

# Central Minnesota *Compete USA* Competition Series



We are pleased to announce the 8<sup>th</sup> annual Central Minnesota Compete USA Competition Series; an exciting skating opportunity for the Learn to Skate skater.

The Central Minnesota Compete USA Competition Series is sponsored equally by the Diamond Edge Figure Skating Club of Willmar, St. Cloud Figure Skating Club, Alexandria Figure Skating Club, and the Fergus Falls Skating Club. This is a Learn to Skate approved Compete USA competition series with the approval posted in each participating arena. Competition announcements and packages are available through all participating figure skating clubs and/via the club websites or at our series website [www.centralminnesotaseries.org](http://www.centralminnesotaseries.org). Each competition has its own online entry/paper entry forms, please make sure to read the entire announcement for details. Any questions regarding this series are to be directed to any of the contacts listed below.

## MISSION STATEMENT:

The purpose of the competition is to promote a FUN, introductory, competitive experience for the beginning skater.

## COMPETITION LOCATIONS:

### EVENT #1

#### Lakes Area Classic



**Date: Saturday, January 14, 2017**

[www.diamondedgeskating.com](http://www.diamondedgeskating.com)  
PO Box 204, Willmar, MN 56201

Contacts: Julie Danzeisen @ 320-894-2394 / [jkdanz@hotmail.com](mailto:jkdanz@hotmail.com) or  
Dawn Bergh @ 320-894-8887 / [lancendawn@yahoo.com](mailto:lancendawn@yahoo.com)  
Club Email: [diamondedgesfsc@outlook.com](mailto:diamondedgesfsc@outlook.com)

**Online applications received by December 12, 2016**  
**Paper applications accepted and must be postmarked by December 9, 2016**

Willmar Civic Center  
2707 Arena Drive, Willmar, MN 56201  
Rink Measures: 200 ft x 85 ft

### EVENT #2

#### Granite City Compete USA



**Date: Saturday, January 28, 2017**

[www.stcloudfsc.com](http://www.stcloudfsc.com)  
1238 – 7<sup>th</sup> Ave N, Sauk Rapids, MN 56379

Contacts: Lori Stuart @ 320-260-2285 / [loristuart221@gmail.com](mailto:loristuart221@gmail.com) or  
Jenny Feldewerd @ 320-249-1828 / [stcloudlts@gmail.com](mailto:stcloudlts@gmail.com)

**Online applications received by January 10, 2017**  
**Paper applications accepted and must be postmarked by January 5, 2017**

St. Cloud Municipal Athletic Complex – MAC  
5001 Veterans Dr., St. Cloud, MN 56303  
Rink Measures: 200 ft x 85 ft

### EVENT #3

#### Fergus Falls Compete USA

#### Fergus Falls SKATING CLUB

**Date: Friday, March 10, 2017 &  
Saturday, March 11, 2017**

(One Beginner thru Preliminary event will be held on Friday night)

[www.fergusfallsskatingclub.com](http://www.fergusfallsskatingclub.com)  
11640 150<sup>th</sup> Ave, Campbell, MN 56522

Contact: Laura Dewey @ 218-770-5116  
Email: [fergusfallsskatingclub@gmail.com](mailto:fergusfallsskatingclub@gmail.com)

**Online applications received by February 10, 2017**  
**Paper applications accepted and must be postmarked by February 3, 2017**

Fergus Falls Community Arena  
304 Friberg Ave, Fergus Falls, MN 56537  
Rink Measures: 200 ft x 85 ft

### EVENT #4

#### Battle of the Blades

#### Alexandria Figure Skating Club

**Date: Saturday, March 18, 2017**

[www.alexandriafigureskating.org](http://www.alexandriafigureskating.org)  
P.O. Box 471, Alexandria, MN 56308

Contacts: Stacey Luetmer @ 320-491-1691  
Email: [staceyluetmer@gmail.com](mailto:staceyluetmer@gmail.com)

**Online applications received by February 23, 2017**  
**Paper applications accepted and must be postmarked by February 18, 2017**

Runestone Community Center  
802 Third Ave West, Alexandria, MN 56308



**RULES:** These individual competitions will be conducted under the rules set forth by the Learn to Skate USA Competition Manual.

