



SKATE CANADA EASTERN ONTARIO
SPECIAL OLYMPICS ONTARIO
INVITATIONAL COMPETITION

Saturday, February 4, 2017

Goulbourn Recreation Complex
Goulbourn, Ontario

1500 Shea Rd.
Stittsville, ON K2S1B9
613-831-1169

Sanctioned by: Skate Canada Eastern Ontario

Co Hosted by: Goulbourn Skating Club & West Carleton Skating Club





GENERAL INFORMATION

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 registrants 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.

Competitors who are not within the Conference 3 boundaries for Special Olympics Ontario are welcome to attend in an invitational event capacity.

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

CLOSING DATE FOR ENTRIES: Completed entry forms and entry fees **MUST BE RECEIVED BY January 6, 2017**. Any entries received after that date may be accepted only at the discretion of the Tech Rep and the Section Championship Event Committee Liaison.

ENTRY FEES:

- \$20.00 per person per Singles Event
- \$10.00 per person for Couples Dance Event (\$20.00 in total per couple)
- \$10.00 per person for Solo Dance Event
- \$10.00 per person for Pairs FreeSkate Event (\$20.00 in total per couple)
- \$20.00 per person for Interpretive Event
- \$10.00 per person for CanSkate Elements Event

CHEQUES PAYABLE TO: Skate Canada Eastern Ontario

PayPal: Due to a number of requests to pay for competitions with a credit card, Skate Canada-Eastern Ontario offers the payment option "PayPal". Payments may also be made by cheque, money order or cash. Electronic entry forms can be completed on your PC then printed for signatures or printed and completed manually, please remember to print clearly.

REGISTRATION FEES: A \$35.00 charge will be applied to each NSF or other returned cheque.

NOTE - DEADLINE FOR ENTRIES – IMPORTANT INFORMATION:

- Registration may be limited if entries exceed the amount of ice time available.
- A separate Entry Form must be completed for each event.
- Regardless of which type of payment option is used Entry Forms will be accepted on a first serve basis; therefore, skaters are encouraged to 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.
- Entry Forms, along with a cheque or money order and proof of age (if applicable) may be sent by mail or courier. *Entry forms & proof of age (if applicable) may be scanned or faxed only if "PayPal" is used as the payment option.*
- **All Entry Forms must be received no later than 11:59 pm on Friday, January 6, 2017 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 EO Website.**
- Late entries may be accepted at the discretion of the EO Championship Event Committee Liaison and the



competition Tech Rep.



MAIL ENTRIES AND FEES TO:

Skate Canada – Eastern Ontario
111 Churchill Road East
P.O. Box 2209
Prescott, ON K0E 1T0
K0E 1T0

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

For further information contact:

Special Olympics Liaison – Glenda Cartwright Email: eosectionchair@cogeco.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, January 6, 2017.

After January 6, 2017, 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 31, 2017.

ON-SITE REGISTRATION: All competitors and coaches should register at the Goulbourn Recreation Complex, 1500 Shea Road, Stittsville, ON, at least one (1) hour prior to the event start time.

This season the Event Schedule, Skater Confirmations and Starting Order (first event only) will be posted on the Section Website under [Sectioned-Partnered Competitions](#) - 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: Skate Canada-Eastern Ontario adopts Skate Canada's policy on the use of cameras at Section skating competitions: Ticket holders are only permitted to use cameras or video cameras at an event for personal use only. Taping of athletes/teams other than family members without express written permission from the parent/guardian/age of majority athlete is prohibited. Taping of entire flights and/or events is not permitted. The camera's lens must not be larger than 200mm. No flash photography is allowed. Any resale of photography or video is strictly prohibited. Use of an unauthorized image on social media platforms is strictly prohibited.

MEDIA POLICY: Individuals wishing to obtain appropriate accreditation should contact:

Susan Rivington-Chapman
Public Relations-Marketing Chair
613.591.0086
Email: susan@rivington-chapman.ca

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

- Individuals will need prior approval to attend and photograph skaters at Section Partnered events. Accredited individuals will be given access to the boards, the location to be at the discretion and under the direct supervision of the Technical Representative for the event. Accredited individuals will not interfere with coach skater communications during warm-up periods. Pictures of skaters 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 appropriate accreditation:
 - Individuals from News media must submit appropriate accreditation for review.



