTORY

For those skaters who have not yet passed **any** portion of the Preliminary Freeskate Test

1. Waltz Jump
2. 1 Foot Spin
3. Toe Loop/Toe Loop Combination
4. Forward Outside Spiral

PRIMARY

For those skaters who have not yet passed **any** portion of the Preliminary Freeskate test.

1. Loop Jump
2. Back Spin with Backward Crossover entry
3. Waltz jump/Toe Loop Combination
4. Forward Inside Spiral

PRE-PRELIMINARY

Skaters must not have passed the complete Preliminary Freeskate test.

1. Flip Jump
2. Sit Spin
3. Salchow/Toe Loop Combination Jump
4. Backward Outside Spiral

PRELIMINARY

Skaters must have passed the Preliminary Freeskate test but no higher complete Freeskate test.

1. Lutz Jump
2. Camel Spin
3. Loop/Loop Combination Jump
4. Backward Inside Spiral

JUNIOR BRONZE

Skaters must have passed the Junior Bronze Freeskate test but no higher complete Freeskate test.

1. Axel
2. Camel/Sit Spin
3. Lutz/Loop Combination Jump
4. Two Spirals in Sequence, one on each foot

SENIOR BRONZE

Skaters must have passed the Senior Bronze Freeskate test but no higher complete Freeskate test.

1. Double Salchow Jump
2. Flying Camel back sit spin
3. Jump Combination consisting of 1 single and 1 double jump
4. Combination of Spirals using each foot

JUNIOR SILVER

Skaters must have passed the Junior Silver Freeskate test but no higher complete Freeskate test.

1. Double Toe Jump
2. Combination spin with at least 2 positions and 1 change of foot
3. Jump Combination consisting of 1 single and 1 double jump (double must be second jump)
4. Circular Footwork Sequence using full width of ice

SENIOR SILVER

Skaters must have passed the Senior Silver Freeski test but no higher complete Freeski test.

1. Double Loop Jump
2. Flying Sit Spin
3. Jump Combination consisting of at least 2 double jumps
4. Combination of 3 Field Movements in Sequence

GOLD

Skaters must have passed the complete Gold Freeski test.

1. Double Flip Jump
2. Spin Combination with at least 3 positions and 1 change of foot
3. Jump Sequence consisting of at least 3 jumps with a minimum of 2 double jumps
4. Combination of 3 Field Movements in Sequence

SPECIAL OLYMPICS EVENTS

Eligibility: A Skater competing in Level 1 must be able to complete the skills required for CanSkate Stage 1 but no higher than Stage 3

Level 1 Elements in Isolation

Skaters shall skate all of the following elements in isolation. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements.

- Forward skating across the width of the ice surface using alternating feet
- Forward glide on left foot (skaters choice of entry)
- Forward glide on right foot (skaters choice of entry)
- Forward half snowplow stop - right foot
- Forward half snowplow stop - left foot
- Backward skating any form – equivalent to ½ the width of the ice surface

Level 1 Freeski Program

The freeski program will not exceed a time limit of one minute plus or minus 10 seconds. The music will be instrumental.

The program must be well balanced and include:

- Four (4) out of Six (6) Can Skate fundamental movements from Stage 1 through Stage 3
- Maximum of 2 jumps
- Maximum of 2 spins

No Fundamental Movements above Stage 3 or Challenge Skills from any Stage are to be included in the program. Points will be awarded only for Stage 1-3 Fundamental Movements.

Level 2

Eligibility: A Skater competing in Level 2 must be able to complete the skills required for Can Skate Stage 4 but no higher than Stage 5

Level 2 Elements in Isolation

Skaters shall skate all elements of either option one or two in isolation. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements. The option will be drawn for the group.

Option 1

- Right forward outside glide on a curve for 6 counts – (R-L- Right glide)
- Left forward inside glide on a curve for 6 counts – (L-R-Left glide)
- Forward 2 foot turn into circle – counterclockwise (maximum 2 push entry)
- 3 Backwards pushes from standstill and glide on left foot on a curve (any form)

Option 2

- Left forward outside glide on a curve for 6 counts – (L-R-Left glide)
- Right forward inside glide on a curve for 6 counts – (R-L-Right glide)
- Forward 2 foot turn into circle – clockwise (maximum 2 push entry)
- 3 Backwards pushes from standstill and glide on right foot on a curve (any form)

Level 2 Freeski Program

The Level 2 Freeski program will not exceed a time limit of 1 minute 30 seconds plus or minus 10 seconds. The music will be instrumental.

The program must be well balanced and include

- Fundamental Movements from Can Skate Stage 1 through 5
- **Must** include 4 of 6 Fundamental Movements from Can Skate Stage 4 and 5.
- Choice of Challenge skills from Stages 1 through 3 may also be included.
- Maximum of 3 jumps
- Maximum of 2 spins
- 1 jump sequence or combination can be included and will be counted as one of the allowable jumps

No Fundamental Movements above Stage 5 or Challenge Skills above Stage 3 are to be included in the program. Points will be awarded only for Stage 1-5 Fundamental Movements and Challenge Skills 1 – 3.

Eligibility: A Skater competing in Level 3 must be able to complete the skills required for Can Skate Stage 6 but no higher than Stage 7

Level 3 Elements in Isolation

Skaters shall skate all elements of either option one or two in isolation. After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements. The option will be drawn for the group.