**ELIGIBILITY RULES FOR PARTICIPANTS:** The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA program/club or any other Learn to Skate USA program/club.

Eligibility will be based on skill level as of closing date of entries. All SNOWFLOW SAM AND LEARN TO SKATE USA SKATERS THROUGH BASIC 6 must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or individual dances. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

*It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below his/her class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.*

**COMPETITION ENTRIES AND FEES:** Each individual competition has its own registration form and a registration form must be completed for each of the individual competitions being entered. On-line entry with secure credit card payment is the preferred method of registration. Please go to each individual club website and click the individual competition link. On-line entries will be accepted until MIDNIGHT of the deadline date noted for each event (see cover page of this announcement and/or individual registration forms per site). Paper entry forms will be accepted but must be POSTMARKED by the deadline date noted for each event (see cover page of this announcement and/or individual registration forms per site). PLEASE NOTE: Paper ENTRY FORMS MUST BE FILLED OUT COMPLETELY AND LEGIBLY and returned with a check made payable to the hosting club. Late entries will not be accepted following the deadline date. Space may be limited by site so please submit your registrations in early.

Entry fees are per person, U.S. dollars. The first event is \$40; second event \$20; and third event \$15. Entry fees are not refundable. There will be a \$30.00 fee for returned checks and contested credit card charges.

**SERIES ENTRIES AND FEES:** Entry into the Central Minnesota Compete USA Series is **OPTIONAL** and not a requirement to participate in any of the hosting clubs competitions. To be included in the Central Minnesota Compete USA Series and eligible for the 2017 season end awards ceremony, you must be a Central Minnesota Compete USA Series participant and pay a **ONE-TIME FEE** of \$25. You may enter the Series at any point during the season. Your points will not begin to accumulate until the **ONE-TIME FEE** is recorded. Each hosting club registration form will have a space to enter the Series and/or a check-box to acknowledge those already participating as a part of the Central Minnesota Compete USA Series to ensure points are tracked accordingly. Each Series participant will receive a Central Minnesota Compete USA Series collector's pin. Skaters participating in all FOUR (4) individual competitions will be eligible for a drawing for a FREE Zuca Frame and Bag.

**PRACTICE ICE:** No official practice ice is included in your registration fee. Practice ice will be available at each of the individual club sites for purchase. Details are provided for each competition on the attached registration forms and/or via the on-line individual competition online sign up. Additional details regarding practice ice will be provided by email, in a mailing, or on the hosts' website prior to each of the competition dates.

**MUSIC:** The music for all free skating programs must be provided on CD's by the skater. CD's should contain only one track of the competition music, be clearly marked with the name of the skater, event entered and length of music (not skating time). Due to compatibility and reliability reasons re-recordable (CD/RW) discs will not be accepted. The official competition music must be turned in at the registration table at the time of check-in. Time duration is always +/- 10 seconds. CDs must be clean and in a jewel case. A duplicate CD should be readily available at all event times requiring music. Music may be picked up at the registration table following each event AND NOT BEFORE. Every reasonable care will be taken, but hosting clubs cannot be responsible for CDs left at the end of the competition.

**JUDGING SYSTEM:** The 6.0 Majority Judging System will be used.

**SCHEDULE OF EVENTS:** Information regarding groups and skating times will be emailed to you *or* mailed if you provide a self-addressed stamped envelope. Event schedules will be posted on each hosting clubs website within a week prior to the competition.

**REGISTRATION:** The registration table at each location will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. *Please register at least 30 minutes before your competition time.* All schedules will be posted at each individual competition. It is the responsibility of each competitor to check the postings for official schedules and notices.

