

2010

Valentine Open

February 20-21, 2010

Hampton Roads ICEPLEX, Yorktown, Virginia
Sanctioned by U.S. Figure Skating

Presented by

TIDEWATER FIGURE SKATING CLUB

We are pleased to announce the fifth annual
Valentine Open Basic Skills through Senior
U.S. Figure Skating sanctioned and approved competition in Southeast
Virginia.

The fifth annual "**Valentine Open**" Figure Skating competition will be held at Hampton Roads IcePlex, 401 Village Ave., Yorktown, VA 23693, beginning Saturday, February 20, and ending Sunday, February 21, 2010. No admission fee will be charged.

RULES – Sanctioned by United States Figure Skating and conducted in association with United States Figure Skating rules governing non-qualifying and Approved by United States Figure Skating Basic Skills competitions as set forth in the 2009-2010 edition of the Rulebook and the 2010 Basic Skills Competition Manual. Tidewater Figure Skating Club, U.S. Figure Skating and ICEPLEX accept no responsibility for injury or damage sustained by any participant in this competition; competitors assume the risk of competing in accordance with U.S. Figure Skating rule CR 3222. Non-United States Figure Skating judges may be used to judge some of the events. The selection of all officials will comply with the rules for competitions as set out in the U.S. Figure Skating rulebook and in the U.S. Figure Skating Basic Skills competition manual. The 6.0 judging format will be used for Basic Skills thru Open-Juvenile events. IJS will be used for Juvenile through Senior events.

DEADLINE: Entries must be postmarked **no later than midnight, January 15, 2010**. Late entries may be accepted only with the approval of the competition chairperson and chief referee. A \$40.00 late fee will be applied.

SCHEDULE: The competition schedule will be posted at least one week prior to events. Event placement will not be known until posted. Please check www.tidewaterfsc.org for the schedule.

ELIGIBILITY - The competition is open to all amateurs or reinstated amateurs who are members in good standing with US Figure Skating and their home club and shall be eligible to enter events based on test status as of January 15, 2010. Skaters may compete at their test level or one level higher BUT NOT BOTH in the same event, in all cases but dance events.

Basic Skills Eligibility – The 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. 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 Basic Skills Program/Club or any other Basic Skills Program/Club.

Eligibility will be based on skill level as of closing date of entries. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Free skate 1-6, Test Track 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.

EVENTS - Basic Skills, No-Test through Juvenile compulsory, No-Test through Senior Free Skate, Intermediate through Senior Short Programs, Spins, Jumps, Artistic, Showcase, and Solo Dance. All events are final rounds only. The following events may be combined: Basic Skills, Artistic, Showcase, and Solo Dance. SPECIAL SKATER events include Single Free Skate and Showcase. Adult events (21 years and older) include Artistic/Interpretive, Showcase, Freeskate, and Compulsory. All Basic Skills, Compulsory, Artistic, Showcase, Spins and Special Skater events will not be grouped by gender.

AWARDS - Medals will be awarded through fourth place in all events.

ENTRIES AND FEES - All entries must be postmarked no later than **January 15, 2010**. Late entries will be accepted by the discretion of the chairman and will include an additional late fee of \$40.00. Entry fees are per person, per event, U.S. Dollars. There will be a \$40.00 service fee assessed if the skater enters the wrong event and has to be changed. A \$40.00 service fee will be assessed for returned/NSF checks. If these fees apply they must be paid before the skater competes. No refunds will be given for any reason after the closing date unless the event is cancelled. **EARLY BIRD DISCOUNT of \$15 off total fees for registrations paid and postmarked by December 15, 2009.**

REGISTRATION - The official registration desk will be located in the lobby and will be open from the start of competition until the close of competition each day. **COMPETITORS MUST CHECK IN AT THE REGISTRATION DESK AT LEAST ONE HOUR BEFORE THEIR EVENT.**

MUSIC - Will be reproduced through the arena sound systems on CASSETTES OR COMPACT DISCS furnished by the competitor. Cassettes and CDs must be clearly marked with the competitor's name on the side to be played. All competitors must have additional copies of their music available as back up during their event. Only one piece of music per cassette or CD. Cassettes should be rewound. Music must be turned in no less than one hour before scheduled event.

