



Special Olympics
Ontario



SKATECANADA
EASTERN ONTARIO

Skate Canada-Eastern Ontario
SPECIAL OLYMPICS REGIONAL
INVITATIONAL COMPETITION

SUNDAY, JANUARY 15, 2012

Sponsored by Skate Canada - Eastern Ontario

and hosted by



March Kanata Skating Club
John G. Mlacak Centre
2500 Campeau Drive
Kanata, Ontario



Sanctioned by **SKATECANADA**



Special Olympics events are open to skaters that have been assessed as having an intellectual disability. Skaters must be registered athletes with Special Olympics Ontario. Events are open to Special Olympics Skaters as well as Special Needs Skaters. Please note that Special Olympics Skaters and Special Needs Skaters will not compete against each other. All entrants must be a member of and in good standing with Skate Canada. The competition will be conducted in accordance with the regulations set forth in the current Skate Canada Rulebook, except where otherwise specifically noted. For these events competitors and coaches are subject to Special Olympics Canada regulations and guidelines. Coaches need to be aware of their skater's medical history and medications.

ICE SURFACE: Ice surface measures: 85' x 200'

CLOSING DATE FOR ENTRIES: Completed entry forms and entry fees **MUST BE RECEIVED BY DECEMBER 9, 2011**. Any entries received after that date may be accepted only at the discretion of the Tech Rep and the Section Championship Chairperson.

SEPARATE ENTRY FORMS MUST BE COMPLETED FOR EACH EVENT. The forms must be completely filled out or they will not be accepted and will be returned to the individual.

ENTRY FEES:

- \$20.00 per person per singles event. Elements and Freestyle are combined.
- \$10.00 per person for pairs or mixed dance event. \$20.00 in total per pair.
- \$10.00 per person for solo dance event
- \$10.00 per person for invitational event

CHEQUES PAYABLE TO: Skate Canada Eastern Ontario
A \$20.00 charge will be applied to each NSF or other returned cheque.

PAYPAL:

Payments may be made by PayPal, cheque, money order or cash. We interactive entry forms which can be completed online and printed (as parent/guardian signature and Test Chair or designate signature is required) then mailed or couriered to the Section Office.



NOTE - DEADLINE FOR ENTRIES – IMPORTANT INFORMATION:

- Registration may be limited if entries exceed the amount of ice time available.
- Regardless of which type of payment option is used Entry Forms will be accepted on a first serve basis, therefore skaters should register as soon as possible.
- Entry Forms & Fees, including any required supporting documentation, must be completed in FULL or they will not be processed and will be returned
- **ALL ENTRY FORMS MUST BE RECEIVED NO LATER THAN 4.00PM ON FRIDAY, DECEMBER 9, 2011 regardless of postmark, courier date, or, if using PayPal, scanned (email) or Fax – it is important to note that once the deadline date & time has been reached PayPal will be closed down for this event on the EOS Website.**
- A separate Entry Form must be completed for each event.
- **Payment through PayPal without completing the applicable Entry Form is NOT considered a registration.**
- Entry Forms, along with a cheque or money order and proof of age (if applicable) may be mailed or couriered as has been the standard. *Entry forms & proof of age (if applicable) may be scanned or faxed only if PayPal is used as the payment option.*
- Late entries may be accepted at the discretion of the EOS Championship Chair and the competition Tech Rep



MAIL ENTRIES AND FEES TO:

Skate Canada – Eastern Ontario
276 King St. West
P.O. Box 2209
Prescott, ON
K0E 1T0

Phone: 613-925-1441
E-mail: eos@bellnet.ca
Website www.skate-eos.on.ca

For further information contact: Denise Ferriss Phone: 613-612-5023 E-mail: deniseferriss@gmail.com
Margo Charette Phone: 613-831-7692 E-mail: mksc-canskate@live.ca

REFUND OF ENTRY FEES: A full refund of entry fees will be given only if the event is cancelled or if the entry is withdrawn before the closing date for entries, **DECEMBER 9, 2011**.

After December 9, 2011, refunds will be granted only for withdrawals for medical reasons and then only if the Host Committee is notified of such medical withdrawal prior to the start of the competition and provided a medical certificate is received by the Competition Registrar by January 20, 2012.