**VIDEO TAPING AND PHOTOGRAPHS:** Personal photography and videotaping may be done of your skater(s). No parents/spectators or skating professionals will be allowed within the judges' area of the rink.

**INDIVIDUAL COMPETITION AWARDS:** All competitors will receive an award at each of the individual competitions. All events are final rounds with awards handed out at appropriate times throughout the competition and a podium available for group and individual photos. Compulsory, Interpretive and Synchronized Skating event participants will be awarded with medals. Freeskate event participants will be awarded a trophy.

**CENTRAL MINNESOTA COMPETE USA SERIES POINT SYSTEM/AWARDS:** During the competition season, skaters have the opportunity to compete at four different arenas and earn points towards a final standing. Skaters must be registered with the Central Minnesota Compete USA Series to be eligible for accumulating points. Each event will have a maximum of six skaters.

The point system used to calculate skater points to determine Series placement will be as follows:

1 <sup>st</sup> place	6 points
2 <sup>nd</sup> place	5 points
3 <sup>rd</sup> place	4 points
4 <sup>th</sup> place	3 points
5 <sup>th</sup> place	2 points
6 <sup>th</sup> place	1 point

If an event has 2 – 6 skaters, points will be awarded as if there were six skaters in the group. If an event has only one skater, they will be awarded three points only.

In addition, a skater will earn three additional points toward their overall standing for each level of advancement throughout the duration of the series. In order to be awarded the extra three points, he/she must compete at the new level in at least one competition. All points follow the skater throughout the series, so as a skater moves up to higher levels, the points follow the skater. Once a skater moves on to a new level, they may not compete at any time at a lower level. The points for skaters moving up levels will be awarded at the conclusion of their events at the Battle of the Blades Competition in Alexandria.

Final Central Minnesota Compete USA Series trophies will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> places in each level from Snowplow Sam through test levels. Skaters who place 4<sup>th</sup> and beyond will receive a participation trophy. The Central Minnesota Compete USA Series trophies are awarded to skaters based on their last level they competed in during the Central Minnesota Compete USA Series. Final trophies will be handed at the conclusion of events throughout the Alexandria Battle of the Blades Competition held on March 18, 2017. You need not be present at the season end ceremony to receive your award.

**CENTRAL MINNESOTA COMPETE USA SERIES TRAVELING TEAM TROPHY:** The traveling team trophy will be awarded to the figure skating club with the most combined series skater entries throughout the Series competitions. This is open to any figure skating club participating in the series at each individual competition and is not limited to the four hosting sites. The current traveling team trophy earner is the Fergus Falls Skating Club for having the most series participants during the 2015/2016 skating season.

**QUESTIONS ?:** Your questions and concerns are important to us so please feel free to get in touch with any of the contacts listed regarding individual competitions or participation in the Series. You can visit our website at [www.centralminnesotaseries.org](http://www.centralminnesotaseries.org) or contact any of the following Series organizers:

Lakes Area Classic: Julie Danzeisen 320-894-2394 / Email: [jkdanz@hotmail.com](mailto:jkdanz@hotmail.com) /  
Dawn Bergh 320-894-8887 / Email: [lancendawn@yahoo.com](mailto:lancendawn@yahoo.com)  
Club Email: [diamondedgefsc@outlook.com](mailto:diamondedgefsc@outlook.com)

Granite City Compete USA: Lori Stuart 320-260-2285 / Email: [loristuart221@gmail.com](mailto:loristuart221@gmail.com)  
Jenny Feldewerd / Email: [stcloudlts@gmail.com](mailto:stcloudlts@gmail.com)

Fergus Falls Compete USA: Laura Dewey 218-770-5116  
Email: [fergusfallsskatingclub@gmail.com](mailto:fergusfallsskatingclub@gmail.com)

Battle of the Blades: Stacey Luetmer 320-491-1691  
Email: [staceyluetmer@gmail.com](mailto:staceyluetmer@gmail.com)



