



**SKATECANADA**  
NEWFOUNDLAND & LABRADOR

*Skate Canada Newfoundland & Labrador*  
***2011-12 Technical Package***

July 2011

Check <http://www.skating.nf.ca> for updates and changes

## *Table of contents*

<i>Page</i>	
3	<i>General rules and regulations for all competitions</i>
5	<i>BMO Skate Canada Sectionals</i>
6	<i>Regional Championships</i>
11	<i>Provincial Championships</i>
15	<i>Junior Provincial Championships</i>
19	<i>Synchronized Skating Championships</i>
21	<i>Trophy/ Award criteria</i>

## ***General Rules and Regulations for Competitions***

The following rules and regulations shall apply to ALL competitions held in the Newfoundland and Labrador Section of Skate Canada.

### **Host Sites**

The host sites for all competitions shall be announced at the Annual General Meeting of Skate Canada Newfoundland and Labrador or as soon as possible thereafter.

### **Announcements**

The host committee shall be responsible for the compilation and distribution of the respective competition announcement. The announcement shall include: competition dates, site (including ice surface measurements), categories, entry deadline date, and name of competition chairperson. Announcements for the Sectional Championships shall be distributed not later than 8 weeks prior to the date of the first category. Regional, Provincial and Provincial Synchro Announcements shall be distributed not later than 6 weeks prior to the date of the first category. The Junior Provincial Announcements shall be distributed not later than 4 weeks prior to the date of the first category. In addition the Provincial entry fee shall be decided and indicated to the Regional Host Committees before each Regional competition. The main method of distribution of announcements will be via e-mail and on the Section web site. All clubs should ensure that the Section office has a valid e-mail address for contact on record. If clubs wish to have a hard-copy of any announcement mailed to them they must contact the host committee well in advance of the announcement deadline.

### **Calculation of results**

The CPC calculation method will be used wherever possible based on availability of officials and Skate Canada regulations. The One-By-One (OBO) calculation method shall be used for all other categories. The method of calculation shall be specified in competition announcements. Skate to Standard evaluations will be used for CanSkate categories.

### **Composition of Teams**

All dance and pair teams must be composed of a male and female (non-qualifying similar dance categories are permitted at Regional and Interclub competitions). When determining age categories, the age of the older partner is used.

### **Pattern dances**

Where a draw is required, this should be made prior to the start of the event by the technical representative, and posted prior to the start of competition.

### **Entry Forms**

Designated entry forms shall be used for all qualifying competitions of Skate Canada Newfoundland and Labrador. These forms will be supplied to host committees by the Competitions and Awards chair for Skate Canada Newfoundland and Labrador. Competition fees will be set on the entry forms. Incorrectly completed entry forms may be rejected and assessed a late penalty of up to double the normal entry fee. Proof of current Skate Canada membership must be submitted with entry (copy of Skate Canada membership card).

### **Age and test restriction**

To clarify "before July 1 preceding the event" means that skaters born on July 1<sup>st</sup> skate as the age they were on June 30<sup>th</sup>. Thus a skater who turns 10 on July 1<sup>st</sup> skates as a 9-year old. Test eligibilities are considered similarly- i.e. tests must be completed prior to the date stated. Test levels refer to complete tests passed unless otherwise specified.

### **Officials Development and Technology Fee**

\$7.00 per skater per competition (note that a skater competing in more than one category only has to pay the fee once). This fee must be submitted to the Section office by the competition hosts within 30 days of the completion of the event.

### **Late Entries**

Late entries will be accepted at the discretion of the Technical Representative of the competition. Late entries shall not affect bye status of previously approved byes and shall not be accepted later than 48 hours prior to the start of the competition.

### **Practice Ice**

Once registered for a competition, skaters shall use the official practice ice of the competition only (if provided). Use of ice other than the official practice ice shall result in disqualification. Practice ice will be provided at Sectionals and the SCNL Synchronized Skating Championships; at other events listed here, practice ice is provided subject to the discretion of the host committee.

### **Scheduling**

Scheduling shall be the responsibility of the host committee in consultation with the Technical Representative and the Chief Data Specialist. No day of competition shall exceed 10 hours (not including practice) unless prior approval is obtained from the Skate Canada Newfoundland and Labrador Executive Committee.

### **Additional Categories**

Additional categories may be held at the discretion of the host committee. These categories shall not be considered as qualifying categories for the competitions operated under the auspices of Skate Canada Newfoundland and Labrador.