REGISTRATION: All competitors and coaches should register at the John G. Mlacak Centre, 2500 Campeau Drive, Kanata, Ontario, at least one (1) hour before event

This season the Event Schedule, Skater Confirmations and Starting Order (first event only) will be posted on the Section Website <http://www.skate-eos.on.ca> they will not be mailed out via Canada Post. Events may proceed up to one-half hour prior to the published schedule

ADMISSION FEES: No admission fees.

CAMERA & VIDEO POLICY:

- Skating families are only permitted to use cameras or video cameras at an event for personal use ONLY. 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:

Carole Lefebvre Johnson
EOS Public Relations-Marketing Chair
Email: carolej@sympatico.ca Phone: 613-836-1235

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.



Music:

Except for compulsory dance events, each competitor will be expected to submit two (2) copies of his/her/their program, one marked "Competition" and the other marked "Backup". The music may be on two cassettes or one cassette and one CD. Both copies must comply with the following specifications:



- a) Only one program shall be recorded on each CD or cassette, which must be wound to the starting position.
- b) The start of the music shall be recorded a maximum of 3 seconds following the head leader.
- c) Music shall be recorded on both left and right channels in monaural mode simultaneously.
- d) The competitor's name followed by the event name shall be clearly labeled on side one of the cassette.
- e) The CD or cassette shall be enclosed in its integral container.
- f) Music for compulsory dance events will be selected from Skate Canada Series 8, and will be supplied by the Eastern Ontario Section.

START OF THE EVENT: The Organizing Committee reserves the right to divide or to combine or otherwise revise or adjust categories depending on the number of entries in a particular event, following Special Olympics Canada guidelines.

MEDALS: Medals will be awarded in accordance with rule 7000B (1.13) in the Events Management Handbook. All medal presentations will take place at the end of the day.

ACCIDENTS: Special Olympics Canada, Special Olympics Ontario, Skate Canada, Skate Canada Eastern Ontario, the March Kanata Skating Club, the Organizing Committee members, Officials and Sponsors undertake no responsibility for damages or injuries suffered by the 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 of injury to the competitor's person and property resulting from, caused by or connected with the conduct and management of the competition and to release any and all claims which they may have against Special Olympics Canada, Special Olympics Ontario, Skate Canada, Skate Canada Eastern Ontario, the March Kanata Skating Club, the Organizing Committee, and against their respective Officials and Sponsors, and their entries shall only be accepted on this condition.

FIGURE SKATING: The Official Special Olympics Canada (SOC) Sports Rules shall govern all SOC Figure Skating Competitions. As a national sports program, SOC has created these rules based upon International Skating Union (ISU) and the Skate Canada (SC) rules for Figure Skating. ISU or the SC rules shall be employed except when they are in conflict with the Official SOC Sports Rules. In such cases, the Official SOC Figure Skating Rules shall apply.

OFFICIAL EVENTS: Special Olympics offer three (3) official figure skating events: Singles Competition, Pairs Skating and Ice Dancing.

1. Singles Competitions (Singles Level 1-6)
2. Pairs Skating (Pairs Level 1-3)
3. Ice Dancing (Level 1 - 4)

Singles events Level 1 – 3 are comprised of elements in isolation and a freeskate program.

Singles events Level 4 – 6 are comprised of a technical program (no music) and a freeskate program.

Pair events Levels 1 – 3 are comprised of a technical program (no music) and a freeskate program.

Ice Dance (Solo and Couples) events are comprised of two dances as determined by the competitive schedule.



Rules of Competition

SINGLES COMPETITION

Elements in Isolation Protocol – Levels 1 – 3

After one skater has completed all their elements the next skater will begin. The skater has one opportunity to perform the elements.

Performance of Elements

Coaches are allowed to stand with the Referee and assist as needed while their skater is performing their elements (if an athlete starts an element on the wrong foot, they can be stopped and asked to start on the right foot)

Skaters may come to the referee/coach between elements but may not go back to the warm-up area.

SINGLES LEVEL 1

ELIGIBILITY: A Skater competing in Level 1 must be working on Can Skate Stage 2 and/or Stage 3.

