

# SKATESATION

**CARLETON PLACE SKATING CLUB**

**CARLETON PLACE RECREATION CENTER**

**MARCH 24, 2011**



Sanctioned by



**SKATESATION**  
**MARCH 24, 2011**  
**CARLETON PLACE SKATING CLUB**  
**SANCTIONED BY SKATE CANADA-EASTERN ONTARIO**  
**CARLETON PLACE RECREATION CENTER**  
**75 NEELIN AVENUE**  
**613-267-1690**

## **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:
  - Almonte FSC
  - Canton de Clarence CPA
  - Carleton Place SC
  - Casselman SC
  - Embrun SC
  - Glen Cairn SC
  - Gloucester SC
  - Goulbourn SC
  - March Kanata SC
  - Metcalfe FSC
  - Minto SC
  - Nepean FSC
  - Ontario Russell FSC
  - Rideau SC
  - Rockland FSC
  - St. Isidore CPA
  - West Carleton
- Competitors wishing to enter shall have passed the appropriate badges/test qualifications for relevant events by Dec 31, 2011.
- All age requirements are as of **July 1, 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.

## 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 to Carleton Place Skating Club , Attention Rob Rowley Competition Registrar.
- All club entry packages must be received by Rob Rowley PO Box 91 Carleton Place, ON K7C 4L6 with entry fees and supporting documentation where required, no later than February 17, 2012 regardless of postmark or courier date.
- Faxed or telephone entries will NOT be accepted.

## Entry Fees

- CanSkate Singles – Elements in Isolation Stages 2,3,4 \$30
- CanSkate Program Format Elements Stage 5 and above \$30
- CanSkate Team Elements \$60

STARSkater's to select either Shadow Dance or Shadow Skills event

- STARSkate Shadow Dance \$50
- STARSkate Shadow Skills \$50
- STARSkate Team Relay \$60
- STARSkate Team Elements \$60
- 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 February 17, 2012 regardless of postmark or courier date.
- Please make cheques payable to Carleton Place Skating Club and mail it with completed entry forms to:

**Carleton Place Skating Club**  
**c/o Rob Rowley**  
**PO Box 91**  
**Carleton Place, ON**  
**K7C 4L6**  
**613-257-7243**  
[Competition@cpskate.ca](mailto:Competition@cpskate.ca)

**Returned Cheques** - - A \$ 30.00 administration fee will be applied to cheques returned by your bank. The amount of the returned cheque and the \$30.00 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 February 17, 2012. After February 17, 2012, 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 March 24, 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.

## 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 1<sup>st</sup>, 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

- No music is required for this event. All required Dance and Skills music will be supplied by the Host Club.

## 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 Upper Hall. 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: : 3 points for 1<sup>st</sup> place, 2 points for 2<sup>nd</sup> place and 1 point for 3<sup>rd</sup> place in each event.

## General Admission

The general admission for all participants, coaches and spectators will be FREE.

## Camera & Video Policy

1. Individuals 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.
2. STRICTLY PROHIBITED:
  - Videotaping of complete events
  - Flash photography
  - Any resale of photography or videos by ticket holders

## Media Policy

Individuals wishing to obtain appropriate accreditation should contact:

**Rob Rowley @ [competition@cpskate.ca](mailto:competition@cpskate.ca)**

At least two (2) weeks prior to the event.

- Individuals will need prior approval to attend and photograph skaters at all EOS Sanctioned 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 : Rob Rowley email [competition@cpskate.ca](mailto:competition@cpskate.ca) 613-257-7243

**Directions to Arena:**

*Travel west from Ottawa on the 417/Queensway and exit onto Highway #7 west*

At the 1<sup>st</sup> set of traffic lights coming into the Town of Carleton Place, turn right or north onto McNeely Avenue (Canadian Tire is on your right hand side)

Continue straight north to the 4<sup>th</sup> traffic light (Shoppers Drug Mart will be on your right hand side).

Turn left or west onto Lake Ave.

Continue to the 1<sup>st</sup> STOP sign. The Carleton Place Hospital is on your right hand side.

Turn right onto Neelin Avenue

Continue straight north to the Carleton Place Recreation Center, 75 Neelin Avenue.

**Hotel Accommodation:**

Baron's Motor Inn Highway 7 and Highway 15 613-257-4002

**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, cpskate.ca.

**Amenities Available:**

- The canteen will be open throughout the competition.

## 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.

<b>Event #</b>	<b>Level</b>	<b>Testing Prerequisites</b>	<b>Required Elements</b>
1	Elements Stage 2 Women Stage 2 Men	Must <b>NOT</b> have passed Stage 2	<ul style="list-style-type: none"><li>• Forward Glide (two feet to one foot)</li><li>• Forward two-foot sculling</li><li>• Two-foot jump</li><li>• Two-foot spin</li></ul>
2	Elements Stage 3 Women Stage 3 Men	Must <b>NOT</b> have passed Stage 3	<ul style="list-style-type: none"><li>• Forward two-foot sculling</li><li>• Backward glide (two feet to one foot)</li><li>• Two-foot jump while gliding forward</li><li>• Two-foot spin picking up alternating feet</li></ul>
3	Elements Stage 4 Women Stage 4 Men	Must <b>NOT</b> have passed Stage 4	<ul style="list-style-type: none"><li>• Two-foot jump forward to backward on a curve</li><li>• Two foot sit spin</li><li>• Backward glide on a curve (two feet to one-foot)</li><li>• One-foot turn forward to backward (forward outside three turn)</li></ul>

