



**14<sup>th</sup> Annual Holiday Skate Classic**  
**Hosted by Cantiague Figure Skating Club**  
**November 18, 2018**

Approval #28110

The 14th annual Holiday Skate Classic Basic Skills Competition sponsored by Cantiague Figure Skating Club will be held at the **Cantiague Park Ice Rink** at 480 West John Street Hicksville, N. Y. 11801 on **Sunday, November 18th, 2018**. The Cantiague FSC Holiday Skate Classic has been approved by US Figure Skating and will be conducted in association with U.S. Figure Skating rules governing Basic Skills competitions as set forth in the 2018/19 Rulebook.

**RULES:** This competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must register with Learn To Skate USA or a member club. There will be no more than 6 competitors in a group. Skaters will be divided as closely as possible by age, should the number of entries warrant more than one group.

The 6.0 Judging System will be used for all events. Non-US Figure Skating judges may be used to judge some events. The selection of officials will comply with the rules for competitions as set out in the U.S. Figure Skating Rulebook and in the criteria developed for U.S. Figure Skating Basic Skills competitions.

**SERIES INFORMATION:** This competition is part of the Long Island Grand Prix series.

**ELIGIBILITY/TEST LEVEL:**

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher and No Official U.S. Figure Skating Tests may have been passed including MIF or Individual Dances.

For the Pre-Free Skate, Free Skate 1-6, Excel, and Well-Balanced levels eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition, nor may they skate down in any event.

If a skater competes in a Beginner Category or higher, they may not go back and compete in any Free Skate category lower than Free Skate 3. If a skater has passed the Pre-Juvenile MIF or higher, they may not compete in an approved Basic Skills competition.

**LIABILITY:** U.S. Figure Skating, Cantiague Figure Skating Club, and Cantiague Park Rink accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**ENTRIES:** The completed entry form, with fees, must be **postmarked** no later than **Monday October 29<sup>th</sup>, 2018**. Make check payable to **Cantiague Figure Skating Club** and mail to:

**Cantiague Park Rink**  
**Attention "Holiday Skate Classic"**  
**c/o Cantiague Figure Skating Club**  
**480 W. John St. Hicksville, NY 11801**

**\$55.00 for 1st event, \$25 for each additional event. There will be a \$20.00 fee for late entries, or incorrectly submitted applications.**

The Registration desk will be open one hour before the first event and run through the last event of the day. The registration table will be located inside the rink area. Please register promptly upon arrival.

**REFUND POLICY:** Entry fees will not be refunded after entry deadline unless there is no competition, or the event is cancelled. There will be no refunds for medical withdrawals. Checks returned for non-sufficient funds will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

**MUSIC:** The official competition music CD must be turned in at the registration table at the time of check-in (labeled with your name and event). A duplicate CD should be readily available rink side during the competition. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Cantiague Figure Skating Club cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

**AWARDS:** Trophies will be awarded for 1st, 2nd, and 3rd places, medals awarded to 4th, 5th, 6th place. One Award ceremony will be at the end of the competition.

**IMPORTANT NOTICE FOR ALL COACHES:**

Coaches must meet the following requirements:

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training\* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through [www.usfsaonline.org](http://www.usfsaonline.org) for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons.

**CONTACT INFO:** The schedule will be posted on our website at [www.cfscskatingclub.com](http://www.cfscskatingclub.com) after the close of entries. Please direct all inquiries to [cantiaguefigureskatingclub@gmail.com](mailto:cantiaguefigureskatingclub@gmail.com), attention Liz Eldredge, Competition Chair.

If you use your own camera, it must be battery powered. No tripods will be permitted. NO FLASH PHOTOGRAPHY PERMITTED!

## 8th Annual Long Island Grand Prix Series

The Cantiague FSC, Freeport Skating Academy, Great Neck Park District, Long Island Skating Academy, and Iceland Arena & Met FSC would like to welcome all skaters to our Grand Prix Series for this season!

### Who:

Group 1: Skaters from Snowplow Sam through Basic 6.