OFFICIAL ARENA - All practice ice and competition events will take place at Hampton Roads IcePlex, 401 Village Ave., Yorktown, Virginia 23693. The ice surface measures 85' x 200' standard NHL size surface. The facility has dressing rooms, parking and a concession area.

PRACTICE ICE - Practice ice will be available starting on Friday, February 19, 2010. All practice ice sessions will run twenty minutes at a charge of \$12.00 per session/person. Practice ice will be sold on a first come, first served basis. Advance reservations can be made by phone or email, see contact information below. A complete practice ice schedule will be posted on the club website www.tidewaterfsc.org. Advance payment will be taken by mail, checks only. If walk on space is available cash or check will be accepted.

HOTEL INFORMATION

Host Hotel: Hilton Garden Inn- Newport News

180 Regal Way
Newport News, Va. 23602
Phone: (757) 947-1080

www.newportnews.gardeninn.com

Ask for special "Valentine Open" rate

For practice ice reservations or additional information contact:

E-Mail: practiceice@tidewaterfsc.startlogic.com

Or valentineopen@tidewaterfsc.startlogic.com

Sanctioned By



Approved by



Approval Number:

Free Skating

Skaters may skate one level higher than their current test level. Programs should follow rules and limitations for a balanced program as stated in US Figure Skating Official Rule Book. Additional restrictions are stated below. Intermediate and Novice Short and Long programs are separate events. All programs +/- 10 seconds.

Senior- Passed Senior Free Skating Test	Short Program: Ladies & Men, 2 min/50 sec max Long Program: Ladies: 4 min +/- 10 sec Long Program: Men: 4 min/30 sec +/- 10 sec
Junior- Passed Junior Free Skating Test (no higher)	Short Program: Ladies & Men, 2 min/50 sec max Long Program: Ladies, 3 min/30 sec +/- 10 sec Long Program: Men, 4 min +/- 10 sec
Novice- Passed Novice Free Skating Test (no higher)	Short Program: Ladies & Men, 2 min/30 sec max Long Program: Ladies, 3 min +/- 10 sec Long Program: Men, 3 min/30 sec +/- 10 sec
Intermediate- Passed Intermediate Free Skating Test (no higher)	Short Program: Ladies & Men, 2 min max Long Program: Ladies & Men, 2 min/30 sec +/- 10 sec
Open Juvenile/Juvenile- Passed Juvenile Free Skating Test (no higher) Open Juvenile ages 13 & higher as of Jan.15, 2009	2 min/15 sec +/- 10 sec
Pre-Juvenile- Passed Pre-Juvenile Free Skating Test (no higher)	2 minutes +/- 10 sec
Preliminary- Passed Preliminary Free Skating Test (no higher)	1 min/30 sec +/- 10 sec
Pre-Preliminary- Passed Pre-Preliminary Free Skating Test (no higher)	1 min/30 sec +/- 10 sec
No-Test- Has not passed any free skating test	1 min. to 1 min/30 sec +/- 10 sec
Adult Silver -Passed Adult Silver free skating test. No double jumps permitted. (3790)	2:10 Max
Adult Bronze- Passed Adult Bronze free skating test. No axels or doubles. (3800)	1:50 Max
Adult Pre-Bronze- Pass Pre-Bronze or No Test. No axels or doubles.	1:40 Max

Compulsory Events

Test requirements are the same as those listed under Freestyle. Skaters may skate one level higher than their current test level. Events may be combined. Field moves and connecting steps between elements are allowed. All events will be skated on half ice and may be skated in any order. No Music. Axels are considered single jumps unless otherwise noted.

No Test: 1 minute max.

