

SKATE WINNIPEG SUPER SKATE 2011

THE 16TH ANNUAL FIGURE SKATING COMPETITION PRESENTED BY



Friday to Sunday, November 25-27, 2011
Terry Sawchuk Memorial Arena
901 Kimberly
Winnipeg, MB

All qualified Skate Canada & USFSA skaters invited

Sanctioned by Skate Canada Manitoba & USFSA

For the most current version of this document, download from:

www.skatewinnipeg.ca

INTRODUCING ONLINE REGISTRATION!!!

Come out for a great weekend in Winnipeg!

Updated: 10 Oct 2011

SUPER SKATE 2011 FIGURE SKATING COMPETITION

FRIDAY, SATURDAY, AND SUNDAY - NOVEMBER 25, 26 & 27, 2011

GENERAL INFORMATION

Super Skate 2011 Figure Skating Competition will be conducted in accordance with the regulations as set forth in the Skate Canada rulebook.

Eligibility to Compete

Competitors must be eligible skaters as defined in Section 2100 of the Skate Canada Rule Book and be Associate members in good standing of the Association.

Competitors must be members in good standing of the United States Figure Skating Association.

Skaters may choose to compete at any level higher than their status as of that date, but may only compete in one level of any given event. Sectional Skaters who will compete at a National qualifying competition during the 2011/2012 skating season will compete in separate events.

Coaches Eligibility

Canadian coaches must be at least Level 1 or Primary STARSkate certified, hold a valid First Aid Certificate, and must be registered professional coaching members in good standing with Skate Canada. Canadian Coaches must carry a valid Coach Photo ID card to be permitted to coach at any event. US coaches must be members in good standing with the USFSA.

Entries

Entries must be RECEIVED BY midnight October 21, 2011. Late entries may be accepted at the discretion of the Competition Committee. Registration for all events will be limited and accepted on the first come first serve basis.

The preferred method of entry for SuperSkate 2011 is ONLINE!

Registrations can be completed online at <http://www.karelo.com>. For instructions on how to use Karelo, see page 5 of this announcement. Registration forms must be completed in FULL or they will not be processed and will be returned. A Service Charge of \$20 is required for those not using the online process and therefore mailing in the registration form. If mailed in it would be appreciated if registration forms can be completed electronically or typed so they are legible. Payments can be mailed in if desired with the skater's name on the cheque.

Faxes will **NOT** be accepted.

Send Entry Forms to:

Mailed in **ENTRIES** will be subjected to a \$20 Service Charge, mailed in **FEES** are not subject to the Service Charge:

Skate Winnipeg
C/O Susan Zuk
7 Jenna Cove
Winnipeg, MB R2E 0H8
Email - superskatereg@skatewinnipeg.ca

Technical Rep.

Diane Harder

Email - bhdh@mymts.net

For Additional information please phone (204) 888-4822 or:

Technical Questions - info@skatewinnipeg.ca

Registration Questions - superskatereg@skatewinnipeg.ca

Entry Fees

Single Events

Entry to Preliminary & Special Olympics	\$40.00 for the first event entered \$10.00 for each subsequent event
Jr. Bronze & Up	\$55.00 for the first event entered \$15.00 for each subsequent event
Pre-Juvenile & Juvenile	\$55.00 for the first event entered \$15.00 for each subsequent event
Pre Novice and Up	\$60.00 for the first event entered \$15.00 for each subsequent event

Mailed in registrations **\$20.00 for each form submitted**

****NOTE: ENTRY FEES (in Canadian Funds) must be submitted with the completed application form.**

****NOTE: Late or incomplete entry forms or post-dated cheques will not be accepted and ALL forms must contain an email address of the skater's coach, skater or of a skater's family member.**

Note: There will be a \$25.00 charge for any NSF cheques received.

Please make cheque or money order payable in Canadian funds to: SKATE WINNIPEG Visa/MC also accepted

Refunds

No refunds will be made after the date of close of entries. If there is only one entry in an event, the event will be cancelled. Where there are not enough skaters to hold the event, skaters will be notified and refunds will be returned by mail at the conclusion of the competition. There will be no skating for comments, due to time constraints.