- o An individual representing skating club parents must submit written permission from these parents with request.

ACCIDENTS

Special Olympics Canada, Special Olympics Ontario, Skate Canada, Skate Canada Eastern Ontario, the Goulbourn Skating Club, the West Carleton 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 Prescott Figure Skating Club, the Organizing Committee, and against their respective Officials and Sponsors, and their entries shall only be accepted on this condition.

MUSIC

For all Single and Pairs events, the music may contain vocals.
Each entry must provide two CDs for the competition upon registration.
One CD must be marked "Master" and one for back up –marked "Copy".

All music used must be in the public domain or covered by the performing rights societies. Competitors who have music composed specifically for their programs either wholly or in part are responsible for obtaining a written release from the composer for the use of such music on radio and/ or television or appropriate clearance from the performing rights societies.

Standards Specifications for Music:

- One program shall be recorded on each CD
- The start of the music shall be recorded on the CD with less than two seconds of lead in.
- Competitor's name followed by Level, and music time shall be shown on the CD label.
- Each CD shall be closed in a plastic case marked with the skater's name, level, program time and area (Province/Territory, Country).

For Dance events, skaters may chose music from Dance Series 8 or the Skate Canada approved contemporary music. (Please use form to indicate which song skater is using)

COACHES

All Coaches must be currently registered with Skate Canada as well as Special Olympics Canada.

Please refer to Special Olympics Canada Policy for NCCP requirements.

In order to attend with an athlete in Level 1 and/or Level 2, the Coach must be a minimum CanSkate Trained.

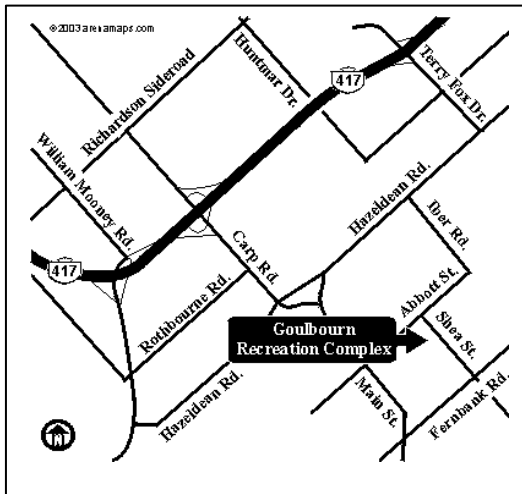
In order to attend with an athlete in Level 3 and higher or any dance or pair event, the Coach must be Primary STARSkate Trained or higher.

PLANNED PROGRAM SHEETS: Will be required for all Freeskate and Pair Events. **Coaches are required to hand in Planned Program sheets at registration desk for all singles and pair events.

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.



ARENA



DRIVING INSTRUCTIONS:

Stittsville is located just south of Hwy-417, approx. 25 km southwest of Ottawa.

From the East (Ottawa): Hwy-417 west to Terry Fox Dr. (exit 140). Turn left (south) on Terry Fox Dr. and proceed approx. 1.5 km to Hazeldean Rd./Robertson Road. Turn right on Hazeldean Rd./Robertson Rd. and proceed west approx. 1.5 km to Iber Rd. (next traffic light). Turn left on Iber Rd. and proceed south approx. 1 km to Abbott Street. Turn right on Abbott St. and proceed west approx. 0.75 km to Shea Road. Turn left on Shea Rd. and proceed south approx. 0.25 km to arena on the right (just south of the school).

From the Southwest (Toronto): Hwy-401 east approx. 320 km to Hwy-416 North. Proceed north on Hwy-416 approx. 66 km to Fallowfield Rd./RR-12 (exit 66). Turn left on Fallowfield Rd. (RR-12) and proceed west approx. 7.5 km to Shea Road. Turn right on Shea Rd. and proceed north approx. 4 km (jog left at Flewellyn Rd. and Fernbank Rd. to follow Shea Rd. north) to arena on the left (just before the school).

From the Northwest (North Bay): Hwy-17 (Trans Canada) east approx. 325 km to Carp Rd./RR-5/Stittsville (exit 144). Turn right on Carp Rd. (RR-5) and proceed south approx. 2.5 km to Stittsville Main Street. Bear right onto Stittsville Main St. and continue south approx. 1 km to Abbott Street. Turn left on Abbott St. and proceed east approx. 1 km to Shea Road. Turn right on Shea Rd. and proceed south approx. 0.25 km to arena on the right (just past the school).