Waltz Jump/Toe Loop Combination, Salchow or Loop Jump, Two Foot Spin (min. 3 revolutions), Forward Spiral

Pre-Preliminary: 1 minute max.

Single Jump (no axels, and jump may not be repeated in combination), Single/Single jump combination (no axels), Forward One Foot Scratch Spin (min 4 revolutions), Forward Spiral Sequence

Preliminary: 1 minute max.

Single Jump (may not be repeated in combination), Single/Single jump combination (no axels), Back Scratch Spin (min. 3 revolutions), Step Sequence

Pre-Juvenile: 1 minute max.

Single Jump (may not be repeated in combination), Single/Single jump combination (must include a loop jump), Combination Spin with only one change of foot, no change of position (may not commence with a jump, min 5 revolutions), Forward Camel Spin (min 4 revolutions), Step Sequence

Juvenile: 1 minute max.

Axel jump; jump combination consisting of two single jumps or one double and one single jump; sit change sit spin; layback spin (girls); camel spin (boys) (all spins min. 4 revolutions each foot); straight line sequence footwork; choose only one (1) of the following: Ina Bauer or spread eagle or forward spiral

Adult Pre-Bronze: 1:00 minute max

Toe loop, One foot upright spin, Waltz jump, Half flip

Adult Bronze: 1:00 minute max

Toe loop, Salchow, Waltz/toe loop combination, Straight Line Footwork, Sit spin

Adult Silver: 1:30 minute max

Loop jump, Flip jump, Single/single combination jump, Camel spin, Combo spin w/one change of position (change foot optional)

Jumps

Test requirements are the same as those listed under Free Skate. Skaters may skate one level higher than their current test level. Jumps must be skated in order. The skater will have two attempts at each jump with only the best jump of each being judged. Jumps will be performed on half ice. Skater may not change the jump chosen after the first attempt. 2:00 minutes max.

No-Test/ Pre-Preliminary:

Lutz jump, Waltz/loop combination, Toe Loop

Preliminary:

Single/single combination (no axel), Axel, A jump sequence (max 3 jumps-Axel may not be included)

Pre-Juvenile/Juvenile:

Axel, Double/single combination jump, A jump sequence (max 3 jumps)

Intermediate:

Double loop, Double/Double or Double/Single combination, a jump sequence to include a double jump (max 3 jumps)

Spins

Test requirements are the same as those listed under Freestyle. Skaters may skate one level higher than their current test level. Field moves and connecting steps between elements are allowed. All events will be skated on half ice. Spins may be skated in any order.

No Test/ Pre-Preliminary: 1:30 minutes max.

One foot Scratch spin (min 3 revolutions), Sit spin (min 3 revolutions), Back scratch spin (min 3 revolutions), Step sequence, and a Spiral, Spread Eagle, or Bauer

Preliminary: 1:30 minutes max.

Sit spin (min 4 revolutions), Camel spin (min 4 revolutions), Back spin (min 4 revolutions), Step sequence, and a Spiral, Spread Eagle, or Bauer

Pre-Juvenile/Juvenile: 2:00 minutes max.

Camel spin (min 4 revolutions), Combination spin with only one change of foot and no change of position (min 5 revolutions, may not commence with a jump), Ladies – Layback spin; Men - Sit spin (min 4 revolutions), Step sequence, and a Spiral, Spread Eagle, or Bauer

Intermediate: 2:00 minutes max.

Flying spin (min 5 revolutions), Combination spin with two changes of position and one change of foot (min 4 revolutions each foot), Ladies – Layback; Men - Camel spin (min 5 revolutions), Step sequence, and a Spiral, Spread Eagle, or Bauer

Solo Dance

Each Dance is a separate event and is open to both men and ladies. Only two Patterns of each dance will be performed, except for the Fourteen-Step (3 patterns). You may enter in dances at your present test level and/or from one level higher. Skaters may enter a total of 4 dances (current level and one level up). Medals are awarded for each individual dance event.

Preliminary: Skater must not have passed any Pre-Bronze dances.