### **STARSkate**

The well balanced program criteria as outlined in the Skate Canada STARSkate technical package apply to all STARSkate freeskate, free dance and creative skills categories held in the Section this season.

### **Helmets**

Competitors in categories designated as "CanSkate" MUST wear helmets as required by Skate Canada. Competitors in STARSkate categories must be registered with Skate Canada in the STARSkate program, or if still registered in the CanSkate program must wear a helmet as above (e.g. a skater on a Beginner synchro team who is still registered in the CanSkate program must wear a helmet; all entrants in Pre-Preliminary categories must be registered in the STARSkate program).

### **Liability**

Skate Canada, its clubs and/or organizers of competitions waive all responsibility for the damages or injuries suffered by skaters. As a condition of and in consideration for the entry therein, all competitors and their parents or guardians shall be deemed to agree to assume all risks or injury connected with the conduct and management of the officers. Entries shall only be accepted on this condition.

### **Skate Canada**

In the case of disagreement between the rules and eligibilities outlined here, and those stipulated by the national body (Skate Canada), those of Skate Canada shall hold.

### **Additional information**

Important supplemental information regarding technical requirements for competitions is produced by Skate Canada, and, when available, can be found in the Member's Only section of the Skate Canada website. These documents may also be available on the Skate Canada Newfoundland and Labrador web site, but it is important to check the Skate Canada website to ensure the most recent version is being used. It is the responsibility of coaches and skaters to be familiar with

- Pre event technical packages for STARSkate, singles, pairs, dance and adult
- Short program elements for Pre-Novice to Senior competitive skate
- Well-balanced program criteria and required elements for synchronized skating

The ISU site (<http://www.isu.org>) should be consulted for levels of difficulty under the CPC judging system, and the Special Olympics Canada (SOC) Figure Skating Rules of Competition can be found at <http://www.specialolympics.ca/>.

## **Skate Canada Sectionals**

The Skate Canada Sectional Championships is the qualifying event for Pre Novice and higher categories for the Skate Canada Challenge events.

### **Test Qualification Deadline**

Before October 1 of the competitive year.

### **Age Eligibility**

Age is considered to be the age of the skater before July 1, 2011.

### **Announcements**

Announcements for the Sectional Championships shall be distributed not later than 8 weeks prior to the date of the first category.

### **Byes**

The Skate Canada Newfoundland and Labrador Executive Committee may grant byes. Such requests shall be made in writing and received not later than October 20th of the competitive year. Medical byes shall follow the policies of Skate Canada.

### **Registration Fee:**

As set on the competition entry form per category, plus \$7.00 official and technology fee per skater.

### **Eligibility**

Skate Canada's rules for eligibility shall govern those categories, and are described in the association's current rulebook. There shall be no higher test restrictions for Sectional Competitors in all categories, apart from Special Olympic categories. Skate Canada Newfoundland and Labrador's rules for eligibility shall govern the Pre-Juvenile categories.

### **Awards**

In accordance with Skate Canada's current rulebook; single entries have no competition and shall be considered an exhibition skate only

### **Coaching Accreditation**

3M NCCP Level 2

The following categories will be offered in addition to Juvenile to Senior Singles, Pairs and Dance (eligibilities for those events are governed by Skate Canada, and their information should be consulted for details).

CATEGORY	AGE ELIGIBILITY	TEST ELIGIBILITY	PROGRAM LENGTH
<b>Pre Juvenile Singles</b>	Women 10 years and younger Men 11 years and younger	Must have passed the complete Junior Bronze freeskate test	2.5 minutes
<b>Pre Juvenile Pair</b>	13 years and younger	Both partners must have passed the complete Preliminary freeskate test	2.5 minutes
<b>Pre Juvenile Dance</b>	13 years and younger	Both partners must have passed complete preliminary dance test but no Senior Bronze dances	2 pattern dances to be skated, using Skate Canada Series 8 music drawn from Swing Dance (2 sequences), Fiesta Tango (4 sequences) & Willow Waltz (3 sequences)
<b>Special Olympics singles</b>	No age limit	Eligibilities to be determined based on requirement for qualifying for national level events	
<b>Special Olympics solo dance</b>	No age limit	Eligibilities to be determined based on requirement for qualifying for national level events	

## **REGIONAL CHAMPIONSHIPS**

The Regional Championships is the qualifying event for the Provincial Championships. Regional Championships shall be completed not later than the fourth Sunday in January. Regional announcements shall be distributed not later than 6 weeks prior to the start of the first category. In addition the Provincial entry fee shall be decided and indicated to the Regional Host Committees before each Regional competition

### **Test Qualifying Deadline**

December 15th of the competitive year

### **Registration Fee**

As set on the competition entry form per category, plus \$7.00 official and technology fee per skater.