Group 2: Skaters from Pre-Free through Freeskate 6

Group 3: Skaters from Excel Beginner/High Beginner, Excel Pre-Preliminary/Preliminary Plus, No Test through Preliminary

### Dates:

November 18<sup>th</sup>, 2018-Cantiague FSC Holiday Classic

February 2019 –Northwell Health Ice Center “Love To Skate”- E. Meadow, NY

April 7<sup>th</sup>, 2019-Freeport Skating Academy’s “Spring Challenge”-Freeport Recreation Center, Freeport NY

May , 2019 - Spiral Into Spring-Great neck Park District

May 19<sup>th</sup>, 2019-CFSC Nassau County Championships-Cantiague Park, Hicksville NY

June 1, 2019- Iceland’s Summer Twizzle-New Hyde Park, NY

### How it Works:

Each skater will receive points for their placements at each competition in all Compulsory, Showcase, and Program events. Skaters will receive 5 additional points if they “move up” a level during the Series (This will only be awarded 1 time). Skater is only awarded the 5 additional points if the “move up” in the regular program events (not showcase or compulsories). If a skater competes in any Test Track Events they may not compete at No Test or below in any other event or competition. Freeskate 6 competitors will only be awarded points for moving up if they compete in Pre-Preliminary or higher in the program event. Skaters in Beginner/High Beginner will only be awarded point for moving up if they move to No Test or higher. Skaters will forfeit their points if they skate down a level in any event in the series. If there is only 1 skater in the group, he or she will be awarded 3 points for 1<sup>st</sup> place. Skaters will be placed in finals depending on last level they competed at. Remember you can enter 3 different disciplines in each competition to accumulate more points! See chart below for point values. After all 6 competitions, points will be totaled to determine the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners. Finals will be conducted if needed. We will hold a special awards ceremony and exhibition for the winners at the end of the season!

Placement	Points
1 <sup>st</sup>	5
2 <sup>nd</sup>	4
3 <sup>rd</sup>	3
4 <sup>th</sup>	2
5 <sup>th</sup>	1
6 <sup>th</sup>	1

*Please fill out registration form if you wish to participate in the Grand Prix Series.*

*Forms will be available at the registration desk when you check in at any of the competitions listed above.*

***THE MORE EVENTS YOU ENTER, THE MORE POINTS YOU EARN!***

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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 with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

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 (no variations), 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 counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</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, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</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>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>• T-stop, right or left</li> </ul>

## SNOWPLOW SAM – BASIC 6 ELEMENTS/COMPULSORY (NO MUSIC)

Two format options for the Elements Event: Each skater will perform each element one element at a time in the order listed below when directed by a judge/referee (no excessive connecting steps or choreography)

- To be skated on 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 (no variations), 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 counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</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, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</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>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

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.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

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>• Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <i>NOT ALLOWED – Waltz jump/toe loop combination</i></li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin- maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Salchow/toe loop combination</i></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, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> <li>• <i>NOT ALLOWED – Waltz/loop combination</i></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 3 revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i></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 3 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>• Creative step sequence using a variety of three turns, Mohawks and toe steps</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump/ half-loop/Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>

## PRE-FREE SKATE – FREE SKATE 1-6 ELEMENTS/COMPULSORY (NO MUSIC)

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
- The skater must demonstrate the required elements listed
- Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.

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>• Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 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 spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin- maximum 2 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, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position- minimum 3 revolutions</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 3 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 3 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, minimum 3 on each foot</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>

## (New for 2018-2019) EXCEL FREESKATE PROGRAM WITH MUSIC

General event parameters: Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying 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. Events will be run in accordance with the Excel Technical Handbook on the Excel Program webpage.