Rhythm Blues, Fiesta Tango

Pre-Bronze: Skater must not have passed any Bronze dances.

Cha-cha, Dutch Waltz

Bronze: Skater must not have passed any Pre-Silver dances.

Willow Waltz, Ten Fox

Pre-Silver: Skater must not have passed any Silver dances.

Fourteen-Step, Swing Dance

Artistic

Artistic events are to be skated to music. Vocal music allowed. Use of skating skills to develop a theme and interpret the music, and effectiveness of the costume will be reflected in the marking (two marks awarded) handheld props only. Credit for difficult jumps and spins will be based solely on their choreographic effectiveness, not on difficulty. This event may be combined. Adult skaters should be 21 years of age or older. Open to singles, duets and teams of up to 7 skaters. All programs + / - 10 seconds.

Beginner: 1:00 minutes
Pre-preliminary: 1:30 minutes
Preliminary: 1:30 minutes
Pre-Juvenile: 2:00 minutes
Juvenile: 2:00 minutes
Intermediate: 2:00 minutes
Novice: 2:00 minutes

Adult: 1:30 minutes
Pre-Bronze thru Silver
Duet: 2:30 minutes
No age or test restrictions, 2 skaters.
Team: 2:30 minutes
No age or test restrictions. Up to 7 skaters.

Showcase

Showcase events are to be skated to music. Vocal music allowed. Emphasis is placed on the theatrical and entertainment value of the performance rather than technical accuracy. Props that do not alter the ice surface in any way are allowed. Skaters have 30 seconds to place and remove all props (no props during warm-up). Skaters should be able to manage their props without assistance. This event may be combined. Adult skaters should be 21 years of age or older. Open to singles, duets and teams of up to 7 skaters. All programs + / - 10 seconds. Qualifying event for National Showcase.

Beginner: 1:00 minutes
Pre-preliminary: 1:30 minutes
Preliminary: 2:00 minutes
Pre-Juvenile: 2:00 minutes
Juvenile: 2:00 minutes
Intermediate: 2:00 minutes
Novice: 2:00 minutes

Adult : 1:30 minutes
Pre-Bronze thru Silver
Duet: 1:30 minutes
No age or test restrictions, 2 skaters
Team: 3:00 minutes
No age or test restrictions. Up to 7 skaters

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

- 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
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

<p><u>Snowplow Sam - Tots:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn from a standstill - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place - forward to backward 3. Backward two foot swizzles 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive 3. Moving forward to backward two foot turn in either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside 3 turn - R & L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L 	

FREE SKATE 1-6 MUSIC EVENT

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Free skate 1
1. Advanced forward stroking 4-6 strokes 2. Scratch spin from back crossovers 3. Waltz jump from back crossovers 4. Half flip jump
Free skate 2
1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop
Free skate 3
1. Forward crossovers in a figure 8 2. Back spin 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop

Please see the ISI/USFS Conversion Chart as a guide for Basic Skills Placement Questions. This can be found at www.tidewaterfsc.org

Basic Compulsory Elements Event: SNOWPLOW SAM – BASIC 8

- Each skater will have the option to perform one element at a time
A. In the order listed below (no excessive connecting steps) **OR**
B. Will perform each element when directed by a judge or referee
- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

FREE SKATE COMPULSORY ELEMENTS EVENT: FREE SKATE 1-3

<p><u>Snowplow Sam - Tots:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump - either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside three turn - R & L from a standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop - R or L 	

- In 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 but is not required to use any additional elements from previous levels**
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 or less

<p><u>Free skate level 1 Compulsory</u></p> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Free skate level 3 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4 - 6 consecutive 3. Back spin 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop
<p><u>Free skate level 2 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward outside spiral - R or L. and a forward inside spiral - R or L 2. Waltz Three's - R or L 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	

Special Skater Events

Single Free Skate: Skater may start program at any spot on ice surface. Judging and timing will begin when skater commences skating. Skills may be performed in any order. The skater is not required to perform a set number of skills, however, the skater will be judged on the quality of the performance and the content. Skaters will perform a well-balanced program to instrumental music (no vocals, .2 deduction) with elements selected from the Badge Program found in the Special Olympics Figure Skating Skills Guide.