RULES AND REGULATIONS

FIGURE SKATING CATEGORIES

The Official Special Olympics Canada Sports Rules shall govern all Special Olympics Canada Figure Skating Competitions. As a national sports program, Special Olympics Canada 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 Special Olympics Canada Sports Rules. In such cases, the Official Special Olympics Canada Figure Skating Rules shall apply.

Illegal Movements: The following are not allowed in any program at any level.

- Somersault type elements including cartwheels, back flips and rolling on the ice.
- Lying and/or prolonged stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (two knees, legs or combination of body parts) or supporting oneself on the ice with a hand(s)

Divisioning: Each flight can have no more than 8 skaters.

When there are more than eight (8) skaters in a Level, a skate-off will take place.

Skate-off for Final Flight: If a skate-off is necessary, skaters will be assigned to a warm up group. Each group will warm-up and immediately compete (Warm up group 1 – Competition for group 1). No results will be posted – only the final flights in which the skaters will compete in.

If the number of skaters is uneven, the top flight will have an odd number.

In Dance – only 1 dance will be used for a skate-off (to be drawn on day of competition).

PRACTICE AND WARM UP

- 1) Practice Ice
 - Max of 10 skaters on ice
 - Coaches will not be allowed on the ice during practice.
 - Sessions will be by level not chapter



2) Warm-ups

- Coaches cannot be on the ice during warm up
- Coaches must have easy access to the athletes either by removal of glass or open doors.

COMPETITION SAFETY: All doors/openings to the ice level must be closed during competition events. (during skaters performance)

DRESS CODE/PROPS/HELMENTS

Outfits: Except where otherwise stated, skating outfits must comply with Section 6000 D3.0 (1-4) in the Event Management Handbook Skate Canada

Clothing worn in competitions must be modest, dignified and appropriate for athletic competition and must not give the effect of excessive nudity for athletic sport. No tights for men are permitted; women may wear skirts, trousers or tights. Sleeveless costumes are permitted. Clothing may reflect the character of the music. The safety of the skater must be a major consideration in the selection of clothing. Tails, boot covers, and trailing fabric that could trip the skater should be avoided.

Props: Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop; thus, for example, a hat worn throughout the program is not considered to be a prop, but becomes one if it is intentionally removed during the performance. If an item falls off on its own, it is not a prop.

Helmets: All level 1 competitors must wear CSA approved helmets. All skaters who have not passed Stage 5 must wear a CSA approved helmet. (Level 2)

SCORING

- All events will be ranked.
- Final placements will be posted.
- Total scores will not be posted.
- For more information, please refer to the scoring appendix.

REPORT CARDS

Each skater will receive a report card following the event. The report card will show the assessment of each required Element and Component Scores.

TECHNICAL INFORMATION

SINGLE EVENTS

Level 1

*** Safety requirement- CSA approved helmets must be worn at all times including during competition.**

For skaters working on Stages 1-3 of the Canskate Program. Skaters must not have passed Stage 4. Freeskate Program 1:00 minute +/- 10 seconds (Vocal music is permitted).

This program must include the following Elements from Canskate Stages 1-3:

6 Elements in Total

2 Jumps



Forward Gliding Two Foot Jump
Backward Gliding Two Foot Jump

2 Turns

Forward Two Foot Turn
Backward Two Foot Turn

1 Glide

Forward Two Feet to One Foot Glide on a Curve

Other

Backward Push /Glide Sequence

No repeated jumps, glides or other. No elements included above Canskate Stage 3.

- See Skate Canada Canskate Assessment Criteria
- Skating Skills, Performance and Execution will be scored

Level 2

*** Safety requirement- CSA approved helmets must be worn at all times including during competition. Skater who have passed Stage 5 skills or higher are not required to wear a helmet.**

For skaters working on Stages 4-6 of the Canskate Program. Skaters must not have completed Stage 6. Freeskate Program 1:00-1:30 minute(s) +/- 10 seconds (vocal music is permitted).

This program must include the following elements from Canskate 4-6.