2018-19	Jump Elements	Spins	Step Sequences
<p><b>Excel Beginner</b> 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p><b>Maximum 4 jump elements:</b></p> <ul style="list-style-type: none"> <li>Jumps with no more than one-half rotation (front to back or back to front)</li> <li>Single rotation jumps: Salchow, toe loop only. Half Loops are not allowed.</li> <li>Maximum 2 jump combinations or sequences</li> <li>Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 2 spins:</b></p> <p>Two upright spins</p> <ul style="list-style-type: none"> <li>No change of foot</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <p>Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul>
<p><b>Excel High Beginner</b> 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>Jumps with no more than one-half rotation (front to back or back to front)</li> <li>Single rotation jumps: toe loop, Salchow, half-loop, loop</li> <li>Flip, Lutz, &amp; Axel NOT permitted</li> <li>Maximum 2 jump combinations or sequences</li> <li>Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 2 spins:</b></p> <p>Both spins must be in a single position and must be of a different character</p> <ul style="list-style-type: none"> <li>No flying entry</li> <li>Permitted forward spins: upright, sit, camel</li> <li>Permitted back spins: upright</li> <li>Minimum 3 revolutions</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <p>Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul>
<p><b>Excel Pre-Preliminary</b> 1:40 Max</p> <p>Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed, except for the Axel. No single Axels, double, or higher jumps allowed</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 jump sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed.</li> <li>Jump sequence is any listed jump immediately followed by a waltz jump.</li> </ul>	<p><b>Maximum 2 spins:</b></p> <p>Spins must be of a different character</p> <ul style="list-style-type: none"> <li>One spin must be in a single position*</li> <li>One spin may change feet and/or position</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <p>Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul>
<p><b>Excel Preliminary</b> 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed, except for the Axel. No single Axels, double, or higher jumps allowed</li> <li>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>Maximum 2 jump combinations or jump sequences</li> <li>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by a waltz jump.</li> </ul>	<p><b>Maximum 2 spins:</b></p> <p>Spins must be of a different character</p> <ul style="list-style-type: none"> <li>One spin must be in a single position*</li> <li>One spin may change feet and/or position</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <p>Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul>



<p><b>Excel Preliminary Plus</b> 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel. No double, or higher jumps allowed</li> <li>• Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>• Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or jump sequences</li> <li>• All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>• Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequence is any listed jump followed by an axel type jump.</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> </ul> <p>Spins must be of a different character</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>
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### EXCEL ELEMENTS/COMPULSORY (NO MUSIC)

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
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
<b>Excel Beginner</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
<b>Excel High Beginner</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow/toe loop combination</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
<b>Excel Pre-Preliminary</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop/loop jump combination</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
<b>Excel Preliminary</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip/loop jump combination</li> <li>• Camel, sit combination spin – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

## WELL-BALANCED SINGLES FREESKATE

Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition.

2018-19	Jump Elements	Spins	Step Sequences
<p><b>NO TEST</b> 1:40 maximum</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed except for the single Axel. No single Axels, double, triple or quadruple jumps allowed</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 jump sequences</li> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump).</li> </ul>	<p><b>Max 2 Spins</b></p> <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul>	<p><b>Max 1 Sequence •</b> Step Sequence</p> <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul>
<p><b>PRE- PRELIMINARY</b> 1:40 maximum</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps, including the single Axel. No double, triple or quadruple jumps allowed</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (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 jump sequences</li> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul>	<p><b>Max 2 Spins</b></p> <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul>	<p><b>Max 1 Sequence</b> Step Sequence</p> <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul>
<p><b>PRELIMINARY</b> 1:30 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>An Axel plus up to 2 different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</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 limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul>	<p><b>Max 2 Spins</b></p> <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul>	<p><b>Max 1 Sequence</b> Step Sequence</p> <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

## WELL-BALANCED SINGLES ELEMENTS/COMPULSORY (NO MUSIC)

General event parameters:

- Elements skated on ½ ice
- The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Music is not allowed.

Level	Time	Skating rules/standards
<b>No-Test</b>	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>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
<b>Pre-Preliminary</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Spin with one change of position and no change of foot – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
<b>Preliminary</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Spin with one change of foot and one change of position – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>

## Compete USA Showcase Events

Format: Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description. Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided competitors within one minute for setup and removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

Level	Elements	Qualifications	Program Length
<b>Basic 1-6</b>	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
<b>Pre-Free Skate-Free Skate 6/ Beginner/High Beginner</b>	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
<b>No Test/ Pre-Preliminary</b>	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary free skate test.	Time: 1:30 max.
<b>Preliminary</b>	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:40 max.