- **LEVEL 1 ELEMENTS IN ISOLATION** - Skaters shall skate all of the following elements in isolation. The elements must be performed in the order as listed. 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 one foot (left or right)
 - Forward half snowplow to a stop – (right or left foot)
 - Backward skating any form – equivalent to ½ the width of the ice surface
- **LEVEL 1 FREESKATE PROGRAM** - The freeskate 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
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

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.

SINGLES LEVEL 2

ELIGIBILITY: A Skater competing in Level 2 must be working on Can Skate Stage 4 and/or Stage 5.

- **LEVEL 2 ELEMENTS IN ISOLATION** - Skaters shall skate all elements of either option one or two in isolation. The elements must be performed in the order as listed. 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 FREESKATE PROGRAM** - The Level 2 Freeskate 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 (starting only from a front entry)
- 1 jump sequence or combination can be included and will be counted as one of the allowable jumps
Variations on the forward spiral are allowed
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

NOTE:

A two (2) foot jump back and forth with no step in between would be considered a combination jump (1 element), if a step is put in between it would be considered two (2) jumps. (single Bunny Hop is a jump, Bunny Hop – Bunny Hop is considered a combination jump)

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.

SINGLES LEVEL 3

ELIGIBILITY: A Skater competing in Level 3 must be working on Can Skate Stage 6 and/or Stage 7

- **LEVEL 3 ELEMENTS IN ISOLATION** - Skaters shall skate all elements of either option one or two in isolation. The elements must be performed in the order as listed. 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

NOTE:

PRELIMINARY CIRCLES - Preliminary Circles start with crossovers. If a skater uses pushes not crossovers this would be



considered incorrect performance of the element and a penalty would occur.

- **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
- Variations on the backward spiral are allowed
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

NOTE:

A two (2) foot jump back and forth with no step in between would be considered a combination jump (1 element), if a step is put in between it would be considered two (2) jumps.

(a single Bunny Hop is a jump, Bunny Hop – Bunny Hop is considered a combination jump)

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.

SINGLES LEVEL 4

ELIGIBILITY: A Skater competing in Level 4 must be working on Skate Canada Preliminary Freeskate.

- **LEVEL 4 TECHNICAL PROGRAM** - The technical program shall be 1 minute 30 seconds in length and include the following. The elements may be completed in any order. No music shall be used.
 - Stroking forwards half perimeter and stroking backwards half perimeter of ice direction optional (patterns from the Preliminary Freeskate Test)
 - Loop Jump
 - Sit spin
 - Straight line step sequence that includes 3 turns and mohawks

There will be no points awarded for elements preformed after the 1 minute 30 seconds time limit.

- **LEVEL 4 FREESKATE PROGRAM** - The Level 4 Freeskate program will not exceed 2 minutes plus or minus 10 seconds. The music must be instrumental.

The program must be well balanced and include:

- Preliminary Freeskate Test Elements
- Maximum of 6 jumps elements including 1 jump combination and 1 jump sequence Maximum 2 spins, no more than one of the spins may be in combination
- 1 step sequence (circle, straight line or serpentine)
- No flying spins
- No jump higher than a flip
- Any forward entry or Axel type jump which may be a waltz jump
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.



NOTE: (Bunny Hop is considered a connecting step)

Skaters are not to perform any elements above Preliminary Freeskate. Points will only be awarded for allowable elements.

SINGLES LEVEL 5

ELIGIBILITY: A Skater competing in Level 5 must be able to complete the skills required for the Skate Canada Preliminary Freeskate Test and be working on the skills for the Junior Bronze test.

- **LEVEL 5 TECHNICAL PROGRAM** - The technical program shall be 1 minute 30 seconds in length and include the following. No music shall be used.
 - 1/2 perimeter Forward Outside edge connected in any manner to 1/2 the perimeter Backward outside edges (Jr. Bronze Stoking)
 - Step sequence – back 3 turns, backward or forward change of edge 3 turns (straight, circle or serpentine)
 - Lutz Jump
 - Combination camel/sit spin
- **LEVEL 5 FREESKATE PROGRAM** - The Level 5 Freeskate program will not exceed 2 minutes 30 seconds plus or minus 10 seconds. The music must be instrumental.

The program must be well balanced and include:

- Junior Bronze Freeskate Test elements
- 6 jumps of which 2 may be in combination or a sequence
- 2 spins
- 1 step sequence
- No jump greater than a single axel
- Any forward entry or Axel type jump which may be a waltz jump
- Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

NOTE: (Bunny Hop is considered a connecting step)

Skaters are not to perform any elements above Junior Bronze Level. Points will only be awarded for allowable elements.