Registration

Registration for skaters, coaches and officials will be at :

Terry Sawchuk Memorial Arena
901 Kimberly Avenue

Friday
November 25, 2011
7:00 am. to 6:00 p.m.

Saturday
Nov 26, 2011
6:30a.m. to 6:30 p.m.
(Times subject to change)

Sunday
November 27, 2011
6:30 a.m. to 12:00 noon

Competitors **must** register 1 hour prior to their first scheduled event and turn in all music at this time. Competitors skating in the first event of the day must register ½ hour prior to that event.

Skaters **must** report to the ice captain and be ready to skate 30 minutes ahead of each scheduled event.

Music

All music used must be in the public domain or covered by the performing right societies.

CD's must be handed in at the time of registration and will not be returned until after completion of the event concerned. Competitors are responsible for recovering their own music.

All competitors with entries requiring music must provide one master CD and one backup CD.

Each CD shall be:

- ❖ On a standard CD-R and enclosed in a transparent plastic case. **Do not use CD-RW.**
- ❖ Have the music recorded in Compact disc audio (**CDA**) or **WAV** format. (**Not MP3, iTunes, or DVD format**)
- ❖ Must be in good clean playable condition with cases that **MUST BE** labelled with competitor's name, home club, event and music playing time, using a Sharpie type marker for both the CD's.
- Do not place a label on the CD, labels go on the CASES ONLY -

Practice Ice

There will be **NO** practice ice for the Super Skate 2011 Competition.

Draws for the Events

Events will be divided into flights, according to age groups specified by qualification. There will be no final events. Skating order, will be drawn at random.

Accidents, Damages or Injuries

Skate Canada and committee of the host, Skate Winnipeg, undertake no responsibility for damages or injuries suffered by skaters. As condition of and in consideration of their entries in the Competition, all competitors and their parents or guardians shall be deemed to agree to assume all risk of injury to the competitor's person or property resulting from, or caused by, or connected with the conduct and management of the competitions, and to release any and all claims they may have against officials, Skate Canada and Skate Winnipeg and against their officers, and their entries shall be accepted only on these conditions.

Awards

Medals and /or *Ribbons* will be presented following each event to the skaters. All other skaters will be rewarded with a participant's award.

Marking

Closed marking will be used **OBO (one by one system will be used for all events)**
As per Skate Canada Regulation Change – 9 April 2003- only the final result will be posted.

Rink Size

Terry Sawchuk Memorial Arena
Ice Surface Dimensions: 200 feet x 85 feet

Admission

Admission tickets will be available at the admissions desk at a cost of:

Adults:	\$4.00 per day; or \$10.00 for All Event Pass
Seniors and Students:	\$2.00 per day
Children Under 6:	Free

Programs

Programs will be available for a fee of \$2.00

Accommodations

Canad Inn - Transcona
826 Regent Avenue West
Winnipeg, MB
R2C 3A8
(204) 224-1681
Quote Group # **138957** for discounted rate

Canad Inn - Windsor Park
1034 Elizabeth St
Winnipeg, MB
R2J 1B3
(204) 253-2641
Quote Group # **129571** for discounted rate

Schedule of Events

Competition Schedules will be **emailed only to the coaches** for distribution to their skaters. Please ensure that coach's email address and telephone number is included with the registration form or a detailed schedule will not be received.

Online Registration Instructions

To register online, go to <http://www.karelo.com> and select the Skate Winnipeg Super Skate 2011 event. Please print the steps below so you have a ready reference to help you with the online registration process.

Using Karelo for the first time:

If you have never used Karelo.com before:

1. Select 'Do you want a Login?' on the left side of the screen, or [Click Here to go to the Login Registration Screen](#);
2. Select a login name and a password;
3. Enter the **skater's** contact information.

When entering contact information, please use the skater's name and not the parent's name. Skate Canada Number must be entered as per your skater's Skate Canada card (i.e. 10 digits including all zeros). This is a very short and simple step that will enable you to avoid the hassle of re-entering your information for each event registration! Your contact information is never shared with third parties. Please review [Karelo's "Privacy Policy"](#) for more details.

Entering your registration:

1. Log in. Select the event that you want to register for from the Event List.
2. Enter your registration information.
3. Enter your credit card/debit information (VISA or MASTERCARD or DEBIT).