### **Byes**

All STARSSkate Junior Silver, Senior Silver, & Gold freeskate; Silver and Gold skills; Silver and Gold interpretive; Competitive Skate; Special Olympic and ADULTSkate competitors shall receive a bye through the Regional Championships. Provincial Championship entry for byed categories shall be made directly to the Provincial host committee before January 15 2012.

Byes may be granted in single entry categories for all regional championships. Such bye requests shall be made in writing not later than 7 days after the closing date for entries to the Regional Championships. It shall be the responsibility of the host committee to inform skaters of their bye status.

Medical byes shall be automatic in the case that a region has registered no more than their maximum complement of entries in a provincial qualifying category.

Additional byes may be granted in extenuating circumstances. Such requests shall be made in writing with supporting documents to the executive committee of Skate Canada Newfoundland and Labrador.

### **Age Restriction**

Age is considered to be the age of the skater before July 1, 2011. Competitors must be 18 years and under except for those entered in Competitive Skate categories, which are governed by Skate Canada age restrictions, and those entered in Special Olympics categories, which have no age limit; all competitors 19 years and older receive an automatic bye to the Provincial Championships for ADULTSkate categories .

### **Skating up**

Competitors may “skate up” one level higher than highest competitive or STARSSkate test passed (note that pre-preliminary skaters may not skate up; and skating up is not permitted in interpretive categories). Skaters are only allowed to enter one category of similar nature, whether skating up or within their normal category (i.e. only one free program). In general STARSSkaters skate up into STARSSkate categories, competitive skaters skate up into competitive categories. Skaters in the STARSSkate stream may enter competitive categories based on test equivalencies as defined by Skate Canada. STARSSkaters may “skate up” in the competitive stream only in order to test in competition. Competitors who wish to skate up at Provincials must do so at Regionals also.

### **STARSSkate Categories**

STARSSkate Regional and Provincial categories are open to competitors who did not register at the Sectional Championships in the current year in the same discipline.

Competitors who registered in Competitive Skate categories at the Sectional Championships are ineligible for STARSSkate categories in the same discipline (i.e. a skater who competed juvenile singles at Sectionals may not enter Junior Silver singles, but could compete in a STARSSkate dance category; however a skater who has passed their Juvenile test but did not compete at Sectionals may skate both Junior Silver and skate up to Pre-Novice short).

### **Other categories**

Host committees are encouraged to add categories for skaters byed to Provincials to Regional Championships, depending on availability of officials. Similarly committees are encouraged to add pre-introductory interpretive categories for skaters who have not passed an interpretive test.

### **Single Entrants:**

Non-qualifying categories where there are single entrants may be combined with the closest age group in the same category.

**Winners:**

The winner at a given test level may win at that test level no more than twice, irrespective of age. For example if a skater wins any Junior Bronze category twice they must skate Senior Bronze the following year (skating up if they have not passed the required test), even if they are eligible for a different age group in Junior Bronze. The exceptions to this rule shall be single entrants, and non-qualifying categories (apart from pre-preliminary; pre-preliminary I & pre-preliminary II are considered separate categories).

**Calculation of results:**

CPC will be used wherever feasible, based on availability of officials. The same method of evaluation of skater and calculation of results must be used for equivalent categories in all regional events (i.e. CPC can only be used to judge Open women's categories if it can be applied in all regional events).

**Awards:**

The top three placements in each category shall be awarded a prize. In a category where there are less than three entries, then the number of prizes shall equal the number of entries.

**Provincial Qualifiers:**

Women: Top three placements. In the event that any or all of the top three placements do not enter the Provincial Championships then the next placed skater in the category shall be considered eligible. If that skater does not enter, then the next placed skater should be considered eligible and so on. For example, if the 1<sup>st</sup> place, 3<sup>rd</sup> place, 4<sup>th</sup> place and 5<sup>th</sup> placed skaters decline to enter the Provincial Championships, then the 2<sup>nd</sup>, 6<sup>th</sup> and 7<sup>th</sup> placed skaters would qualify.

Men/Pair/Dance: All entrants; note that these skaters do not receive automatic byes and entry to provincials is via the Regionals event.

Skaters in qualifying categories must declare intent with respect to their participation at the Provincial Championships on their regional application. If this section on the application is not completed the skater shall be considered to have waived the right to proceed to the Provincial Championships.