SINGLES LEVEL 6

ELIGIBILITY: A Skater competing in Level 6 must be working on the skills required for the Skate Canada Senior Bronze Freeskate test or higher.

- **LEVEL 6 TECHNICAL PROGRAM** - The technical program shall be no longer than 2 minutes 15 seconds in length and include the following. No music shall be used.
 - Flying spin
 - Forward Russian stroking
 - 2 step sequences (one must include brackets) 2 different patterns
 - Axel Jump
 - 1 jump combination of 2 jumps of 1 rotation
 - Field Moves (element in the field) are allowed i.e. spread eagles, lunges/draggs and pivots.

No points will be awarded for elements done outside the 2 minute 15 seconds time limit.

- **LEVEL 6 FREESKATE PROGRAM** - The Level 6 Freeskate program will not exceed 3 minutes plus or minus 10 seconds. The music must be instrumental.



The program must be well balanced and include:

- Senior Bronze Freeskate elements or higher
- 7 jumps – including an axel and 2 jump sequence or combinations
- 3 spins – including 1 combo spin and one flying spin
- 1 step sequence (straight, circle or serpentine)
- No jumps of more than 2 ½ revolutions

NOTE: (Bunny Hop is considered a connecting step)

PAIRS COMPETITION

The pair team shall consist of 2 Special Olympics athletes, one male and one female.

PAIRS LEVEL 1

ELIGIBILITY: Each pair member must be in Level 2 Freeskate

- **LEVEL 1 TECHNICAL PROGRAM**
 - Skaters start at point designated by referee.
 - Skaters begin when so instructed by the referee.
 - Compulsory Pairs Level 1 will be skated as a continuous move. Skaters have a maximum of 1 minute, 30 seconds to perform without music, using the following skills. Beginning in the hockey goal crease at the end of the rink, the couple will skate hand in hand forward stroking to the middle of the rink, skate into a forward crossover figure eight pattern (one sequence clockwise and counter clockwise) than continue forward stroking to the other end of the rink and at the goal crease execute a stop than a side by side two foot spin.

Skaters will skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.

- **LEVEL 1 FREESKATE PROGRAM** - The Level 1 Pairs Freeskate program will not exceed 1 minute 30 seconds plus or minus 10 seconds. The music will be instrumental.

The program must include 8 of the following 10 elements:

- Forward stroking in unison, hand in hand
- Forward crossovers in unison, hand in hand - clockwise
- Forward crossovers in unison, hand in hand - counterclockwise
- Synchronized two foot spin
- Side by side forward pivot Pair spin, position optional
- Pair spiral, position optional
- Synchronized bunny hop, hand in hand
- Straight line step sequence
- Backward stroking, hand in hand
- Stationary lift (not above the man's shoulders)

PAIRS LEVEL 2

ELIGIBILITY: One pair member must be in Level 3 or Level 4 Freeskate.

- **LEVEL 2 TECHNICAL PROGRAM**
 - Skaters may start at any point on the ice surface.



- Skaters begin when so instructed by the referee.
 - Skaters have a maximum of 1 minute 30 seconds to perform without music, using the following skills. The skills may be done in any order, but no additional skills may be added. No points will be given for any added elements. Required skills: backward crossovers in a figure eight pattern (one sequence clockwise and one sequence counter clockwise) Side by side waltz jumps, Pair spin – position optional, minimum of two revolutions, step sequence (pattern optional) straight line, circular or serpentine.
 - Skaters skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.
- **LEVEL 2 FREESKATE PROGRAM** - The Level 2 Pairs Freeskate Program will not exceed 2 minutes plus or minus 10 seconds. The music must be instrumental.

The program must include 8 of the following 10 elements:

- Backward crossovers, position optional - clockwise
- Backward crossovers, position optional - counterclockwise
- Lunge in a holding position (position optional)
- Spirals in a holding position (position optional)
- Bunny Hop Lift
- Lift limited to 1 ½ turns by the man and 2 turns by the lady - no full extension of the man's arms
- Step Sequence (pattern optional – minimum of 8 steps) straight line, circular, serpentine
- Synchronized Jump (jump optional)
- One foot synchronized spin, 3 rotations
- 1 foot Pair Spin, position optional, 3 rotations
- No overhead lifts that require full extension of both of the man's arms
- No death spiral
- No throws

PAIRS LEVEL 3

ELIGIBILITY: One pair member must be in Level 5 or higher.

