

PINERIDGE

UXBRIDGE SKATING CLUB

Uxbridge Arena & Community Centre

Saturday January 7th, 2012





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Uxbridge FSC

SANCTIONED BY SKATE CANADA-EASTERN ONTARIO

**Uxbridge Arena & Community Centre
291 Brock St W (RR-1) Uxbridge, ON L9P 1G1
TEL:905-852-3081**

General

This competition is being held under the current rules of the Skate Canada 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. The Host Committee reserves the right to alter the overall procedures to be followed during any part of the competition, 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.

Eligibility

- All skaters must be eligible persons as defined in Skate Canada Rule Book Section 2100.
- All Skaters must be Associate members in good standing of the Association.
- All Skaters must be a member of one of the following figure skating clubs:
Blackstock, Bowmanville, Hamilton Hope, Newcastle, Orono, Oshawa, Port Hope, Port Perry, Uxbridge, Whitby, Beaverton Cannington, Manvers, Sunderland, Baltimore Brighton, Cobourg, Colborne-Cramahe
- Competitors wishing to enter shall have passed the appropriate badges/test qualifications for relevant events by ***October 1st, 2011***
- All age requirements are as of ***October 1st, 2011***
- All skaters must be 18 years and under to compete in this event
- Current certified Level Two and up Skate Canada Coaches are not permitted to compete at Interclub Events, however, Level One Skate Canada Coaches who are 18 years and under, and registered as an associate member with Skate Canada as well as a Certified Coach may compete
- Skaters registered for Sectionals held in November 2011 at the Pre-Novice Level or higher must default to Open Level events. Pre-Juvenile and Juvenile competitors must default to their test equivalency or STARSkate test level, whichever is higher

Accidents/Liability

Skate Canada - Eastern Ontario, the Clubs/Organizers of any competition, and the Volunteer Team undertake no responsibility for damages or injuries suffered by skaters. As a condition of and in consideration of their entries therein, 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, caused by or connected with the conduct and management of the competitions and to release any and all claims they may have against the officials, the Association, the Section, the Clubs/Organizers, and the Volunteer Team holding the competition and against their officers, and their entries shall be accepted only on these conditions. Skate Canada Rule 7000 B 1.11 will apply.

Club Contacts

(All Clubs are advised to name a contact person who will be available and responsible for receiving and distributing information to skaters, parents and coaches from their club. A schedule and confirmation for all skaters from your club will be sent directly to the said contact address.)

Entry Forms

- Entry forms, including all required supporting documentation, must be completed in FULL or they will be returned unprocessed.
- Individual entry forms are to be accumulated by one point of contact designated by the participating club and submitted by **Julie Clark, Registrar**
- All club entry packages must be received by **(mail to The Uxbridge Figure Skating Club c/o Julie Clark 65 Quaker Village Drive Uxbridge ON L9P 1A2)** with entry fees and supporting documentation where required, no later than **(Friday December 2nd, 2011)** regardless of postmark or courier date.
- Faxed or telephone entries will NOT be accepted.

Entry Fees

- **Canskate/Introductory Singles Events 30.00 1st event, 20.00 each additional**
- **Similar Pairs 40.00 1st event, 20.00 2nd event**
- **All team events 20.00 per team**
- **Individual Spiral 5.00 per skater**
- **There will be a 70.00 club fee for each participating clubs**
- Entry fees are noted on, and payable with the entry form.
- Post-dated cheques will NOT be accepted.
- Entry form(s), entry fees, and acceptable proof of age where relevant, must be received no later than Friday December 2nd, 2011 regardless of postmark or courier date.
- Please make cheques payable to **Uxbridge Figure Skating Club** and mail it with completed entry forms to:

**Pineridge 2011
c/o Julie Clark
65 Quaker Village Drive, Uxbridge, ON
905-852-1232
info@uxbridgeskatingclub.com**

Returned Cheques - A \$ 25.00 administration fee will be applied to cheques returned by your bank. The amount of the returned cheque and the \$25.00 administration fee must be paid in cash or by a certified cheque, bank draft, money order or similar form of guaranteed payment prior to the skater being permitted to compete.

NOTE: No skater will be permitted to skate until all money owing, including fees for NSF cheques, are properly paid upon registration at the arena on the day of the competition.