This is a secure transaction. Your account is charged immediately.

You may also pay by cheque or money order by mailing in the cheque or money order with the skater's name and category on it. Cheques are payable to Skate Winnipeg and should be mailed to the address listed on the registration form and in this announcement.

NOTE: If you completed the form online, **do not add the \$20 fee** for mailing in your payment.

Cheques must reach Skate Winnipeg by October 28, 2011 or the registration will be revoked. Please note the skater's name and category on the cheque.

You are registered! Check your email for the confirmation email with your registration details.

NOTE: If you do not receive a confirmation email, your registration has not been processed. Please review your registration at Karelo.com to view any incomplete registrations.

SUPER SKATE 2011 FIGURE SKATING COMPETITION

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TECHNICAL INFORMATION

FREESKATING

1. Any amendments at the ISU congress or technical changes made by Skate Canada before the deadline date of the competition (Oct. 21) will be in effect for the competition.
2. Where technical requirements between Skate Canada and USFSA events differ, USFSA skaters will be accommodated.
3. **New Well Balanced Program (2011) content requirements for all free skating programs will be in place for this competition.** Coaches and skaters can obtain the criteria for the Well Balanced Program from the Skate Canada website: www.skatecanada.ca – under members only.
4. All divisions for the Free skating Event will be Men's and Women's. Please select your categories according to the Test Qualifications below:

Singles – Competitive Free Skate Events

Junior Event

May have passed the Skate Canada Junior Competitive Singles Test or the USFSA Junior Free Skating Test. Junior singles competitors must not have reached the age of 19 before July 1st preceding the competition.

Women	3.5 minutes (+ or – 10 seconds) to music
Men	4.0 minutes (+ or – 10 seconds) to music

Novice Event

May have passed the Skate Canada Novice Competitive Singles Test or the USFSA Novice Free Skating Test

Women	3:0 minutes (+ or – 10 seconds) to music
Men	3.5 minutes (+ or – 10 seconds) to music

Pre Novice

May have passed the Skate Canada Pre-Novice Competitive Singles Test or the Intermediate USFSA Free Skating Test but no higher USFSA test.

Women/Men	3.0 minutes (+ or – 10 seconds) to music
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Juvenile Event

May have passed the Skate Canada Juvenile Competitive Singles Test or the USFSA Juvenile Free Skating Test but no higher complete USFSA test. Competitors shall be under the age of 12 (Women) and 13 (men) before July 1st preceding the event.

Women/Men	2.5 minutes (+ or – 10 seconds) to music
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Pre- Juvenile Event

May have passed the complete Junior Bronze Free Skating Test and no higher or equivalent USFSA Pre-Juvenile Free Skating test but no higher complete USFSA test. Competitors shall be under the age of 11 for Women and under the age of 12 for Men before July 1st preceding the event.

Women/Men	2.5 minutes (+ or – 10 seconds) to music
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Singles – STARSkate Free Skate Events

Well Balance Program Criteria can be found on the Skate Canada Members Only website.

Open Star Event Women

May have passed the complete Skate Canada or equivalent USFSA

Women - Jr. Silver	3.0 minutes (\pm 10 seconds) to music
Women - Gold	3.5 minutes (\pm 10 seconds) to music

Open Star Men

May have passed the complete Skate Canada or equivalent USFSA

Men - Jr. Silver	3.0 minutes (\pm 10 seconds) to music
Men - Gold	4.0 minutes (\pm 10 seconds) to music

<u>Senior Bronze Event</u>	May have passed the Skate Canada Senior Bronze Free Skating Test or the USFSA Juvenile Free Skating Test but no higher complete test.
	Women/Men 2.5 minutes (± 10 seconds) to music
<u>Junior Bronze Event</u>	May have passed the Skate Canada Junior Bronze Free Skating Test or the USFSA Pre-Juvenile Free Skating Test but no higher complete test.
	Women/Men 2.0 minutes (± 10 seconds) to music
<u>Preliminary Event</u>	May have passed the Skate Canada Preliminary Free Skating Test or the USFSA Preliminary Free Skating Test but no higher complete test.
	Women/Men 1.5 minutes (± 10 seconds) to music
<u>Pre-Preliminary</u>	Must not have passed the complete Skate Canada Preliminary Free Skating Test or may have passed the USFSA Pre-Preliminary Free Skating Test but no higher complete test.
	Women/Men 1.5 minutes (± 10 seconds) to music

STARSkate Compulsory Elements Events

A program consisting of required elements. Programs must have an opening and ending pose.