- **LEVEL 3 TECHNICAL PROGRAM** - The Level 3 Pairs Technical Program will not exceed 2 minutes. The program will be skated without music.
 - Skaters may start at any point on the ice surface.
 - Skaters begin when so instructed by the referee.
 - Skaters have a maximum of two minutes to perform without music, using the following skills. The skills may be done in any order, but no additional skills may be added. No points will be given for any added elements. Required skills: a side by side flip jump, side by side sit spin, shadow stroking (Russian) reverse sides, step sequence, field moves sequence (minimum 2 positions per partner).

Skaters skate each compulsory element as a team. Skaters will perform these elements as continuous moves without music.

- **LEVEL 3 FREESKATE PROGRAM** - The Level 3 Pairs Freeskate Program will not exceed 2 minutes 30 seconds plus or minus 10 seconds. The music must be instrumental.

The program must include the following elements:

- 1 pair spin
- 1 solo spin
- 1 solo jump



- 1 step sequence
- 1 lift
- 1 throw jump
- 1 death spiral (modified)

DANCE COMPETITION

Each of the Levels of Dance has a specific requirement that must be met.

Level 1 – skater(s) must not have the skills required to pass the Skate Canada Preliminary Dances.

Level 2 – skater(s) may have the skills required to pass the Skate Canada Preliminary Dances but no higher.

Level 3 – skater(s) may have the skills required to pass the Skate Canada Senior Bronze Dances but no higher.

Level 4 – skater(s) may have the skills required to pass the Skate Canada Junior Silver Dances or higher.

Dance team members must skate up to the level of the highest test passed by either of the two members of the team.

All levels of Dance can be skated solo, as a male and female Special Olympics athlete dance team or as a similar Special Olympics athlete dance team.

All Dances will be skated to the 2001 Skate Canada Series 8 CD.

Introduction may include a maximum of 7 steps.

Each solo or team will be required to perform both dances listed for their Level at all competitions.

All dances will be two (2) sequences (patterns), except the swing which will be one (1) sequence (pattern). This is one full rotation of the ice for each dance.

First and second round dance Level 1 – 4, will receive a technical and presentation mark.

ROTATION OF DANCES

| Level | 2005 – 2008 | 2009 – 2012 | 2013 - 2016 |
|---------|-----------------------------|---------------------------------------|--------------------------|
| Level 1 | Dutch Waltz & Canasta Tango | Canasta Tango & Baby Blues | Baby Blues & Dutch Waltz |
| Level 2 | Swing & Fiesta | Fiesta & Willow Waltz | Willow Waltz & Swing |
| Level 3 | Ten Fox & Fourteen Step | Fourteen Step & European | European & Ten Fox |
| Level 4 | Foxtrot & Tango | Tango & Rocker | Rocker & American |

Advancing to the next level of Competition

- 1) If a skater /team meets the following criteria they are required to advance to the next level of competition for any Canadian event (local, regional, provincial or National):
 - competed and won against at least one (1) other athlete / team at Special Olympics Canada National Games
 - won their event at Special Olympics Canada National Games
- 2) If a skater /team become (s) the National Champion by competing in a category in which they are the sole competitor at a National Games they have the option of remaining in the same level for further Canadian competition. It will be up to the discretion of the coach to put/enter the athlete in the appropriate category.



If a member of a National gold medal winning pair / dance team returns to competition with a new partner, they are still required to move up a level.

If a singles skater is in a Level that is divided into different ability groups only the gold medal winner of the highest ability level must move up.

Divisioning

FLIGHTS

If there are more than eight (8) skaters in a Level divisioning must take place. If there are less than eight (8) skaters they will all skate in the same flight.

DIVISIONING PROCESS

Athletes will be divided into two (2) or more warm-up groups. (minimum of 3, maximum of 8 skaters per group)

- Group 1 skates and is marked
- Group 2 skates and is marked

The two groups' marks are combined and are divisioned into flights of no less than three (3) and no more than eight (8) skaters using the mark spread as criteria for flight placement.