Refunds and Withdrawals

Refunds will be given for any cancelled event(s) or if the entry is withdrawn prior to December 2nd, 2011. After December 2nd, 2011, refunds will be given for medical reasons only, providing the Competition Registrar is notified of the medical withdrawal prior to the start of the event and if the Registrar receives a medical certificate by January 2nd, 2012. An administration fee of \$25.00 per event will be charged for medical withdrawals."

Event Specifications

- Skaters are permitted to "skate up" one level – they may enter an event one level above the level for which they are currently qualified. **Skaters may enter one of these levels but not both.**
- Entries will be accepted on a first come, first serve basis once all required information and fees have been received.
- Late entries will be accepted at the discretion of the Host Committee and the Technical Representative.
- If time permits, an exhibition skate may be allowed; 50% of the entry fee will be refunded if an exhibition skate is permitted.
- The Committee reserves the right to categorize flights & limit the number of entries in any event.
- Each Club can enter a maximum of 2 teams per Team event.

Cancellation of Events

- An event will be cancelled if only one skater has entered. Entry fees will be refunded if an event is cancelled.
- The Technical Representative and the Host Committee may combine two or more categories in the same event when each category has fewer than three entries or one category has insufficient entries to hold the event. In each case, the categories may only be combined with full prior knowledge and agreement of all competitors affected. However, male and female categories **cannot** be combined.

Protective Equipment – Helmet Policy

As of July 1st, 2011 Skate Canada issued a policy statement as follows "All Skate Canada member clubs and skating schools **must** ensure that participants up to and including Stage 5 wear a CSA approved hockey helmet while on the ice – this policy **must** be enforced during competitions". Skaters will NOT be penalized for the use of helmets during competition.

Registration

- Skaters are to register at least one hour prior to the scheduled start of his/her event. Music (where applicable) must be registered at this time as well.
- The Host Committee reserves the right to start an event up to one-half hour prior to its' scheduled start time.

Music

- Each skater is required to supply his/her own music.
- All music used must be in the public domain or covered by the performing rights societies.
- If a skater wishes to supply his/her music on a CD, the following directions should be followed:
 - Two copies of the CD must be supplied, each clearly marked with the skater's name, category and whether it is the "master" or "copy".
 - The selection of music must be an entire track on the CD. The operator of the music equipment will NOT be responsible for fading a selection in or out. There must only be ONE track on the CD.

In case of unforeseen mishaps, it is strongly recommended that a backup copy of the music be supplied on a cassette tape.

- Skaters may pick up their music at the music registration desk one-half hour after completion of the event.

Coaches

All Coaches must be prepared to show and wear their Skate Canada photo ID.

Marking

Results will be determined using the One by One [OBO] system. Result sheets will NOT be available for sale.

Awards

- Medals and/or Ribbons will be presented in accordance with the regulations set out in the Skate Canada Event Management Handbook. Medals will NOT be awarded for exhibitions.
- Award presentations will take place *in the arena hall off ice pad 1*. Presentation times will be posted on the day of the event.
- Skaters must be in skating attire and skates for award presentations.

Club Points

Club points will be awarded as follows: A club trophy will be awarded based on points system % of ratio of skaters to placings for each club. Each club participating will have the opportunity to win the interclub trophy.

General Admission

Tickets may be purchased at the event.

Adult - **\$3.00**

- Senior/Student - **\$2.00**
- Children (6 and under) - **FREE**

Media Policy

CAMERA & VIDEO POLICY:

- An authorized videotaping service will be available for the purchase of a DVD.
- Ticket holders are permitted to use cameras or video cameras at an event for personal use ONLY. Taping of entire flights and/or events is not permitted. The camera's lens must not be larger than 200mm.
- STRICTLY PROHIBITED:
 - Videotaping of complete events
 - Flash photography
 - Any resale of photography or videos by ticket holders

MEDIA POLICY:

At least two (2) weeks prior to the event individuals wishing to obtain appropriate accreditation must contact: **Julie Clark 905-852-1232**
or info@uxbridgeskatingclub.com

- Individuals will need prior approval to attend and photograph skaters at Section Partnered events. Individuals will be given access to the boards near the skaters' entry to the ice. Accredited individuals will not interfere with coach/skater communications during warm-up periods. Pictures of skater and/or coaches will not be allowed prior to or after the performance. Any written complaints of interference will result in the loss of accreditation for future events.
- The following is a guideline for approving accreditation:
 - Individuals from News media must submit appropriate accreditation for review.
 - An individual representing skating club parent must submit written permission from these parents with request
 - Pictures of skaters will not be made available for sale.