Entry to Preliminary Events will use ½ ice surface and NO MUSIC. These events will use ½ ice surface. All other events will use the full ice. Elements may be skated in any order using connecting steps, strong edges and flow. Deductions will be taken for any added or repeated elements.

Eligibility for Events is the same as for Free Skating Events. NOTE: Skaters who have passed any of the competitive test equivalencies must enter the Elements at the level corresponding to their highest STARSkate test passed or at the level which they received the equivalency in the STARSkate Program, whichever is higher.

Entry skaters must be currently registered in a 2011-2012 Sk. Canada CanSkate or Rising Stars (Bridging) program or equivalent USFSA program.

IMPORTANT NOTE: For Compulsory Elements/Short Programs – there will be NO medals given out. Each participant that competes in these events will receive a certificate of participation. These events will be judged on a performance based system which follows Skate Canada’s Long Term Athlete Development (LTAD) model. The Certificate will include written feedback from the judges.

Open Star Short Program (Jr. Silver, Sr. Silver & Gold)

(Music and Skating Time 2:30 max) (Follows Novice Short Program Requirements)

1. *Single or Double Axel Jump.*
2. *One double jump – immediately preceded by connecting steps or other comparable free skating moves or triple jump (connecting steps not required) Double axel may not be repeated.*
3. *Jump Combination – two double jumps or one double and one triple jump.*
 - *The jump combination may consist of the same jump or another double or triple jump.*
 - *The jumps included must be different than the solo jump.*
4. *Layback or sideways leaning spin (minimum of 6 revolutions in the required position).*
5. *Combination Spin (minimum of 5 revolutions on each foot – 1 change of foot allowed (minimum of 2 changes of position and must not commence with a flying start).*
6. *Women – Spiral Step Sequence (2 positions held for 3 seconds or 1 position held for 6 seconds).*
Men – Step Sequence – any pattern.

Senior Bronze Short Program (Music & Skating Time 2:30 minute - maximum)

(Follows Pre-Novice Short Program Requirements)

1. *Single or Double Axel Jump.*
2. *Any double or Triple jump.*
3. *Jump Combination (2 double jumps including one double or triple jump).*
4. *Women – Layback - (minimum 5 revolutions in required position).*
Men – Camel change Camel (minimum 5 rotations on first foot).
5. *Combination Spin (minimum of 3 revolutions on each foot – 1 change of foot allowed minimum of 2 changes of position and must not commence with a flying start).*
6. *Women – Step Sequence – any pattern.*
Men – Step Sequence – any pattern.

Junior Bronze Compulsory Elements Program (Skating Time 1:30 minute - maximum)

NO MUSIC for these events.

1. Single Axle Jump.
2. Double Salchow Jump.
3. Single Flip/Single Toe Loop Jump Combination.
4. Change Combination Spin – (Min. 2 rotations in each position).
5. Flying Camel or Flying Sit Spin (Min. 3 rotations).

Entry, Pre-Preliminary and Preliminary will use ½ ice surface NO MUSIC FOR THESE EVENTS.

Eligibility for Events is the same as for Free Skating Events. The program consists of required elements and may be skated in any order. Programs must have an opening and ending pose. Connecting steps are permitted to link elements. Entry, Pre-Preliminary and Preliminary will use ½ ice surface. Deductions will be taken for any added or repeated elements.

Preliminary Element Program (Skating Time 1:15 minute - maximum)

1. Single Flip Jump.
2. Single Lutz Jump.
3. Single Loop/Single Loop Combination.
4. Forward Camel Spin (Min. of 3 revolutions).
5. Change Sit Spin (Min. of 2 rotations on each foot).

Pre-Preliminary Element Program (Skating Time 1:15 minute - maximum)

1. Single Loop Jump.
2. Single Flip Jump.
3. Single Salchow/Single Toe Loop Jump Combination.
4. Sit Spin (minimum of 2 revolutions).
5. Change Upright Spin (minimum of 2 rotations on each foot).