Skaters will be divided into flights after a freeskate divisioning round. The marks from the divisioning round will not count towards the final standings.

The competition for final standing will consist of elements and freeskate. The marks for each will be combined to determine the final standings.

Scoring

TOTAL SCORE QUALIFICATIONS

Skaters must skate both Elements in Isolation/Technical and Freeskate programs to qualify for a total score in the final rounds.

Ice dancing competitors must skate both dances to qualify for a total score in both preliminary and final rounds.

Skaters must skate both preliminary (when needed) and final rounds to qualify in the official competition.

In all Special Olympics Figure skating competitions the judges' marks will be valued in the following manner:

- **SINGLES FREE STYLE COMPETITION**
 - Elements in Isolation/Technical Program - 33.3 percent (33.3%)
 - Freeskate Program - 66.7 percent (66.7%)
 - Levels 1 – 3 will receive a technical mark only for the elements portion of the competition.
 - Level 4 – 6 will receive both a technical and presentation mark for the element portion of the competition.
- **PAIR SKATING**
 - Technical Program - 33.3 percent (33.3%)



- Freeski Program - 66.7 percent (67.7%)
- **ICE DANCING**
 - Dance 1 – 50 percent (50%)
 - Dance 2 – 50 percent (50%)

FIELD MOVES: Field Moves are awarded marks for presentation only unless they are listed as a required element in which case they will receive a technical mark.

DEDUCTIONS: A deduction of .2 will occur when a skater adds an illegal move to their program. An illegal move would be an element that is not allowed at the level they are competing in. i.e. a Level 2 skater skates an element from Level 3. A .2 deduction will occur for each additional element a skater adds to their program over the allowed number of elements.

All events will be judged according to Skate Canada protocol.

Practice and Warm-up

PRACTICE ICE

- Coaches will be allowed on the ice during practice.
- Practice sessions will be by level not Chapter.

WARM-UPS

Coaches can be no more than an arms length away from the boards during warm-ups for elements.

Levels 1 – 3 will have a rotational warm-up.

Levels 4 – 6 the skaters will be on the ice at the same time (maximum 8 skaters).

Invitational Events

INTERPRETIVE (CREATE A SOLO) EVENT - LADIES AND MEN

Skaters will perform a one minute (1 min) unrehearsed routine, to unfamiliar instrumental music. Skaters will be allowed to listen to the music twice in the dressing room, and then an additional time during warm-up on the ice

FUNSKATE EVENTS

FunSkate events are designed for those skaters who are not yet able to perform the skills required for the Skating Skills events. Event 1 is designed for athletes unable to skate forward – assisted or unassisted – with any attempt at a glide. Event 2 is designed for skaters who are able to glide forward somewhat and are able to perform the skills on their own. These events are designed to include athletes that otherwise would be unable to participate because their skill level is still in the early developmental stage.

- **EVENT 1:**
 - Forward walking 10 steps and pick up beanbag
 - Walk 10 steps forward and place beanbag in hoop
 - Walk forward and glide on two feet
 - Walk forward on a curve – 10 feet



- **EVENT 2:**
 - Skate forward 10 feet and stop – pick up beanbag then skate forwards 10 feet and place beanbag in a hoop
 - Skate forward and glide on two feet
 - Skate or walk around domes on a line – minimum 3 domes

SKATING SKILLS EVENTS

Restriction - Skaters entering the Skating Skills Events **must not** be competing in the Singles Events, i.e. Singles Level 1