**Coaching Accreditation:**

3M NCCP Level 1

**Run-Offs:**

Run-offs will not be held under the CPC judging method.

For qualifying categories, if the OBO system of judging is used then a run-off shall be held when the number of skaters entered in a category exceeds 16. Skaters shall be divided by random draw into equal groups of 8 (or the closest whole number not exceeding 8). The top 3 skaters in each group shall proceed to the final. Awards are presented for the final only.

For non-qualifying categories, the category shall be divided when the number of skaters exceeds 16 (11 for Pre-Preliminary) with awards given for each group; no final is held.

**EXAMPLE**

Number of Entries	Group Size	Skaters to Final
17	A-5	3
	B-6	3
	C-6	3
21	A-7	3
	B-7	3
	C-7	3
25	A-6	3
	B-6	3
	C-6	3
	D-7	3

### Qualifying categories

Must register for Provincials through Regionals, entry fees and forms for Provincials will be collected and forwarded to the Provincial host by the Regionals committee.

CATEGORY	AGE ELIGIBILITY	TEST ELIGIBILITY	PROGRAM LENGTH
STARSkate Preliminary Singles	Women 9 years and younger 10 & 11 years 12 years and older Men 18 years and younger	Must have passed the complete Preliminary freeskate test but no higher complete test	1.5 minutes
STARSkate Preliminary Dance	11 years and younger 12 years and older	At least 1 partner must have passed the complete preliminary dance test and neither partner the complete junior bronze dance test	Pattern Dances (3 sequences): 1. Dutch Waltz 2. Baby Blues
STARSkate Junior Bronze Singles	Women 12 years and younger 13 years and older Men 18 years and younger	Must have passed the complete Junior Bronze freeskate test but no higher complete test	2 minutes
STARSkate Senior Bronze Singles	Women 18 years and younger Men 18 years and younger	Must have passed the complete Senior Bronze freeskate test but no higher complete test	2.5 minutes
Bronze Interpretive	18 years and younger	Must have passed Bronze interpretive test but no higher interpretive tests.	between 2 and 3 minutes +/- 10 seconds
Bronze Creative Skills	18 years and younger	Must have passed preliminary skills, junior bronze skills or senior bronze skills but no higher skills test	under 2 minutes

### Non qualifying categories

Byed categories must register for the appropriate category at Provincials directly to the Provincial host committee and not through Regionals. Pre-Preliminary & Introductory Interpretive compete at Regionals only.

CATEGORY	AGE ELIGIBILITY	TEST ELIGIBILITY	PROGRAM LENGTH
STARSkate Pre Preliminary I (limited)	Women 7 years and younger 8 years 9 years 10 years and older Men 8 years and under 9 years and older	Must NOT have passed any part of any Skate Canada Freeskate Test; no flip or lutz jumps permitted; maximum of 5 jump elements	1.5 minutes
STARSkate Pre Preliminary II	Women 7 years and younger 8 years 9 years 10 years and older Men 8 years and under 9 years and older	Must not have passed complete Preliminary freeskate test; jumps restricted as per well-balanced program requirements	1.5 minutes
STARSkate Pre Preliminary Dance	18 years and younger	Neither partner to have passed the complete preliminary dance test	Pattern Dances (3 sequences): 1. Dutch Waltz 2. Baby Blues
Pre Juvenile Singles	Women 10 years and younger Men 11 years and younger	Must have passed the complete Junior Bronze freeskate test	2.5 minutes
Juvenile Singles	Women 11 years and younger Men 12 years and younger	Must have passed the Juvenile competitive singles test	2.5 minutes
Juvenile Pair	No age restriction	Must have passed the Juvenile competitive pair test	2.5 minutes
Pre Juvenile Dance	No age restriction	Both partners must have passed complete Preliminary dance test but no Senior Bronze dances	Two Pattern Dances to be drawn from the Junior Bronze Dance list
Juvenile Pattern Dance	No age restriction	Both partners must have passed the complete Junior Bronze dance test	Two Pattern Dances: -Fiesta Tango -European Waltz
Juvenile Free Dance	No age restriction	Both partners must have passed the complete Junior Bronze dance test	2 minutes
Pre Juvenile Pair	13 years and younger	Both partners must have passed the complete Preliminary freeskate test	2.5 minutes
STARSkate Junior Silver Singles	Men & Women: 18 years and younger	Must have passed Junior Silver freeskate test, but no higher freeskate test	3 minutes