Entry Element Program (Skating Time 1:15 minute – maximum)

1. Waltz Jump.
2. Single Toe Loop Jump.
3. Single Salchow Jump.
4. 1 Foot Upright spin (minimum 2 rotations).
5. 1 Foot Backspin (minimum 2 rotations).

Competitive Short Program Events

A short program to music containing the required elements as outlined in the Skate Canada Technical Handbook.

Pre-Novice & Novice

May have passed the Skate Canada Pre Novice or Novice Competitive Test or the USFSA equivalent.

Women / Men: A short program to music which shall not exceed 2 minutes 30 seconds.

Junior

May have passed the Skate Canada Junior Competitive Test or the USFSA equivalent. Junior competitors must not have reached the age of 19 by midnight June 30th preceding the competition.

Women / Men: A short program to music which shall not exceed 2 minutes 50 seconds

Spin Events

Spins shall be skated in a simple program with no extra or repeated elements. Connecting moves may include short sequences of footwork such as threes, brackets, rockers, etc. and / or spirals, spread eagles, Ina Bauers. Connecting moves are for the sole purpose of maneuvering between spins and will not be judged. All levels will use half of the ice surface. Skating time for all levels will be 1.5 minutes. No music is allowed.

Eligibility is the same as for Free Skating Events.

Gold / Senior Silver Spins (Combined Event)

1. Flying Spin one position with no change of foot (minimum of 6 revolutions).
2. Combination Spin Change of foot mandatory. Must include all three positions (minimum of 6 revolutions on each foot).
3. One position Spin Change of foot optional (minimum of 6 revolutions).

Junior Silver Spins

1. Flying Spin one position with no change of foot (minimum of 6 revolutions).
2. Combination Spin Change of foot mandatory. Must include all three positions (minimum of 6 revolutions on each foot).
3. One position Spin, Change of foot optional (minimum 6 revolutions).

Senior Bronze Spins

1. Flying Spin one position with no change of foot (minimum 5 revolutions).
2. Combination Spin Change of foot mandatory. Must include all three positions (minimum of 5 revolutions on each foot).
3. One position Spin Change of foot optional (minimum 5 revolutions).

Junior Bronze Spins

1. Flying Spin one position with no change of foot (minimum 4 revolutions).
2. Combination Spin Change of foot mandatory. Must include all three positions (minimum of 4 revolutions on each foot).
3. One position Spin No flying entry, change of foot optional (minimum 4 revolutions).

Preliminary Spin

1. Sit spin (minimum of 3 revolutions).
2. Camel Spin (minimum of 3 revolutions).
3. Combination Spin (Change of foot optional. Must include all three positions).

Pre – Preliminary Spins

1. Forward Upright Spin (minimum of 3 revolutions).
2. Sit Spin (minimum of 3 revolutions).
3. Back upright Spin (minimum of 3 revolutions).

StarSkate Jump Events

Jumps will be skated IN THE ORDER LISTED. Skaters will perform the first jump two times, and then perform the second jump two times, etc. If a choice of jump is listed, both attempts must be the same. All jumps will be scored. Extra choreography and footwork will not be permitted in this event. Automatic deductions will be given for added elements. Half ice is to be used for Pre-Preliminary to Senior Bronze. Full Ice will be used for Jr. Silver and up including Adult as well. **Eligibility is the same as for Free Skating Events.**

StarSkate Jump Events

Entry –

1. Waltz Jump
2. Salchow
3. Toe Loop

Pre-Preliminary – (Entry level skaters may also register at this level if they are able to do the elements)

1. Single Loop Jump
2. Single Flip
3. Single Salchow jump /Single Toe Loop Jump Combination

Preliminary –

1. Single Flip
2. Single Lutz
3. Single Loop/Single Loop Jump Combination

Jr. Bronze –

1. Single Axel
2. Double Salchow
3. Single Flip/Single Toe Loop Combination

STARSKATE / COMPETITIVE SENIOR JUMP EVENT

StarSkate / Competitive Senior Jump Event (SS/C Senior Jump) is broken down into five categories:

Category E: All skaters who have passed the Junior or Senior Singles test. Category E may be split into E1 (Junior) and E2 (Senior) where appropriate.