## Compete USA Competitions

### EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



## Compete USA Competitions

### EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



## Compete USA Competitions

### EVENT: Pre-Free Skate – Free Skate 6 Compulsory Event

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, clockwise and counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>



## Compete USA Competitions

### EVENT: Pre-Free Skate – Free Skate 6 Program Event

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>



## Compete USA Competitions

### EVENT: Introductory Levels Compulsory Event

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ jump of choice</li> <li>• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)</li> <li>• Forward or backward spiral</li> </ul>
High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• Forward scratch spin - minimum three revolutions</li> <li>• Forward or backward spiral</li> </ul>



## Compete USA Competitions

### EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Toe Loop jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Sit spin or camel spin - minimum three revolutions</li> <li>• Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Back upright spin - minimum three revolutions</li> <li>• Forward inside spiral</li> </ul>





## Compete USA Competitions

### EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests

## EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• No single Axels, double jumps or triple jumps</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul> <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels)</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>

Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• One must be an Axel or Waltz-jump type jump</li> <li>• All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>• Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed</li> <li>• An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single or double jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
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## EVENT: Test Track Free Skate

### General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test.
Preliminary 1:40 max..	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels)</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.



## Compete USA Competitions

### **INTERPRETIVE PROGRAM:**

Each site will be offering an Interpretive Showcase event that is not eligible for series points but will be recognized with medals at each individual competition.

### **Competition Format**

The host competition will pre-select music. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

### **Levels:**

Levels will be broken by ability with ages divided appropriately.

### **Judging Rules:**

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

### **Time:**

Music Duration: Snowplow – Basic 6: 1:00 Max  
Pre-Free Skate - No Test: 1:00 Max  
Pre-Preliminary - Preliminary: 1:00 Max

**Coaching:** There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

## LEARN TO SKATE USA SYNCHRO SKILLS 1-3 Exhibition

Each competition will be offering a Beginner Synchronized Skating Exhibition. This event will not be judged, but each participant will receive a participatory medal at each skating competition. The cost for participating is \$50.00 per team at each competition.

### LEARN TO SKATE USA SYNCHRO SKILLS 1-3

The synchronized competition program is also part of the Learn to Skate USA program. The Compete USA competition program is for Learn to Skate USA level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Synchro Skills teams compete at Learn to Skate USA competitions and nonqualifying synchronized skating competitions around the country.

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
<b>SYNCHRO SKILLS 1</b> 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
<b>SYNCHRO SKILLS 2</b> 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team’s choice with backward pumps and chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
<b>SYNCHRO SKILLS 3</b> 8-16 skaters, majority at least 12 years old Maximum 2 minutes 40 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team’s choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

**The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:**

- Unison of body alignment, and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

#### Restrictions in Synchro Skills 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Lines may not pivot.
- Synchro Skills 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Synchro Skills 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

#### Restrictions in Synchro Skills 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

**Restrictions in all levels:** All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook.

# Fergus Falls SKATING CLUB

## "Fergus Falls Compete USA 2017" Friday, March 10 & Saturday, March 11, 2017 ENTRY FORM

Name \_\_\_\_\_ Age / DOB \_\_\_\_\_ Sex \_\_\_\_\_

Address/City/State/Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Area Code/Phone # \_\_\_\_\_

*(fill in if you would like to receive confirmation by email or provide a self-addressed stamped envelope)*