6 Elements in Total

3 Jumps

Power jump
Rotating power jump
Combination jump- Two Foot Forward to Backward - Two Foot Backward to Forward

2 Spins

Forward One Foot Spin (spiraling edge from standstill or back crossovers.)
Two foot sit spin

1 Spiral

Forward Spiral (either foot, unassisted)

No repeated jumps, spins or spirals. No elements included above Canskate Stage 6

- See Skate Canada Canskate Assessment Criteria
- Skating Skills, Performance and Execution will be scored

Level 3 -- For Starskaters who have completed Canskate Stage 6. Geared for the skaters who have not mastered more than 3 single jumps.

Freeskate Program 1:30 minute +/- 10 seconds (vocal music is permitted).

This program will include elements from Star 1:

6 Elements in Total

3 Jumps

Waltz Jump
Salchow
Toe Loop

2 Spins

Forward Upright Spin



Backward Upright Spin

1 Spiral

Circular Spiral Sequence

* 2 spirals, one on each foot executed on a circle in the same direction.

No repeated jumps, spins or spirals. No Elements above Star 1.

- Element Assessment Criteria as per Star 1
- Skating Skills, Performance and Execution will be scored

Level 4 -- Geared to skaters who have not mastered more than 5 single jumps.

Freestyle Program 1:30 - 2:00 minutes +/- 10 Seconds . (Vocal music is permitted).

9 Elements in Total

5 Jump elements

Single salchow

Single toe loop

Waltz jump + single toe loop combination

Single loop

Single flip or single lutz

2 spins

Backward upright spin

Forward entry sit spin or camel spin with no change of foot, no flying entry, no variations of positions. A forward upright spin is not permitted

Forward Spiral Sequence

A sequence of two forward spirals with no more than 8 steps in between- one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds.

Turn Sequence

Forward outside three-turn, backward cross-cut, backward inside Choctaw 4x

No additional jumps, spins or spirals. No Elements above Star 2.

- Element Assessment Criteria as per Star 2
- Skating Skills, Performance and Execution will be scored as per Star 2 Assessment criteria

Level 5 -- Geared to skaters who have not mastered double jumps.

Freestyle Program 1:30 - 2:00 minutes +/- 10 seconds. (Vocal music is permitted).

8 Elements in Total

5 jump elements

All single jumps permitted

Must include at least one axel type jump(waltz or single axel)

Must include 5 different single jumps. (Note waltz & axel are considered the same type)

Must include a single loop + single loop combination

Maximum 1 additional jump combination

*Jump combinations may not have more than two jumps

Jump sequences are not permitted

No jump may be included more than twice. If a jump is repeated it must be in a combination



2 spins

Must include backward upright spin

Must include a combination spin, that must include at least one camel and one sit position and commence with a forward entry.

No flying, no variations of positions, change of foot optional.

Forward Spiral Sequence

A sequence of two forward spirals with no more than 4 steps in between- one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds.

No additional jumps, spins or spirals. No Elements above Star 3

- Element Assessment Criteria as per Star 3
- Skating Skills, Performance and Execution will be scored as per Star 3 Assessment criteria

Level 6 -- Geared to those skaters who are working on double jumps.

Freestyle Program 2:00-2:30 minutes +/- 10 seconds (Vocal music is permitted).

8 Elements in Total

Maximum 5 jumps

Maximum two double jump. Double jumps cannot be included in combination and cannot be repeated.

Must include at least one axel type jump (waltz or single axel)

Maximum 2 jump combinations. Jump combinations may not include more than two jumps.

Jump sequences are not permitted

No jump may be included more than twice. If a jump is repeated, it must be in combination.

Maximum 2 spins

One sit spin or camel spin. Flying entry optional; no change of foot, no variations of positions

One combination spin. No flying entry and no variations of positions: change of foot optional.

All three basic positions must be attempted.

If all three basic positions are not attempted, this will be reflected by the judges in the GOEs.

Forward Spiral Sequence

A sequence of two forward spirals with no more than 4 steps in between- one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds

No additional jumps, spins or spirals. No Elements above Star 5. CPC scoring will be used.

Open -- Skaters must have the Senior Bronze test or higher and is geared to those skaters who can do more than two double jumps.

Freestyle Program 3:00 minutes +/- 10 seconds (Vocal music is permitted).

Maximum of six jump elements.

All jumps permitted

Must include at least one Axel type jump (waltz or Axel type)

Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.