Category D: All skaters who have passed the Gold Free Skating test OR passed Novice Single test but no higher than the Junior Singles test.

Category C: All skaters who have passed the complete Senior Silver Free Skating test (but no higher complete free skating test) OR passed the Pre-Novice Singles test but no higher than the Novice Singles test.

Category B: All skaters who have passed the complete Junior Silver Free Skating test (but no higher complete free skating test) OR passed the Juvenile Singles test but no higher than the Pre-Novice Singles test.

Category A: All skaters who have passed the complete Senior Bronze Free Skating test, but no higher than the complete Junior Silver Free Skating test. Skaters must not have passed a Competitive Singles test. Note: skaters cannot compete in a category lower than the level competed in the immediately preceding Section championships where Category B= Juvenile, Category C= Pre-Novice, Category D= Novice.

Technical Information:

The participants will complete jumps according to their category. Each category will complete two rounds. Category C will include a challenge round. Within each round, skaters will execute each required jump (in isolation) two times consecutively.

The jump rounds are defined as follows:

- Round 1: Single Axel, Double Toe Loop, Double Salchow
- Round 2: Double Loop, Double Flip, Double Lutz
- Round 3: Double Axel, Triple Toe Loop, Triple Salchow

Each category event will be completed when the skaters complete a combination round. For the combination round, skaters execute a two jump combination of their choice (including one jump from round indicated and one double jump). The combination jump is attempted two times. Both attempts must be of the same combination jump.

The rounds are assigned to the categories as follows:

- Category A: Round 1 & Round 2 + one combination jump from Round 1
- Category B: Round 1 & Round 2 + one combination jump from Round 1
- Category C: Round 1 & Round 2 + Challenge: one jump from Round 3 + one combination jump from Round 2
- Category D: Round 2 & Round 3 + one combination jump from Round 2
- Category E: Round 3 + one combination jump from Round 3

***Note:** for the Category C Challenge round: the jump to be executed is the choice of the skater – however, both attempts must be of the same jump. The choice must be communicated to the referee at the start of the Challenge round.

Interpretive Event

Criteria for all levels

This program shall contain a variety of skating moves. These moves should be selected for their value in enhancing the choreographic interpretation of the music rather than for their technical difficulty. Jumps are allowed, but no credit will be given for their technical difficulty. The skater is unrestricted as to choice of music. Vocal music may be used.

Costumes should be tastefully selected to enhance the mood of the program. Props may not be used. A prop is defined as any item that is not attached to the costume, is held in the hand of the skater or is intentionally removed from the costume at some point during the performance.

Before competition, the skater shall submit the title of the program with their program CD's. It shall be distributed to judges before the performance and be provided to the announcer if required.

Please note there is a line on the application form for the title of skaters Interpretive they are skating, please ensure this is filled in at time of application.

The Interpretive Program shall be marked using the following criteria:

- | | |
|---|---|
| <p>(a) Skating Skills:</p> <ul style="list-style-type: none">a. Quality of Skatingb. Use of icec. Expressive/Innovative Movesd. Style | <p>(b) Presentation:</p> <ul style="list-style-type: none">a. Interpretation of Musicb. Use of whole bodyc. Creativityd. Choreography |
|---|---|

Gold

The competitor must have passed the Silver Interpretive Test. Program must be between 2.0 to 3.0 minutes in length.

Silver

The competitor must have passed the Bronze Interpretive Test. Program must be between 2.0 to 3.0 minutes in length.

Bronze

The competitor must have passed the Introductory Interpretive Test. Program must be between 2.0 to 3.0 minutes in length.

Intro

Program must be between 2.0 to 3.0 minutes in length.

Adult Events

Skaters competing in adult events must be 18 years of age as of proceeding July 1, 2011.

Adult Masters Free Skate

TEST: Must have passed the complete Junior Silver Free Skate Test of higher.

SPECIFICATIONS FOR EVENT: One Free program of a maximum time of 4 minutes 10 seconds. Program time may be shorter.

Adult Gold Free Skate

TEST: Must have passed the complete Senior Bronze Free Skate test, but not the complete Junior Silver Free Skate test.