Option 1

- Left Forward outside preliminary circle
- Right forward inside preliminary circle
- Backward outside edges width of ice, may use line
- Left forward outside 3 turn
- Right forward inside mohawk

Option 2

- Right forward outside preliminary circle
- Left forward inside preliminary circle
- Backward outside edges width of ice may use line
- Right forward outside 3 turn
- Left forward inside mohawk

Level 3 Freeskate Program

The Level 3 Freeskate program will not exceed the time limit of 1 minute 30 seconds plus or minus 10 seconds. The music will be instrumental.

The program must be well balanced and include

- Fundamental Movements from Can Skate Stages 1 through 7
- Must include 4 out of the 6 Fundamental Movements from Can Skate Stages 6 and 7
- Choice of Challenge skills from Stages 1 through 5
- Maximum of 5 jump elements which may include one combination or sequence
- Maximum of 2 spins
- 1 step sequence

No Fundamental Movements above Stage 7 or Challenge Skills above Stage 5 are to be included in the program. Points will be awarded only for Stage 1-7 Fundamental Movements and Challenge Skills 1 – 5.

Skate Canada: Alberta - NWT/Nunavut
CENTRAL REGION FUNSKATE Event Entry Form
REGISTRATION FORMS NOT COMPLETED IN FULL WILL BE RETURNED UNPROCESSED!!!
ONE REGISTRATION FORM PER EVENT

Competitor's Name	Please circle: Male Female		
Home Address and Postal Code			
Home and Emergency Phone Number			
Skate Canada Number			
Date of Birth	Day	Month	Year
Health Care Number			
Name of Home Club			
Signature of Home Club Officer			
Club Contact Person			
Home Club Phone/Fax / Email			
Category Entering (Men's, Ladies, Interpretive, etc)			
Level (Introductory - Gold)			
Title of Interpretive Program			
Music Time			
Test Qualifications (highest passed)	Freeskate:	Elements:	Skating Skills:
*Competitive test equivalencies must be taken into account when registering for Test Stream Events	Dance:	Interpretive:	Competitive:

NOTE: Competitors entering more than one Category must complete an entry form for EACH Category
For those Categories with an age restriction, a copy of the birth certificate or other proof of age must be submitted with the entry form.

RETURN FORM TO:	CAROLINE SKATING CLUB	BY:	DECEMBER 16, 2008
	BOX 281, CAROLINE, AB TOM OMO		

ENTRY FEES: CANSKATE \$30.00 2nd Event \$15.00	STARSKATE 1ST \$50.00, \$30.00 PER SUBSEQUENT EVENT
TEAM EVENT \$40.00 PER TEAM	SPECIAL OLYMPIC \$30.00 2nd Event \$15.00
CHEQUES PAYABLE TO: CAROLINE SKATING CLUB	

Participant's Release

By my participation in this event, I consent to the known and foreseeable physical risks inherent in the sport of figure skating. These risks include, but are not limited to: travel to and from the arena, ice conditions, equipment failure, falls, collisions with other participants and/or instructors, and facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs, and any person acting on my behalf, the Host club and Skate Canada: Alberta-NWT/Nunavut, and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, agents and sponsors, from any claim arising from any illness of injury to my person as a result of my participation in this activity.

Participant's Name (print):	Participant's Signature:
Date:	
If under the age of 18 years:	
Parent's Signature:	Address:

Name of Coach (Please print)	Signature & Verification of event entered
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Team Events Entry Form
Submit one entry form (and payment) per team

Team Name	
Team Members 1.	2.
3.	4.
Emergency Phone #	
Name of Home Club	
Club Contact Person	Club Contact Phone #
Club E mail address	Club Fax #
Name of Coach	Coach Phone #
Circle in which event the team is registering.	Team Event
	Introductory Primary Canskate Stage 1/2
	Pre-Preliminary Preliminary Canskate Stage 3/4
	Junior Bronze Senior Bronze Canskate Stage 5/6
	Junior Silver Senior Silver
Gold	
Test Qualifications (highest passed amongst the team)	Freestyle Interpretive Competitive

Return Form by December 16, 2008 to: Box 281, Caroline, AB T0M 0M0

Cheques Payable to: Caroline Skating Club

Entry Fees Canskate \$30.00 Team event - \$40.00
STARSkate \$50.00/\$30.00

Participant's Release

By my participation in this event, I consent to the known and foreseeable physical risks inherent in the sport of figure skating. These risks include, but are not limited to: travel to and from the arena, ice conditions, equipment failure, falls, collisions with other participants and/or instructors, and facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs, and any person acting on my behalf, the Host club and Skate Canada: Alberta-NWT/Nunavut, and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, agents and sponsors, from any claim arising from any illness of injury to my person as a result of my participation in this activity.

Signature of Home Club Officer	Coaches signature verifying accuracy of entry	
Participant's Name (print)	Participant's Signature	Parent's Signature
Participant's Name (print)	Participant's Signature	Parent's Signature
Participant's Name (print)	Participant's Signature	Parent's Signature
Participant's Name (print)	Participant's Signature	Parent's Signature
Date	Parents must sign if participant is under 18 years of age.	