No jump included more than twice and if a jump is repeated it must be in combination or sequence

Maximum of three spins. All spins shall be called no higher than Level B.



- One spin must be a combination spin, change of foot mandatory.
- One spin must be a flying spin in one position with on change of foot.
- One spin of any nature

Maximum one step sequence

- One step sequence, spiral sequence or choreographic sequence. All step/spiral sequences shall be called no higher than Level B.

****Note:** the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

CPC scoring will be used.

(PILOT) MASTERS SINGLES LEVELS 2016 – 2017

Masters Level 1 / 2, Masters Level 3 / 4 will allow a skater to move down but the Masters Levels are not eligible for Provincials or Canada Games or World Games.

In order to compete in the Masters Levels, the athletes must be 25 years of age as of July 1 preceding the competition. These events are intended for athletes who are no longer able to successfully complete the program requirements for which they are classified.

Example: Skater used to be able to complete requirements of Level 3 FreeSkate but due to age or injury etc. they are no longer able to perform the required elements but are not able to move down a level due to Special Olympic regulations. This skater would enter a Masters Level in which they are able to complete the elements. This could be Masters Level 1 / 2 or Masters Level 3/ 4.

Once a skater enters a Masters event they must remain in the Masters event.

MASTERS Level 1 / 2 -- Athletes must be 25 years of age as of July 1 preceding the competition and is geared for skaters who are performing at or below the Stage 6 CanSkate level.

Freeskate program 1:30 minutes maximum (Vocal music is permitted).

- 7 Elements Total
- 4 Jump Elements
 - Power Jump
 - Rotating Power Jump
 - Forward Gliding Two Foot Jump
 - Backward Gliding Two Foot Jump
- 1 Spin Element
 - Forward One Foot Spin (spiraling edge from standstill or back crossovers)
- 1 Field Movement
 - Forward Spiral
- 1 Other
 - Backward Push/Glide Sequence

*No repeated jumps, spins or spirals. No elements included above CanSkate Stage 6

*See Skate Canada CanSkate Assessment Criteria

*Skating Skills, Performance and Execution will be scored



MASTERS Level 3 / 4 -- Athletes must be 25 years of age as of July 1 preceding the competition and is geared for skaters who have not mastered more than 5 single jumps.

Freestyle program 2:00 minutes maximum (Vocal music is permitted).

9 Elements in Total

5 Jump Elements

- Single Salchow
- Single Toe Loop
- Waltz Jump + Single Toe Loop Combination
- Single Loop
- Combination Jump (may include Flip or Lutz)

2 Spin Elements

- Backward Upright Spin
- Forward entry Upright Spin, Sit spin or Camel spin with no change of foot, no flying entry, no variations of positions.

1 Forward Spiral Sequence:

- A sequence of two forward spirals with no more than 8 steps in between – one spiral on each foot, unsupported on either inside or outside edge. Each spiral must be held for a minimum of three seconds

1 Turn Sequence:

- Forward outside Three turn, backward crosscut, backward inside Choctaw – repeated 4 times (Two sequence per foot must be performed i.e. R–L–R–L)

*No additional jumps, spins or spirals. No elements above STAR 2

*Element Assessment Criteria as per STAR 2

*Skating Skills, Performance and Execution will be scored as per STAR 2 Assessment criteria

DANCE – SOLO & COUPLES EVENTS

Introductory Dance **Note:** This is not a ranked event. No medals will be awarded. Skaters will receive a report card and a ribbon (Merit, Bronze, Silver or Gold)

Skaters must not have passed any dances.

Skaters must perform the following elements:

- Fwd clockwise progressives on circle
- Fwd counter clockwise progressives on circle
- Fwd clockwise chasses
- Fwd counter clockwise chasses
- Fwd swing rolls on axis
- Slide Chasse- clockwise on circle
- Slide chasse counter clockwise on circle

Level 1 Dance

Skaters must have passed one Preliminary Dance (STAR 2a, STAR 2b or STAR 3a)

Skaters must compete the following dances:

- Dutch Waltz (2 sequences)
- Baby Blues (2 sequences)

Level 2 Dance

Skaters must not have passed the complete Junior Bronze (STAR 5) dance test.