# 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>
4	Stage 5 - Individual Elements	Must <b>NOT</b> have passed Stage 5	<ul style="list-style-type: none"> <li>• Forward to backward 3 turn (edge optional)</li> <li>• Forward spiral</li> <li>• Forward power jump</li> <li>• Forward one-foot spin</li> </ul>
5	Stage 6 - Individual Elements	Must NOT have passed Stage 6	<ul style="list-style-type: none"> <li>• Turning on a curve forward to backward changing feet (edge optional, Mohawk)</li> <li>• Forward one-foot spin</li> <li>• Rotating power jump (Waltz jump)</li> <li>• Forward Crosscuts</li> </ul>
6	Introductory Individual Elements	Must <b>NOT</b> have passed any complete Skate Canada Test or any part of the Preliminary FreeSkate Test.	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• Toe Loop</li> <li>• One-foot spin (forward)</li> <li>• Forward spiral</li> </ul>

# 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.

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

## ADDENDUM B – STARSKATE EVENTS

### STARSKATE SHADOW DANCE

No age or gender restrictions. Two skaters per team skating side by side or one behind the other, with no contact (synchronized dancing). Both must skate either the ladies or man's steps – their choice. No holds permitted. Each team will complete only 2 patterns. Skaters may choreograph a beginning and an end. Skate Canada Series 8 music will be used.

STARSkater's to select either Shadow Dance or Shadow Skills event but not both.

<i>Event #</i>	<i>Event Name</i>	<i>Description</i>	<i>Dance</i>
13	PrePreliminary Shadow Dance	Neither two skaters to have passed the complete Preliminary Dance Test.	Canasta
14	Preliminary Shadow Dance	Two skaters must have passed the complete Preliminary Dance Test but no higher complete dance test.	Fiesta
15	Jr. Bronze Shadow Dance	Two skaters must have passed the complete Jr. Bronze Dance Test but no higher complete dance test.	Fourteen Step
16	Sr. Bronze Shadow Dance	Two skaters must have passed the complete Sr. Bronze Dance Test but no higher complete dance test.	Keat's Foxtrot
17	Jr. Silver Shadow Dance	Skaters must have passed the complete Jr. Silver Dance Test but no higher complete dance test.	Killian
18	Open Shadow Dance	No restrictions.	Quickstep

### STARSKATE SHADOW SKILLS

Pairs may consist of either two females, two males or a male and a female. No age restrictions apply, no holds permitted. Music will NOT be used.

STARSkater's to select either Shadow Dance or Shadow Skills event but not both.

<i>Event #</i>	<i>Name of Event</i>	<i>Qualifications</i>	<i>Skill to be Skated</i>
19	Pre-Preliminary Shadow Skills	Neither of the two skaters to have passed the Preliminary Skills Test.	Waltzing Threes
20	Preliminary Shadow Skills	Both skaters to have passed the Preliminary Skills Test but no higher skills test.	Threes and Power Mohawks
21	Junior Bronze Shadow Skills	Both skaters to have passed the Junior Bronze Skills Test but no higher skills test.	Forward Brackets
22	Senior Bronze Shadow Skills	Both skaters to have passed the Senior Bronze Skills Test but no higher skills test.	Flying Choctaws
23	Junior Skills Shadow Skills	Both skaters to have passed the Junior Silver Skills Test but no higher skills test.	Rockers and Choctaws
24	Open Shadow Skills	Both skaters to have passed the Senior Silver Skills Test or higher.	Counters & Three Change Threes

# STARSKATE TEAM RELAY

- Teams may consist of three to five members (male or female), a maximum of two skaters may skate up.
- Two Clubs will be on the ice, together, and be timed. There will be a defined Start/Finish Line.
- Skaters will skate the length of the rink and back, repeating his/her Element.
- Judging will be based on speed and quality of the Required Elements, deductions will be taken for incomplete or poorly executed elements.
- If there are an uneven number of Teams, the last Team will skate against the Team that was first in the Skating Order. This is strictly as a challenge for the Last Team and will not count as a second skate for the First Team.
- For safety, skaters must come to a full stop before reaching the boards.

<i>Event #</i>	<i>Name of Event</i>	<i>Qualifications</i>	<i>Required Elements</i>
25	Junior Team Relay	All Skaters <b>MUST HAVE PASSED</b> CanSkate Stage 6 but <b>NOT</b> the Complete Preliminary FreeSkate Test. No Age Restrictions.	<ul style="list-style-type: none"> <li>• Forward Power Jumps (Bunny Hops)</li> <li>• Forward Two-Foot Sculling</li> <li>• Backward Two-Foot Sculling</li> <li>• Forward Slalom on Two Feet</li> <li>• Backward Slalom on Two Feet</li> </ul>
26	Senior Team Relay	All Skaters <b>MUST HAVE PASSED</b> the Complete Preliminary FreeSkate Test. No Age Restrictions.	<ul style="list-style-type: none"> <li>• Forward Power Jumps (Bunny Hops)</li> <li>• Forward Slalom on One Foot</li> <li>• Backward Slalom on One Foot</li> <li>• Forward Outside Three Turns, Backward Inside Lunge, Backward Crosscuts, in Sequence (Refer to JR Silver Skills Multi-Turns); Repeat</li> <li>• Backward Two-Foot Jump; Click Your Heels While Doing Scullies; Repeat</li> </ul>

# 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

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