Showcase events are to be skated to music, vocal music is allowed. Programs should entertain/move the audience. Props that do not alter the ice surface in any way are allowed. Skaters have 30 seconds to place and remove all props (no props during warm-up). Skaters should be able to manage their props without assistance. Special Skaters will be grouped and abide by the levels below for Showcase events. NOTE however, there are no required elements for showcase and no technical scores; these serve as guidelines.

Single Free Skate

Level 1: 1:30 minutes: This is a Beginning Freestyle program with elements selected from Badges 1-5 with emphasis on balance, glide and beginning moves done well. No spins and only a 2-foot jump in place will be permitted. A 2-foot jump is a jump where you take off on two feet and land on two feet. (If either spin or one-foot take off, mandatory .2 deduction).

Level 2: 1:30 minutes: This is an Advanced Beginner Freestyle program with elements selected from Badges 1-10 with emphasis on glide and turns. Any Spin beyond a 2-foot spin, and any jump beyond a Bunny Hop will receive a mandatory .2 deduction for each added element. No back spiral permitted in Level II programs, a .2 deduction will be made.

Level 3: 2:00 minutes: This is an Intermediate Level Freestyle program with elements selected from Badges 1-12 with emphasis on flow, carriage, and a slightly more advanced skill level. Skaters may perform simple footwork, field moves (i.e., spirals, lunges, etc.) and additional jumps - salchow and toe loop. Any spins beyond a 1-foot spin and any jumps beyond a toe loop and salchow will receive a mandatory .2 deduction for each added element.

Level 4: 2:00 minutes: This is a more advanced freestyle program, with emphasis on spins, jumps and footwork. The program may include 1/2 revolution jumps and these full rotation jumps, salchow, toe loop and loop jump, but no other full rotation jumps. The program may include a two-foot spin-pick up the outside foot (a beginning back spin), but no other change of foot spin. Any full rotation jump besides a salchow, toe loop and loop jump and any change of foot spin besides a beginning back spin as explained above, will receive a mandatory .2 deduction for each element. Combination jumps such as waltz jump/toe loop, or salchow/toe loop may be included.

Level 5: 2:30 minutes: This is an advanced freestyle program with emphasis placed on spins, spin combinations, advanced jumps, jump combinations, and footwork. Program may include any single rotation jump. No axle or multi-revolution jumps and any combination no axle or multi-revolution-jumps in combination. Spins may include, change of foot and/or change of position, but no "flying spin".

Level 6: 2:30 minutes: This is the most advanced program it must include a straight line/circular or serpentine footwork sequence, and a spiral sequence with at least three change of foot position. Flying spins, change of foot, change of position, axles, double jumps, and any combinations are allowed.

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Entry form page 1 of 2

PLEASE PRINT CLEARLY—Incomplete applications will not be accepted

Name of Skater: _____

Age: _____ Birthdate: _____ Adult Skater _____ (21 & up)

Home Club: _____

US Figure Skating #: _____ Club: _____

Address: _____ City: _____

State: _____ Zip: _____ Male _____ Female _____ Special Skater _____

Name of Parent/Guardian: _____

Home Phone: _(____)_____ E-Mail: _____

Individual

Free Skate:

- No Test
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Open Juvenile
- Intermediate
- Novice
- Junior
- Senior
- Adult Pre-Bronze
- Adult Bronze
- Adult Silver

Short Program:

- Intermediate
- Novice
- Junior
- Senior

Compulsory:

- No Test
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Adult PreBronze
- Adult Bronze
- Adult Silver

Spins:

- No Test/ Pre-Preliminary
- Preliminary
- Pre-Juv/Juvenile
- Intermediate

Jumps:

- No Test/ Pre-Preliminary
- Preliminary
- Pre-Juv/Juvenile
- Intermediate

**Basic Skills Compulsory:

- Snowplow Sam (Tots)
- Basic One
- Basic Two
- Basic Three
- Basic Four
- Basic Five
- Basic Six
- Basic Seven
- Basic Eight
- Free Skate One
- Free Skate Two
- Free Skate Three

**Basic Skills Free Skate:

- Snowplow Sam (Tots)
- Basic One
- Basic Two
- Basic Three
- Basic Four
- Basic Five
- Basic Six
- Basic Seven
- Basic Eight
- Free Skate One
- Free Skate Two
- Free Skate Three

Artistic

- Beginner
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Novice
- Adult
- Duet

Showcase:

- Beginner
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Novice
- Adult
- Duet

Partner Name: _____

- Team

Team Name: _____

Total # of members: _____

**Special Skater

Select Event(s) and level below

- Single Freestyle:**
- Level One
- Level Two
- Level Three
- Level Four
- Level Five
- Level Six
- Showcase:**
- Level One
- Level Two
- Level Three
- Level Four
- Level Five
- Level Six

Partner Name: _____

- Team

Team Name: _____

Total # of members: _____

Solo Dance - Write in up to 4 dances:

1. _____
2. _____
3. _____
4. _____



Early Bird Discount \$15.00

Mail application by December 15, 2009

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Entry form page 2 of 2

Entry Fees: \$75 First event \$90 First IJS Event

\$40 Each additional event (Each dance is considered a separate event.)

\$25 Each duet or team member (if add'l event, \$40 if duet or team is first & only)

****Basic Skills and Special Skaters: \$55 First Basic Skills or Special Skater event**

\$30 Each additional Basic Skills or Special Skater event

Make checks payable to: Tidewater Figure Skating Club (TFSC). Entries must be postmarked by January 15, 2010.

Mail form and fees to: **TFSC Valentine Open**

c/o Anne Lombardi, Treasurer

28 Ferguson Street

Poquoson, VA 23662

Highest US Figure Skating Tests Passed as of January 15, 2010:

Freestyle: _____ Moves: _____ Dance: _____

Coach's Signature: _____

Print Name: _____

Coach's Phone w/area code: _____ E-mail: _____

If you would like a copy of the competition schedule mailed to you, you MUST include a self-addressed, stamped, number 10 envelope. Schedule will also be sent via email if email address is included in application.

Application Checklist:

____ Entry form with US FIGURE SKATING Number ____ Certification with Club Officer's signature

____ Signed Waiver form ____ Check payable to TFSC ____ Self-addressed stamped envelope (optional)

All competition information and schedules will be posted on our website:

www.tidewaterfsc.org

Certification of Club Officer

I certify that _____ (skater) is in good standing with the US Figure Skating club being represented and that the test level indicated is true and correct.

Signature Of Club Officer: _____ Title: _____

Name of Club: _____ Date: ____/____/____

Waiver of Claims for Injury

I fully release, discharge, and covenant not to sue the U.S. Figure Skating Association, its Member Clubs, their respective administrators, directors, agents, officers, volunteers, and employees, and any sponsors and advertisers of any US Figure Skating sanctioned event in which I participate (each considered one of the Releases herein) from all liability, claims, demands, losses, or damages, arising out of gross negligence of, or intentional, willful or wanton misconduct of Releases. If I or anyone on my and/or minor child's behalf, makes a claim which does not arise from the gross negligence of, or intentional, willful or wanton misconduct of Releases against any of the Releases, I will indemnify, defend, save, and hold harmless each of the Releases from any loss, liability, damage, or cost which any may incur as the result of such claim.

I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it.

Signature of Parent/guardian or Competitor if over 18:

Date: ____/____/____

PLANNED PROGRAM CONTENT FORM

Please complete this form for **all Juvenile through Senior Level Short Programs** and **all Juvenile through Senior Level Free Skate and Free Dance Programs.**