Skaters must compete the following dances:

- Fiesta Tango (2 sequences)
- Willow Waltz (2 sequences)



Level 3 Dance

Skaters must not have passed the complete Senior Bronze dance test.

Skaters must complete the following dances:

- Ten Fox (2 sequences)
- European (2 sequences)

Level 4 Dance

Skaters must not have passed the complete Junior Silver dance test.

Skaters must complete the following dances:

- American Waltz (2 sequences)
- Rocker (2 sequences)

Level 5 Dance

Skaters must not have passed the complete Senior Silver dance test.

Skaters must complete the following dances:

- Starlight Waltz (2 sequences)
- Killian (4 sequences)

Level 6 Dance

Skaters must have passed the complete Senior Silver dance test. No restriction to how many Gold dances passed.

Skaters must complete the following dances:

- Argentine Tango (2 sequences)
- Quickstep (3 sequences)

PAIRS – FREESKATE EVENTS

Level 1 Pairs

Eligibility: Each pair member must be in Level 3 Freeskate.

Pairs Freeskate program 1:30 minutes maximum. Vocal music is permitted.

8 of the following elements must be included:

- Forward stroking in unison, hand in hand
- Forward crossovers in unison, hand in hand - clockwise
- Forward crossovers in unison, hand in hand – counter clockwise
- 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)

Level 2 Pairs

Eligibility: Each pair member must be in Level 4 Freeskate.

Pair's freeskate program 2:00 minutes maximum. Vocal music is permitted.

- 8 of the following elements must be included:
- Backward crossovers, position optional clockwise
 - Backward crossovers, position optional counter clockwise
 - Lunge in a holding position, position optional



Spirals in a holding position, position optional

Bunny Hop Lift - Lift limited to one turn by the man and one and a half turns by the lady -no full extension of the man's arms

Step sequence (pattern optional minimum of eight steps) straight line, circular, serpentine

Synchronized jump (jump optional)

One foot synchronized spin, three rotations

One foot pair spin, position optional, three rotations

The following elements are NOT permitted in this program:

Overhead lifts that require full extension of both of the man's arms

Death spiral

Throws

Level 3 Pairs

One pair member must be single Level 4 and one pair member must be higher than Level 4.

Pairs freeskate program: 2:30 minutes maximum. Vocal music is permitted.

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)

(PILOT) INTERPRETIVE Categories:

PRE-INTRODUCTORY - Skaters must not have passed any Interpretive tests.

Program is a maximum of 2:00 minutes in length.

INTRODUCTORY – Skaters must have passed the Introductory Interpretive Singles Test but no higher.

Program is a maximum of 2:00 minutes in length.

BRONZE – Skaters must have passed the Bronze Interpretive Singles Test but no higher.

Program is a maximum of 3:00 minutes in length

SILVER – Skaters must have passed the Silver Interpretive Singles Test but no higher.

Program is a maximum of 3:00 minutes in length

GOLD – Skaters must have passed the Gold Interpretive Singles Test.

Program is a maximum of 3:00 minutes in length



INVITATIONAL -- CANSKATE ELEMENTS

GENERAL

The CanSkate element event has been formatted to introduce participants to the “competition” component of sport while providing them with the opportunity to showcase their skills in a fun and interactive environment. The focus of the event is on individual skill improvement and therefore performances are not ranked.

***Safety requirement- CSA approved helmets must be worn at all times including during competition for skaters who have not passed Stage 5.**

Music: Background music should be played throughout the entire event. Volume should be adjusted so that skaters and coaches are able to communicate without disruption.

Category Specifications: Results will be tabulated for each individual separately. Skaters do not compete against each other for a ranking since awards are based on performance standards alone.

Technical Information: The participants will complete elements according to their category. Each category will complete one round consisting for four elements. Within the round, skaters will execute each required element (in isolation) once. The required elements are defined as follows:

<i>Level</i>	<i>Testing Prerequisites</i>	<i>Required Elements</i>
Elements Stage 1	Must have passed the complete Stage 1 badge.	-Snow slide steps -Fwd push/glide sequence -2-ft jump -Bwd 2-ft skating/walking
Elements Stage 2	Must have passed Stage 1 but Not the complete Stage 2 badge.	- Fwd stop -Fwd 2-ft sculling -Fwd 2-ft turn (CW or CCW - skater’s choice) -Bwd 2-ft sit glide
Elements Stage 3	Must have passed Stage 2 but Not the complete Stage 3 badge.	-Fwd circle thrusts (CW or CCW – skater’s choice) -Bwd 2-ft jump -2-ft quick turn fwd to bwd & bwd to fwd (CW or CCW, skater’s choice) -Bwd 2-ft sculling
Elements Stage 4	Must have passed Stage 3 but not the complete Stage 4 badge.	-Bwd circle thrusts (CW or CCW – skater’s choice) -Bwd 360 step turn (CW or CCW – skater’s choice) -2-ft jump fwd to bwd & bwd to fwd (CW or CCW – Skater’s choice) -Fwd inside slalom
Elements Stage 5	Must have passed Stage 4 but not the complete Stage 5 badge.	-Fwd 2-ft side stop (CW or CCW – skater’s choice) -Bwd push/glide sequence, full perimeter (CW or CCW – skater’s choice. -Fwd power jump -Fwd crosscuts – figure 8
Elements Stage 6	Must have passed Stage 5 but not the complete Stage 6 badge.	-Fwd 1-ft side stop (L or R – skater’s choice) -Bwd perimeter skating with crosscuts (CW or CCW – determined by draw) -Fwd 180 step turn (Mohawk) (RFI-LBI or LFI-RBI – skater’s choice) -Fwd outside edges

Standards of performance: The desired performance standard for each element is defined by three levels: Gold, Silver and Bronze. Each performance level consists of three features. To achieve a Bronze, Silver or Gold award level on any element, the skater must demonstrate the first ature at or above that level and they must demonstrate at least one other feature of the element at or above the award level. When at least a Bronze level is not achieved for an element, the skater is awarded



a “merit” level. Performance standards are measured in proportion to the skater’s age, size, and physical strength. Example: A smaller 6-year old skater and a taller 8-year old skater may each receive “Excellent” for the speed demonstrated in an element even though the 8-year old performed the skill at a much faster speed.

Conduct of the event

Warm-up groups: Skaters will complete the competition in warm-up groups of no more than six skaters. The skating order within each warm-up will be the order in which each skater will complete the four elements.

Warm-up Time: Each group is awarded a three-minute warm-up at the beginning of the competition. Between each element, skaters will return to the area designated as a warm-up space to work on the required elements on a circuit.

Execution of each element: Within each warm-up group, skaters execute one attempt at each element. All skaters in the group must complete their attempt at the element before the next element in the round is started for any skater. Each warm-up group of competitors must complete all elements of the stage before the next warm-up group can begin.

Progression through the event: After each element attempt the skater must return to the designated warm-up area to practice elements on the circuit.

*Note: Two to three additional coaches or PAs should be stationed in the designated warm-up area to facilitate practice on the circuit and help move traffic in and out of the competition area ensuring the correct skating order is maintained. These individuals must remain conscious of the event schedule while rotating the skaters in and out of the practice area.

Event Schedule: Any two warm-up groups can compete at the same time with different judging panels. Every six attempts at an element for a group of six skaters takes approximately six minutes. Allowing for full warm-up time (three-minute initial warm-up), the time required for a six participant group is approximately 20 minutes.

Start Orders: Start Orders are to be available for the Ice Captain/Dressing Room Attendant, Assessment Panel and one on-ice Coach per group.

Results Calculation: For each category, the overall performance award given is the total of the individual element award levels defined as follows:

GOLD: At least two elements at the Gold level and no element lower than the Silver level,

SILVER: At least two elements at the Silver level and no element lower than the Bronze level,

BRONZE: At least two elements at the Bronze level.

Off-Ice Requirements: Two volunteers should be designated as ice captain and dressing room attendant to oversee the traffic between warm-up groups and help ensure the schedule remains on time. One additional volunteer is required to act as “data specialist”. This individual must collect the individual scoring standards sheets after each warm-up group has finished. The overall achievement level must be confirmed based on the feature levels and resulting performance standards awarded for each element (as described in the “Results Calculation” section above”).

Event Officials: The event is officiated using a collaborative assessment panel (i.e. decisions are made based on discussion and consensus of the group). The determination of an award level for each element is determined by consensus of the assessors and based on each element’s three performance factors.