SPECIFICATIONS FOR EVENT: One Free program of a maximum time of 3 minutes and 40 seconds. Program time may be shorter.

Adult Silver Free Skate

TEST: Must have passed the complete Junior Bronze Free Skate test, but not the complete Senior Bronze Free Skate test.

SPECIFICATIONS FOR EVENT: One Free program of a maximum time of 3 minutes and 10 seconds. Program time may be shorter.

Adult Bronze Free Skate

TEST: not have passed the complete Junior Bronze Free Skate test

SPECIFICATIONS FOR EVENT: One Free program of a maximum time of 2 minutes and 410 seconds. Program time may be shorter.

Adult Interpretive Event

This program shall contain a variety of skating moves. These moves should be selected for their value in enhancing the choreographic interpretation of the music rather than for their technical difficulty. Jumps are allowed, but no credit will be given for their technical difficulty. The skater is unrestricted as to choice of music. Vocal music may be used.

Costumes should be tastefully selected to enhance the mood of the program. Props may not be used. A prop is defined as any item that is not attached to the costume, is held in the hand of the skater or is intentionally removed from the costume at some point during the performance.

Before competition, the skater shall submit the title of the program with their program CD's. It shall be distributed to judges before the first official practice and be provided to the announcer if required.

Gold Event

The competitor must have passed the Gold Interpretive Test. Program must be between 2.0 to 3.0 minutes in length.

Silver Event

The competitor must have passed the Silver Interpretive Test. Program must between 2.0 to 3.0 minutes in length.

Bronze Event

The competitor must have passed the Bronze Interpretive Test. Program shall be a minimum 2.0 to 3.0 minutes in length.

Introductory Event

The competitor must have passed the Introductory Test. Program shall be a minimum 2.0 to 3.0 minutes in length.

Pre-Introductory Event

The competitor must not have passed any Skate Canada Interpretive Test Program shall be a minimum 2.0 to 3.0 minutes in length.

(a) LEVEL 3 SINGLES

Eligibility: a Skater competing in Level 3 must have passed CanSkate Stage 6 but no higher than Stage 7.

- (i) 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

- (ii) LEVEL 3 FREE SKATE 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 CanSkate Stages 1 through 7
- ❖ Must include 4 out of the 6 Fundamental Movements from CanSkate 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.

(b) LEVEL 2 SINGLES

Eligibility: a Skater competing in Level 2 must have passed CanSkate Stage 4 but no higher than Stage 5.

- (i) 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-R glide)
- ❖ Left forward inside glide on a curve for 6 counts – (L-R-L 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)

Option 2

- ❖ Left forward outside glide on a curve for 6 counts – (L-R-L glide)
- ❖ Right forward inside glide on a curve for 6 counts – (R-L-R 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)

- (ii) **LEVEL 2 FREE SKATE PROGRAM:** The Level 2 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 CanSkate Stage 1 through 5
- ❖ Must include 4 of 6 Fundamental Movements from CanSkate Stage 4 and 5.
- ❖ Choice of Challenge skills from Stages 1 through 3 may also be included.
- ❖ Maximum of 3 jump elements .
- ❖ 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.

(c) LEVEL 1 SINGLES

Eligibility: A Skater competing in Level 1 must have passed CanSkate Stage 1 but no higher than Stage 3.

- (i) **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 the width of the ice surface

- (ii) **LEVEL 1 FREE SKATE PROGRAM:** The free skate 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) CanSkate 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.

ANY AND ALL INFORMATION IN THIS ANNOUNCEMENT IS SUBJECT TO CHANGE!!!



ENTRY FORM - 2011 SUPER SKATE COMPETITION

November 25-27, 2011 – Winnipeg, MB.