U.S. Figure Skating # \_\_\_\_\_ Highest Level Passed \_\_\_\_\_

Home Program/Club Affiliation \_\_\_\_\_

Coach's/Instructor's  
Name/Email Address \_\_\_\_\_

**Please circle all the event(s) you are entering:**

<i>Basic Elements Event</i>	<i>Basic Program Event</i>	<i>Compulsory Events</i>	<i>Program Freeskate Events</i>	<i>Well-Balanced Program Freeskate Events</i>	<i>Interpretive Showcase Event</i>	<i>Beginner Synchronized Skating Exhibition</i>
Snowplow	Snowplow	Pre – Freeskate	Pre – Freeskate	No Test	Basic Showcase <i>(snowplow – Basic 6)</i>	Complete Separate Registration Form
Basic 1	Basic 1	Freeskate 1	Freeskate 1	Pre-Preliminary	Free Skate Showcase <i>(Pre-Free Skate thru No Test)</i>	
Basic 2	Basic 2	Freeskate 2	Freeskate 2	Preliminary	High Showcase <i>(Pre-Preliminary thru Preliminary)</i>	
Basic 3	Basic 3	Freeskate 3	Freeskate 3			
Basic 4	Basic 4	Freeskate 4	Freeskate 4			
Basic 5	Basic 5	Freeskate 5	Freeskate 5			
Basic 6	Basic 6	Freeskate 6	Freeskate 6			<i>Synchronized Skating Events are NOT ELIGIBLE for Central MN Compete USA Competition Series Points</i>
		Beginner	Beginner		<i>Interpretive Events are NOT ELIGIBLE for Central MN Compete USA Competition Series Points</i>	
		High Beginner	High Beginner			
		No Test	Pre-Preliminary Test			
		Pre-Preliminary	Preliminary Test			
		Preliminary				

Register online at [www.fergusfallsskatingclub.com](http://www.fergusfallsskatingclub.com) or complete the form in its entirety, make check or money order payable to FFSC and mail to:

**FFSC C/O Laura Dewey**  
11640 150<sup>th</sup> Ave, Campbell, MN 56522.

For additional information contact:  
Laura Dewey @ 218-770-5116 or via email at  
fergusfallsskatingclub@gmail.com.

*Checks returned for non-sufficient funds and contested credit card charges will be assessed a \$30.00 fee. Payment of the fee will be required before skater is allowed to participate in practice ice or events.*

**Online applications must be received by February 10, 2017. Paper applications accepted and must be postmarked by February 3, 2017**

**NO LATE REGISTRATIONS WILL BE ACCEPTED**

First Event \$40 \$ \_\_\_\_\_

Second Event \$20 \$ \_\_\_\_\_

Third Event \$15 \$ \_\_\_\_\_

Practice Ice (cost per form) \$ \_\_\_\_\_

**I am already apart of the CMBSC Series, previously paid the one-time Series entry fee, and my Series Points need to be tracked at this basic skills competition.**

**Please include me in the CMBSC Series; I am enclosing the one-time Series entry fee of \$25.**

\$ \_\_\_\_\_

**Total:** \$ \_\_\_\_\_

**All applicable fees must accompany this application**

ENTRY FEES ARE NOT REFUNDABLE.

## CERTIFICATION OF COMPETITOR:

The undersigned approves the competitor is eligible to enter the events checked and agrees to hold harmless Learn to Skate USA, the Fergus Falls Figure Skating Club, Fergus Falls Community Arena, and all of their employees and agents from any and all loss, damage and/or injury that may be sustained by the entrant in any manner during Practice Ice or while participating in any activities of this Competition.

I agree, in accordance with the Learn to Skate USA Competition Manual, entry fees are not refundable after the close of entries unless no competition exists in a particular division.

I hereby grant the right and authority to photograph, film and/or record vocally my skater for promotional or publicity purposes and I understand that these images and names might be used in print media publications, advertisements, online and other formats.

I also understand that the competition committee reserves the right to limit the number of entries in any event or if required eliminate an event or events due to time constraints. I agree that if my application is incomplete, I will accept a collect telephone call to supply additional information.

I agree to conduct myself, both on and off the ice, in a manner that will reflect favorably upon the competition and upon the sport of figure skating and that is consistent with the high standards of the sport. I agree to respect the person and property of other skaters.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Competitor Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor/Coach Signature \_\_\_\_\_ Date \_\_\_\_\_  
(or Program Director/Club Officer)

Instructor/Coach E-mail / Phone Contact: \_\_\_\_\_  
(or Program Director/Club Officer)

## PRACTICE ICE:

Practice Ice sessions are 20-minutes in length and cost \$8.00 per session. Practice Ice will be available on Friday evening and Saturday morning and must be purchased in advance. You will receive an email to schedule your own practice ice on our EntryEeze competition website when the competition deadline has passed.