Each assessment panel will include three “assessors” (Note: It is not necessary to bring in certified officials for this type of event. Coaches and PAs may take on the role of “assessor” for the purpose of the CanSkate competition). The panel must include at least one NCCP CanSkate certified coach or higher. One member of the panel is indicated as the referee and the other the scribe (see duties below). The individual identified as the referee must be a minimum of NCCP CanSkate coach certified or where a certified official might be utilized, an official.

Duties of Officials: In addition to the general duties of officials for all events, the following outlines the duties of the assessors in an element event:

Referee:



- Manage the communication with participants to ensure that the flow of element execution is maintained, lead any necessary discussion with other official(s) to determine the consensus decision on the success of the element
- Provide visual indication (where applicable) as to the success of the element attempted, verify and authorize the calculation of the interim and final results
- Be available to answer any questions following the event as to the assessment of the officiating panel

Scribe:

- Maintain written record of each element attempt and its assessment on each skater's performance standards sheet.

Publication of Results: The final results should be documented on each skater's individual scoring standards sheet. A certificate indicating the award level achieved is provided to each participant along with their individual scoring standards sheet. *Result page set-up front to back: certificate of achievement on the front and individual scoring standards sheet used by the officials on-ice on the back. Certificates should be filled in electronically by the event organizers prior to the start of the event with the skater's name, event date and location. Upon completion of the event, the individual acting as "Data Specialist" will handwrite the award achieved on the certificate.

ANNOUNCEMENT IS SUBJECT TO CHANGE



**SKATE CANADA-EASTERN ONTARIO
SPECIAL OLYMPICS ONTARIO INVITATIONAL COMPETITION
FEBRUARY 4, 2017**

Closing Date: 11:59 pm January 6, 2017

COMPETITOR'S NAME _____ M/F _____ AGE _____
(First) (Last)

BIRTH DATE: (m/d/y) _____ SPECIAL OLYMPICS _____ SPECIAL NEEDS _____

ADDRESS: _____
Street City Province

_____ Postal Code Phone No. Fax or Email

SKATE CANADA # _____ SPECIAL OLYMPICS REGISTRATION # _____

HOME CLUB NAME _____ SECTION _____

NAME OF COACH (S): _____ TELEPHONE # _____

_____ TELEPHONE # _____

HIGHEST COMPLETE TEST LEVEL PASSED:

CANSKATE BADGE _____ DANCE _____
 FREESKATE _____

EVENT TO BE ENTERED: *(A separate entry form must be completed for each event. Please copy as needed)*

EVENT ENTERED _____

PARTNER'S NAME _____
(First) (Last)

OTHER EVENTS ENTERED

1) _____ 2) _____ 3) _____

CONTACT:

NAME: _____ TELEPHONE # _____

ADDRESS: _____

SPECIAL DIETARY REQUIREMENTS: _____



Club Signature

Please Print

I, _____ as Club Test Chair or designate certify that the above information is correct.

Signature of Club Test Chair or designate (Other than parent or coach)

Waivers – Publicity & Liability

Every care and attention will be given to the health and safety of the skater. Skate Canada-Eastern Ontario, the Local Organizing Committee or volunteers cannot be held responsible for any accidents that may occur. I have read and understand and agree to Skate Canada Rule 7000B (1.11) regarding accidents.



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 check OPT-OUT, we may include the skater's name and image. **OPT OUT**

Signature of Athlete or Parent/Guardian (if athlete is under 18 years)

ENTRIES MUST BE RECEIVED BY January 6, 2017 (See Competition Announcement for details pertaining to late entries, refunds, withdrawals and returned cheques.) Entries by **FAX WILL NOT BE ACCEPTED**. Entry fees **MUST ACCOMPANY** the Entry Form.

ENTRY FEES:
\$20.00 per person per Singles Event
\$10.00 per person for Couples Dance Event (\$20.00 in total per couple)
\$10.00 per person for Solo Dance Event
\$10.00 per person for Pairs FreeSkate Event (\$20.00 in total per couple)
\$20.00 per person for Interpretive Event
\$10.00 per person for CanSkate Elements Event

CHEQUES PAYABLE TO: Skate Canada Eastern Ontario

MAIL TO: Skate Canada –Eastern Ontario Phone: 613-925-1441
111 Churchill Road East E-mail: eos@bellnet.ca
P.O. Box 2209
Prescott, ON K0E 1T0