- **STAGE 1-2:**

Skater must not have passed Can Skate Stage 2

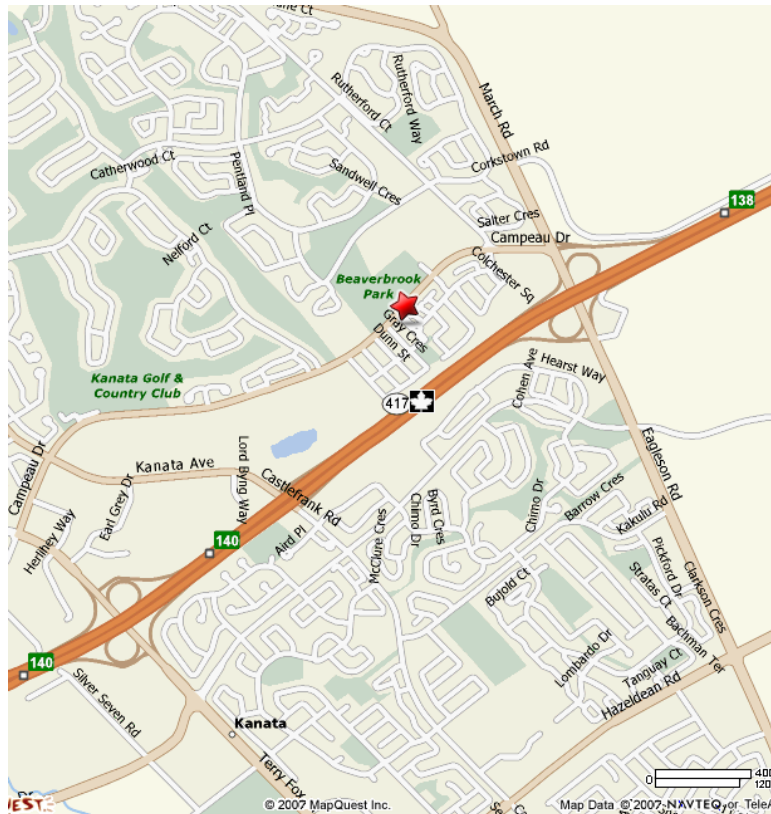
 - **Elements:**
 - Skate forward across the rink and stop
 - Forward glide (two feet to one foot)
 - Forward two foot sculling
 - Two foot spin
- **STAGE 3-4:**

Skater must not have passed Can Skate Stage 4

 - **Elements:**
 - Backward skating across the rink and stop
 - Two foot jump while gliding forward
 - Two foot spin
 - Back glide (two feet to one foot)



JOHN MLACAK CENTRE DIRECTIONS



John G. Mlacak Centre
2500 Campeau Drive Kanata, Ontario
Arena Tel #: 613-580-2424, ext. 33251

Driving Instructions:

From the East:

- ➡ Take Highway 417 West
- ➡ Exit #138 March Rd/Eagleson Rd
- ➡ Exit ramp becomes Campeau Drive
- ➡ Stay straight on Campeau Drive
- ➡ Turn right into Arena parking lot

From the West:

- ➡ Take Highway 417 East
- ➡ Exit #138 March Rd/Eagleson Rd
- ➡ Turn left onto Eagleson Road
- ➡ Follow Eagleson Road to Campeau Drive
- ➡ Turn left onto Campeau Drive
- ➡ Turn right into Arena Parking lot

HOTELS:

Holiday Inn Select & Suites:

101 Kanata Avenue
Ottawa, ON K2T 1E6
Hotel Front Desk: 1-613-2713057
Hotel Fax: 1-613-2713060

Country Inn & Suites By Carlson, Ottawa West:

578 Terry Fox Drive, Kanata, Ontario K2L4G8, Canada
Reservations: (888) 201-1746
Telephone: (613) 599-7767
Fax: (613) 599-9971



ENTRY FEES: \$20.00 per person per singles qualifying event. Elements and Freestyle are combined.
 \$10.00 per person for pairs or mixed dance event. \$20.00 per pair
 \$10.00 per person for solo dance event
 \$10.00 per person for invitational event

CHEQUES PAYABLE TO: Skate Canada Eastern Ontario

MAIL TO: Skate Canada –Eastern Ontario Phone: 613-925-1441
 276 King St. West E-mail: eos@bellnet.ca
 P.O. Box 2209
 Prescott, ON
 K0E 1T0

CONTACT PERSON: _____ TELEPHONE # _____

ADDRESS _____

CLUB APPROVAL SIGNATURE _____ POSITION _____

I have read and understand Skate Canada Rule 7000B(1.11). (Accidents)

 Signature of competitor

 Signature of Parent or Guardian if applicable

PHOTO PERMISSION:

Skate Canada – Eastern Ontario periodically uses pictures for publicity such as the website to generate awareness of our sport and acknowledge skater's achievements. Unless you circle OPT-OUT, we may include your skater's name and image.

OPT OUT