### Friday Evening Practice Ice ~ March 10, 2017

I would like 1 session – 20 minutes of practice ice on Friday Evening for a cost of \$8.

### Saturday Morning Option ~ March 11, 2017 – Prior to Competition

I would like 1 session – 20 minutes of practice ice on Saturday Morning for a cost of \$8.

Once all practice ice has been scheduled, additional ice will be available first-come, first-serve basis at registration at a cost of \$8.00 per 20-minutes. No refunds will be given for unused sessions.

**ALL ENTRIES AND SCHEDULES WILL BE MADE VIEWABLE ON OUR ENTRYEEZE COMPETITION WEBSITE. NO PAPER SCHEDULES WILL BE MAILED OUT.**

**INCLUDE THIS COMPLETED PAGE WITH ENTRY FORM**

*Keep a copy of this form and mail original to address above. Online applications must be received by February 10, 2017.  
Paper applications accepted and must be postmarked by February 3, 2017.*

## TEST SESSION:

We will be having a USFS Test Session on Friday, March 10, 2017. Please visit our website at [www.fergusfallsskatingclub.com](http://www.fergusfallsskatingclub.com) for additional information.

**SCHEDULE NOTE** — One Beginner thru Preliminary event will be held on Friday, March 10, 2017.



**COMPETE USA SYNCHRONIZED SKATING EXHIBITION/ENTRY FORM p. 1**

**2017 Fergus Falls Compete USA  
March 11, 2017**

**ENTRY FORM 1: Team Information**

<b>Team name:</b>		<b>U.S. Figure Skating #:</b>	
<b>Club (if applicable):</b>			
<b>Team contact person:</b>			
<b>Daytime phone number:</b>		<b>Email:</b>	
<b>Address:</b>		<b>City:</b>	<b>State/ZIP:</b>
<b>Primary coach:</b>		<b>U.S. Figure Skating #:</b>	
<b>Daytime phone number:</b>		<b>Email:</b>	
<b>Number of skaters:</b>		<b>Number of alternates:</b>	

**Please check the level and/or event(s) entered:**

- Synchro Skills Level 1
- Synchro Skills Level 2
- Synchro Skills Level 3

**Entry Fee:**

Enclosed is

\$ \_\_\_\_\_ for \_\_\_\_\_ Compete USA events      \$ 50 per team/Learn to Skate USA event  
 \$ \_\_\_\_\_ for \_\_\_\_\_ Competitors              \$ 5 per skater/Learn to Skate USA event  
 \$ \_\_\_\_\_ Practice Ice                                  15 minutes of practice ice is available for \$20.00 fee – on day of competition

Checks should be made payable to:

Fergus Falls Skating Club
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Please send all forms and fees to:

C/O Laura Dewey 11640 150th Ave Campbell, MN 56522
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All fees and entry forms must be  
Received by:

February 10, 2017
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**Compete USA teams may choose to represent either a full member club or a U.S. Figure Skating Learn to Skate USA school/program.**

## COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p. 2

**ENTRY FORM 2:** Team Roster / Liability Waiver/Certification by Club Officer

<b>Team name:</b>	<b>Level:</b>
<b>Name of the club or program represented:</b>	

*U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.*

Skater's name	Membership #	Age	Signature of skater/parent if under 18
33.			
34.			
35.			
36.			
37.			
38.			
39.			
40.			
41.			
42.			
43.			
44.			
45.			
46.			
47.			
48.			
Alt. 1			
Alt. 2			
Alt. 3			
Alt. 4			

**Club officer or skating school director:** *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

<b>Print Name:</b>	<b>Signature:</b>
<b>Title:</b>	
<b>Club or Learn to Skate USA program name:</b>	