## 2018 CFSC Holiday Classic –Entry Form (Please print clearly)

Skaters Name: \_\_\_\_\_ USFS#: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Please circle: Female Male

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Home Club/Rink: \_\_\_\_\_ Tests Passed: Basic Skills: \_\_\_\_\_ Freestyle: \_\_\_\_\_ Moves: \_\_\_\_\_

Coaches Name: \_\_\_\_\_ Coaches Phone# \_\_\_\_\_ Coaches E-Mail: \_\_\_\_\_

**Basic Elements**  
**(No Music)**

\_\_\_ Snowplow Sam  
\_\_\_ Basic 1  
\_\_\_ Basic 2  
\_\_\_ Basic 3  
\_\_\_ Basic 4  
\_\_\_ Basic 5  
\_\_\_ Basic 6

**Freeskate Elements**  
**(No Music)**

\_\_\_ Pre-Free Skate  
\_\_\_ Freeskate 1  
\_\_\_ Freeskate 2  
\_\_\_ Freeskate 3  
\_\_\_ Freeskate 4  
\_\_\_ Freeskate 5  
\_\_\_ Freeskate 6

**Well Balanced Elements**  
**(No music)**

\_\_\_ No Test  
\_\_\_ Pre-Preliminary  
\_\_\_ Preliminary

**Excel FreeSkate Elements**  
**(No Music)**

\_\_\_ Beginner  
\_\_\_ High Beginner  
\_\_\_ Pre-Preliminary  
\_\_\_ Preliminary  
\_\_\_ Preliminary Plus

**Well Balanced Programs**  
**(With music)**

\_\_\_ No Test  
\_\_\_ Pre-Preliminary  
\_\_\_ Preliminary

**Excel FreeSkate Programs**  
**(With Music)**

\_\_\_ Beginner  
\_\_\_ High Beginner  
\_\_\_ Pre-Preliminary  
\_\_\_ Preliminary

**Basic Programs**  
**(With music)**

\_\_\_ Snowplow Sam  
\_\_\_ Basic 1  
\_\_\_ Basic 2  
\_\_\_ Basic 3  
\_\_\_ Basic 4  
\_\_\_ Basic 5  
\_\_\_ Basic 6

**Freeskate Programs**  
**(With music)**

\_\_\_ Pre-Free Skate  
\_\_\_ Freeskate 1  
\_\_\_ Freeskate 2  
\_\_\_ Freeskate 3  
\_\_\_ Freeskate 4  
\_\_\_ Freeskate 5  
\_\_\_ Freeskate 6

**Showcase Events**

\_\_\_ Basic 1-8  
\_\_\_ Pre-FS- FS6/Beg/High Beg  
\_\_\_ No Test/Pre-Preliminary  
\_\_\_ Preliminary

First Event	1 @ \$55= \$55.00
Additional Events @ \$25.00 each	___ x \$25.00= _____
Total Amount Enclosed	

**The completed entry form, with fees, must be postmarked no later than Monday October 29<sup>th</sup>, 2018.**

Make check payable to **Cantiague Figure Skating Club** and mail to: **Cantiague Figure Skating Club**  
**480 W. John St. Hicksville, NY 11801**

*Entry fees are not refundable after the entry deadline unless an event is cancelled.*

**Certification of Competitor:** The competitor is eligible to enter the events checked. It is agreed that the competitor and Family holds the Cantiague Figure Skating Club harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

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

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

Instructor/Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Program Director/Club Officer: \_\_\_\_\_ Date: \_\_\_\_\_



## **Cantiague Figure Skating Club Holiday Classic**

### Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement

In consideration of participating in CFSC activities, I represent that I understand the nature of figure skating activities (activity) and that I am qualified, in good health and in proper physical condition to participate in such "activity". I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the "activity".

I fully understand that this "activity" involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by own actions, or inactions, those of others participating in the "activity", the conditions in which the activity takes place, or the negligence of the "releasees" named below; that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation.

I hereby release, discharge, and covenant not to sue the CFSC, United States Figure Skating, it's directors, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants, if applicable, owners, lessors of premises on which "activity" takes place (each considered one of the Releasees herein) from all liability, claims, demands, losses, the damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise including negligent rescue operation; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, that I will indemnify, save hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

The CFSC has the right, but not the obligation, to provide rules, regulations and/or ice monitors for this event. We hereby acknowledge that the Freeport Skating Academy shall not be responsible for the supervision of the participants at this event.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, not withstanding, shall continue in full force and effect.

\_\_\_\_\_ Print Name of Participant

\_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Address

\_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Signature of Participant (Age 18 or older)

### **PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT**

I, the minor's parent and or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such "activity". I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss and liability, damage, or cost any Releasees may incur as the result of any such claim.

\_\_\_\_\_ Printed Name of Parent/Guardian

\_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Signature of Parent/Guardian