General Information

Ice Dimensions: 200 x 85

Registrar for this event : *Julie Clark 905-852-1232 or info@uxbridgeskatingclub.com*

Directions to Arena: Uxbridge is located on Hwy-47, approx. 65 km northeast of Toronto.
From Hwy-404: Hwy-404 to Aurora Road exit. Drive east to the end of Aurora Road. Turn left onto Regional Road 30. Drive north to Regional Road 8 (first right). Turn right onto Regional Road 8 and continue into Uxbridge (turns into Brock Street). Drive past the first set of lights and arena is on the left.

From Hwy-401: Hwy-401 to Brock Road (exit 399). Drive north to end. Veer right onto Hwy-47. Continue into Uxbridge (turns into Toronto Street). Turn left at Brock Street (5th set of lights). Continue west on Brock Street to arena (first right past Centre Road).

Hotel Accommodation: *Best Western Voyageur Place Hotel
 17565 Yonge St, Mewmarket, On L3Y 5H6 905-895-2131*

Competition Schedule

The competition schedule will be emailed to the participating clubs two (2) weeks prior to the competition. A copy will be provided on the host club website www.uxbridgeskatingclub.com

Amenities Available:

- There will be a club run snack bar/bake table
- The Arena snack bar will be open

TECHNICAL INFORMATION

ADDENDUM “A”– CANSKATE EVENTS

CANSKATE SINGLES – ELEMENTS IN ISOLATION

For CanSkate Events the elements listed are compulsory. All skaters in each flight will be on the ice at the same time. Each skater in turn will perform each element in rotation with the other skaters in the order listed below. Coaches will be permitted to work with their skaters only during warm-up. No re-skates allowed.

<i>Event #</i>	<i>Level</i>	<i>Testing Prerequisites</i>	<i>Required Elements</i>
1001	Elements Stage 2 Women Stage 2 Men	Must NOT have passed Stage 2	<ul style="list-style-type: none"> • Forward Glide (two feet to one foot) • Forward two-foot sculling • Two-foot jump • Two-foot spin
1002	Elements Stage 3 Women Stage 3 Men	Must NOT have passed Stage 3	<ul style="list-style-type: none"> • Forward two-foot sculling • Backward glide (two feet to one foot) • Two-foot jump while gliding forward • Two-foot spin picking up alternating feet
1003	Elements Stage 4 Women Stage 4 Men	Must NOT have passed Stage 4	<ul style="list-style-type: none"> • Two-foot jump forward to backward on a curve • Two foot sit spin • Backward glide on a curve (two feet to one-foot) • One-foot turn forward to backward (forward outside three turn)
1004	Elements Stage 5 Women Stage 5 Men	Must NOT have passed Stage 5	<ul style="list-style-type: none"> • Forward power jump (bunny hop) • Forward one-foot spin (more than 1 rev.) • Forward spiral • Turning on a curve backward to forward changing feet (LBO-RFO or RBO-LFO, backward Mohawk)
1005	Elements Stage 6 Women Stage 6 Men	Must NOT have passed Stage 6	<ul style="list-style-type: none"> • Turning on a curve forward to backward changing feet (forward Mohawk) • One foot backspin • Rotating power jump (Waltz jump) • Backward cross-cuts in a figure 8 pattern
1006	Introductory Women’s Elements Men’s Elements	Must NOT have passed any complete Skate Canada Test or any part of the Preliminary FreeSkate Test	<ol style="list-style-type: none"> 1. Salchow 2. Backward outside full edges 3. Backward Spiral 4. Forward one-foot spin with backward crosscut entry (minimum two (2) rotations).

CANSKATE PROGRAM FORMAT ELEMENTS

Movements are confined to those listed and can be done in any order. Movements must be continuous using connecting moves necessary to link the various elements. No music will be used. Judging will be based on technical merit only. If necessary, only half the ice surface will be used and these events will be double-paneled. Maximum time for the completion of the required elements is 1 minute. Coaches may work with their skaters during the warm-up. Skaters will be divided into age categories when numbers warrant.