Skater's Name: _____ Age: _____ Gender: _____
(First Name) (Last Name)

Home Club: _____ #: _____ Birthdate: _____ / _____ / _____
(Club Name) (Club Number) DD / Mmm / YYYY

INCOMPLETE / ILLEGIBLE ENTRY FORMS WILL NOT BE ACCEPTED – Type or Print on this form ONLY

Address: _____ City / Town: _____ Province / State: _____ Postal / Zip Code: _____

Phone #: () Cell #: () E-Mail Address: _____

Highest Complete Test Passed

Skate Canada #: _____ Free / Competitive: _____ Interpretive: _____

Coach Name: _____ NCCP Level: _____ Coach E-mail: _____

EVENTS ENTERED: (Check appropriate events)

STARSkate FS	STARSkate Elements	STARSkate Jump	Special Olympics	Competitive FS	Competitive Short
<input type="checkbox"/> Open Star	<input type="checkbox"/> Open Star	<input type="checkbox"/> Jr. Bronze	<input type="checkbox"/> Level 3 Singles	<input type="checkbox"/> Junior	<input type="checkbox"/> Junior
<input type="checkbox"/> Sr. Bronze	<input type="checkbox"/> Sr. Bronze	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Level 3 FreeSkate	<input type="checkbox"/> Novice	<input type="checkbox"/> Novice
<input type="checkbox"/> Jr. Bronze	<input type="checkbox"/> Jr. Bronze	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Level 2 Singles	<input type="checkbox"/> Pre Novice	<input type="checkbox"/> Pre Novice
<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Entry	<input type="checkbox"/> Level 2 FreeSkate	<input type="checkbox"/> Juvenile	
<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary		<input type="checkbox"/> Level 1 Singles	<input type="checkbox"/> Pre-Juvenile	
	<input type="checkbox"/> Entry		<input type="checkbox"/> Level 1 FreeSkate		

Spins	SS/C Senior Jump	Interpretive	Adult Events	Adult F/S
<input type="checkbox"/> Gold / Sr. Silver	<input type="checkbox"/> Category E	<input type="checkbox"/> Gold	<input type="checkbox"/> Gold Interpretive	<input type="checkbox"/> Masters F/S
<input type="checkbox"/> Jr. Silver	<input type="checkbox"/> Category D	<input type="checkbox"/> Silver	<input type="checkbox"/> Silver Interpretive	<input type="checkbox"/> Gold F/S
<input type="checkbox"/> Sr. Bronze	<input type="checkbox"/> Category C	<input type="checkbox"/> Bronze	<input type="checkbox"/> Bronze Interpretive	<input type="checkbox"/> Silver F/S
<input type="checkbox"/> Jr. Bronze	<input type="checkbox"/> Category B	<input type="checkbox"/> Introductory	<input type="checkbox"/> Pre Intro	<input type="checkbox"/> Bronze F/S
<input type="checkbox"/> Preliminary	<input type="checkbox"/> Category A		Interpretive	
<input type="checkbox"/> Pre-Preliminary				

Interpretive Program Title: _____

I acknowledge all the information presented and the event(s) entered are correct. Signature required from Coach.

Coach Signature: _____ Date: _____ Coach Phone #: () _____

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 facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs and any person acting on my behalf, Skate Winnipeg and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, sponsors and the Host Committee from any claim arising from any illness or injury to my person as a result of my participation in this activity.

* If skater is under 18 a parent must sign this agreement.

Signatures: Competitor: _____ Parent: _____ Date: _____

Competition Fees:

STARSkate Events:			
Entry to Preliminary, and Special Olympics	First Event	\$	40
	Additional Events / Event	\$	10
Jr. Bronze & Up incl. Adult	First Event	\$	55
	Additional Events / Event	\$	15
Competitive Events:			
Pre-Juvenile & Juvenile	First Event	\$	55
	Additional Events / Event	\$	15
Pre-Novice & Up	First Event	\$	60
	Additional Events / Event	\$	15

Included Payment:			
First Event		\$	_____
Additional Events	# of Events _____	\$	_____
Mailed in Entry Fee			\$ 20
Total			\$ _____

Make Cheques payable to Skate Winnipeg (CDN Funds Only); or pay by VISA or MASTERCARD below

Mail Completed Entry to: Skate Winnipeg – C/O Susan Zuk
 7 Jenna Cove
 Winnipeg, MB R2E 0H8

- VISA - MasterCard Card #: _____ Cardholder Signature: _____
 Name on Card: _____ Expiry Date (MM/YYYY): _____

ENTRY DEADLINE – RECEIVED BY - FRIDAY OCTOBER 21, 2011 – ABSOLUTELY NO REFUNDS AFTER SCHEDULE POSTED.