<i>Event #</i>	<i>Event Name</i>	<i>Test Pre-Requisites</i>	<i>Description</i>
2001	Stage 4 - Individual Elements	Must NOT have passed Stage 4	<ul style="list-style-type: none"> Two-foot jump forward to backward on a curve Two foot sit spin Backward glide on a curve (two feet to one-foot) One-foot turn forward to backward (forward outside three turn)
2002	Stage 5 - Individual Elements	Must NOT have passed Stage 5	<ul style="list-style-type: none"> Forward to backward 3 turn (edge optional) Forward spiral Forward power jump Forward one-foot spin
2003	Stage 6 - Individual Elements	Must NOT have passed Stage 6	<ul style="list-style-type: none"> Turning on a curve forward to backward changing feet (edge optional, Mohawk) Forward one-foot spin Rotating power jump (Waltz jump) Forward Crosscuts
2004A	Introductory Individual Elements "A" 9 years or younger	Must NOT have passed any complete Skate Canada Test or any part of the Preliminary FreeSkate Test.	<ul style="list-style-type: none"> Waltz jump Toe Loop One-foot spin (forward) Forward spiral
2004B	Introductory Individual Elements "B" 10 years or older	Must NOT have passed any complete Skate Canada Test or any part of the Preliminary FreeSkate Test.	<ul style="list-style-type: none"> Waltz jump Toe Loop One-foot spin (forward) Forward spiral

CANSKATE TEAM ELEMENTS

This event is to help encourage participation at all levels of recreational skating. Coaches may only work with skaters during the warm up. A team shall consist of a minimum of 2 skaters. Each skater is required to perform one element, all four must be performed.

<i>Event #</i>	<i>Event Name</i>	<i>Qualifications</i>	<i>Required Elements</i>
2005	Team Elements Stage 2	Must NOT have completed the Stage 2 CanSkate Badge	<ul style="list-style-type: none"> Forward Glide (two feet to one foot) Forward two foot sculling

			<ul style="list-style-type: none"> • Two foot jump • Two foot spin
2006	Team Elements Stage 3	Must have completed Stage 2 CanSkate Badge but NOT Stage 3	<ul style="list-style-type: none"> • Forward two foot sculling • Two foot jump gliding forward • Backward glide (two foot to one foot) • Two foot spin picking up alternate feet
2007	Team Elements Stage 4	Must have completed Stage 3 CanSkate Badge but NOT Stage 4	<ul style="list-style-type: none"> • Two-foot jump while gliding backwards (remain backwards) • One foot turn forward to backward (forward outside three turn) • Backward one-foot glide • Two foot spin picking up alternating feet
2008	Team Elements Stage 5	Must have completed Stage 4 CanSkate Badge but NOT Stage 5	<ul style="list-style-type: none"> • Two foot jump forwards to backwards and backwards to forward • Forward one-foot spin • Forward spiral • Forward two foot side stop
2009	Team Elements Stage 6	Must have completed the Stage 5 CanSkate Badge but NOT Stage 6	<ul style="list-style-type: none"> • Backwards spiral • One foot side stop • Rotating power jump (Waltz jump) • Forward cross-cuts in a circle (1 full circle)
2010A	Team Elements Introductory "A" 9 years or younger	Must NOT have passed any complete Skate Canada Test or any part of the Preliminary FreeSkate Test	<ul style="list-style-type: none"> • Waltz jump • Upright 1 foot spin • Forward spiral • Toe loop/toe loop jump combination
2010B	Team Elements Introductory "B": 10 years or older	Must NOT have passed any complete Skate Canada Test or any part of the Preliminary FreeSkate Test	<ul style="list-style-type: none"> • Waltz jump • Upright 1 foot spin • Forward spiral • Toe loop/toe loop jump combination

CANSKATE SIMILAR PAIRS

CanSkate Similar pair teams may consist of either two females, two males or a male/female mix. Both skaters must be of the same test criteria or one may be one test lower but NOT higher. Skaters may choose their own music instrumental or vocal. No lifts permitted.

Event #	Event Name	Description	Program Length
3001A	Similar Pairs "A"	<u>Both</u> partners MUST HAVE PASSED Stage 2, but NOT Stage 6 of the CanSkate Program. Age 6 and under as of January 1, 2011.	1 minute
3001B	Similar Pairs "B"	<u>Both</u> partners MUST HAVE PASSED Stage 2, but NOT Stage 6 of the CanSkate Program. No age restriction.	1 minute
3001C	Similar Pairs "C"	<u>One</u> partner MUST HAVE PASSED Stage 6 of the CanSkate Program, but NOT the complete Skate Canada Preliminary FreeSkate Test. No age restriction.	1.5 minutes

CANSKATE Individual Spin & Spiral

CanSkate and Introductory event entrants must NOT have passed any complete Skate Canada test or any part of the Preliminary FreeSkate test. Spiral is to be performed first followed by the spin identified for each category.

Event #	Event Name	Description
4001	Stage 4	Forward Spiral (either foot) followed by two foot Sit spin, 2 rotations.
4002	Stage 5	Forward Spiral (either foot) followed by one foot Upright Spin, at least 2 rotations.
4003	Stage 6	Forward Spiral (either foot) followed by Backward one-foot spin, 2 rotations
4004A	Introductory A	Right foot Forward Spiral followed by Sit spin, 3 rotations.
4004B	Introductory B	Left foot Forward Spiral followed by Camel spin, 3 rotations.

ADDENDUM B – STARSKATE EVENTS

STARSKATE SIMILAR PAIRS

STARSkate Similar pair teams may consist of either two females or two males in separate events. Skaters may choose their own music, instrumental or vocal. Program should contain FreeSkating elements. Judges will be looking for unison, timing, and difficulty of moves, close position of partners, footwork, and flow and ice usage. Skaters may skate in one category only. Both skaters must be of the same test criteria or one may be one test lower. Vocal music is encouraged.

NOTE: No overhead lifts, no lifts where either partner is held upside down or illegal moves i.e., backflips, somersaults, laying on the ice or any movement between partners or of either partner that results in having a skaters blades leave the ice. Should this occur, it may result in a Club's disqualification from Interclub or loss of points.

Event #	Event Name	Description	Program Length
5001	PrePreliminary Similar Pairs	Skaters must NOT have passed the complete Preliminary FreeSkate test.	1.5 minutes
5002	Preliminary Similar Pairs	Skaters must have passed the complete Preliminary FreeSkate test, but no higher complete test	1.5 minutes
5003	Jr. Bronze Similar Pairs	Skaters must have passed the complete Jr. Bronze FreeSkate test, but no higher complete test	1.5 minutes
5004	Sr. Bronze Similar Pairs	Skaters must have passed the complete Sr. Bronze FreeSkate test, but no higher complete test	2 minutes
5005	Jr. Silver Similar Pairs	Skaters must have passed the complete Jr. Silver FreeSkate test, but no higher complete test	2 minutes
5006	Sr. Silver Similar Pairs	Skaters must have passed the complete Sr. Silver FreeSkate test, but no higher complete test	2 minutes
5007	Open Similar Pairs	No restrictions.	2 minutes

STARSKATE TEAM SPIRAL

Four skaters (no more, no less) perform a spiral as a team. Skaters must be joined together by some kind of hold. Points will be awarded for length of time in spiral position, originality, speed and style. Props are NOT allowed; no reskates after position has been obtained. Spirals may be on any edge, forwards or backwards and a variety of spirals among skaters is permitted; however, changes to position are NOT permitted once the position has been obtained.

Event #	Name of Event	Qualifications
6001	Beginner Team Spiral	All skaters must have passed at least part of the Preliminary FreeSkate test.
6002	Intermediate Team Spiral	All skaters must have passed the complete Junior Bronze FreeSkate test but no higher
6003	Open Team Spiral	All skaters must have passed the complete Senior Bronze FreeSkate test or above.

STARSKATE SOLO SPIRAL

Elements will be done in isolation. Coaches are permitted to work with their skaters during the warm up only. Forward Spiral must be skated. Skaters will use the whole ice surface. These events are judged on length of time in position. **No re-skates.**

Event #	Event Name	Qualifications	Description
7001	Pre Preliminary	Skaters must NOT have passed any	When the raised leg attains

		complete Skate Canada test.	position.
7002	Preliminary	Skaters must NOT have passed the complete Junior Bronze FreeSkate test.	When the raised skate drops below the knee, the spiral is considered complete.
7003	Junior Bronze	Skaters must NOT have passed the complete Senior Bronze FreeSkate test.	When the raised skate drops below the hip, the spiral is considered complete.
7004	Open	No test restrictions.	When the raised skate drops below the hip, the spiral is considered complete.

STARSKATE TEAM SPINS

- A team is composed of **two to four** members, teams may be mixed (male and female skaters)
- Skaters are allowed to skate up one level.
- Each member of the team executes his/her designated spin only once. For a team with two to three skaters, some skaters will need to execute two or more spins.

Procedure: Five minute warm-up

- Announcer – one-minute warm-up – **“Stroking Only” (must be enforced)**
- Announcer – skaters return to the boards
- Referee on the Boards - has skaters warm-up- the first Element – one-minute – return to boards
- Repeat for the second, third and fourth Elements.
- Competition portion – controlled by Referee at Boards

Event #	Name of Event	Qualifications	Spins
8001	Pre-Preliminary	For skaters who have NOT passed the complete Preliminary FreeSkate Test.	<ul style="list-style-type: none"> • Forward one foot upright spin • Backward one foot upright spin • Sit spin • Camel spin
8002	Preliminary	For skaters who have passed no higher than the complete Preliminary FreeSkate Test.	<ul style="list-style-type: none"> • Forward one foot upright spin • Backward one foot upright spin • Sit spin • Camel/sit spin
8003	Junior Bronze	For skaters who have passed no higher than the complete Junior Bronze FreeSkate Test.	<ul style="list-style-type: none"> • Forward one foot upright spin • Sit spin • Camel/sit spin • Flying camel spin
8004	Senior Bronze	For skaters who have passed no higher than the complete Senior Bronze FreeSkate Test.	<p><i>NOTE: Number of rotations required is 3</i></p> <ul style="list-style-type: none"> • Backward one foot upright spin • Camel spin • Sit change sit spin • Flying Camel/back sit spin
8005	Open	For skaters who have passed the complete Junior Silver FreeSkate	<ul style="list-style-type: none"> • Layback or sideways leaning spin (4 rotations)

		Test or higher.	<ul style="list-style-type: none"> • Camel Change Camel spin (5 rotations) • Flying Sit (5 rotations) • Combination spin - (5 rotations on each foot, minimum 2 rotations in each position, 3 positions, 1 change of foot)
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STARSKATE TEAM ELEMENTS

- A team is composed of **two to four** members, teams may be mixed (male and female skaters)
- Skaters are allowed to skate up one level.
- Each member of the team executes his/her designated element only once. For a team with two to three skaters, some skaters will need to execute two or more elements.

Procedure: Five minute warm-up

- Announcer – one-minute warm-up – **“Stroking Only” (must be enforced)**
- Announcer – skaters return to the boards
- Referee on the Boards - has skaters warm-up- the first Element – one-minute – return to boards
- Repeat for the second, third and fourth Elements.
- Competition portion – controlled by Referee at Boards

Event #	Name of Event	Qualifications	Elements
9001	Pre-Preliminary	For skaters who have NOT passed the complete Preliminary FreeSkate Test.	<ul style="list-style-type: none"> • Waltz jump • Salchow • Toe-loop/toe-loop combination • Forward spiral
9002	Preliminary	For skaters who have passed no higher than the complete Preliminary FreeSkate Test.	<ul style="list-style-type: none"> • Loop • Flip • Salchow/toe-loop combination • Forward spiral
9003	Junior Bronze	For skaters who have passed no higher than the complete Junior Bronze FreeSkate Test.	<ul style="list-style-type: none"> • Split jump • Axel • Flip/loop combination • Backward spiral
9004	Senior Bronze	For skaters who have passed no higher than the complete Senior Bronze FreeSkate Test.	<ul style="list-style-type: none"> • Axel • Double Salchow • Lutz/loop combination • Field Movement sequence (a sequence of 2 moves chosen by the skater)
9005	Open	For skaters who have passed the complete Junior Silver FreeSkate Test or higher.	<ul style="list-style-type: none"> • Double Toe Loop or Double Salchow • Double Loop or Double Flip • Jump combination (2 jumps of at least one rotation, the second jump must be a double) • Step sequence (one step sequence using full length or width of ice – optional pattern)