Open singles I	Men & Women: 18 years and younger	Must have passed Senior Silver or Gold freeskate test	3 minutes or 3.5 minutes
Open singles IIA	Men & Women: 18 years and younger	Must have passed PreNovice competitive singles test, but no higher competitive test	3 minutes
Open singles IIB	Men & Women: 18 years and younger	Must have passed Novice competitive singles test	3 minutes (women) or 3.5 minutes (men)
Introductory Interpretive	11 years and younger 12 years and older	Must have passed Introductory Interpretive but no higher interpretive test	between 2 and 3 minutes +/- 10 seconds

## ***Provincial Championships***

The Provincial Championships normally are to be held in March. Provincial announcements shall be distributed not later than 6 weeks prior to the start of the first category.

### **Qualifying**

Skaters must qualify through the Regional championships or through a bye as outlined in the Regionals guidelines (page 9). Skaters shall compete in STARSkate, Competitive Skate or ADULTSkate categories in which they qualified.

### **Age Restriction**

Age is considered to be the age of the skater before July 1 2011. StarSkate competitors must be 18 years of age or under. Competitive Skate categories shall be governed by Skate Canada age restrictions; Special Olympics categories are governed by Special Olympics Canada guidelines; all competitors 19 years and older shall enter the ADULTSkate categories .

### **Entry**

Application for qualifying categories at Regionals shall be made through the Regional Championships. STARSkate, Competitive Skate, Special Olympics or ADULTSkate categories that receive byes to the Provincial Championships shall send entry forms directly to the Provincial host committee to be received by January 15 2012.

### **Registration Fees**

As set on the competition entry form per category, plus \$7.00 official and technology fee per skater (i.e. each skater pays the official and technology fee only once, no matter how many categories they enter). For example, a skater enters preliminary dance and preliminary freeskate categories. The entry fee for that skater would be half the fee for the dance category, plus the entry fee for the freeskate category, plus \$7 official and technology fee. The Provincial entry fee shall be decided and indicated to the Regional Host Committees before each Regional competition.

### **STARSkate categories :**

STARSkate Regional and Provincial categories are open to competitors who have not competed at the Sectional Championships in the current year in the same discipline. Competitors may “skate up” one level higher than test/competitive level if they have done so at Regionals (see Regionals section; interpretive excluded).

### **Competitive Skate categories :**

Competitive Skate categories shall be open to Sectional competitors and those who have met the test criteria before December 15 of the competitive year. Eligibilities for these categories shall be per the current Skate Canada Rulebook. Competitors who skated in Competitive Skate categories at the Sectional Championships are ineligible for STARSkate categories in the same discipline (i.e. a skater who competed juvenile singles at Sectionals may not enter Junior Silver singles, but could compete in a STARSkate dance category; however a skater who has passed their juvenile test but did not compete at Sectionals may skate both Junior Silver and Pre-Novice short). Competitors may “skate up” one level higher than competitive level. Skaters are only allowed to enter one category of similar nature, whether skating up or within their normal category (i.e. only one free program).

### **ADULTSkate categories :**

ADULTSkate categories shall be open to competitors aged 19 years and older.

### **Special Olympics categories :**

These are open to Special Olympians as defined by Special Olympics Canada. Eligibilities for these categories are as defined by Special Olympics Canada.

### **Compulsory Dance:**

In the Pre Novice and Novice Compulsory Dance categories, the group to be skated shall be the same as the BMO Skate Canada Challenge. Junior and higher shall be the same as the Canadian Championships.

**Winners:**

The winner of a STARSkate category may win the category only once, irrespective of age. For example a winner of any Junior Bronze category must skate Senior Bronze the following year (skating up if they have not passed the required test), even if they are eligible for a different age group in Junior Bronze. The exception to this rule shall be single entrants who may win more than once; and entrants in categories where there is no category to skate up into. Competitive Skate, Special Olympics and ADULTSkate categories may win more than once.

**Awards:**

The top three placements in each category shall be awarded a prize. In a category where there are less than three entries, then the number of prizes shall equal the number of entries.

**Coaching Accreditation:**

3M NCCP Level 1

In addition to the categories to be skated at Regionals, the following categories shall be skated at the Provincial Championships, subject to the availability of qualified officials.

STARSKATE CATEGORIES	AGE ELIGIBILITY	TEST ELIGIBILITY	PROGRAM LENGTH
Silver Creative Skills	18 years and under	Must have passed Junior or Senior silver skills but no higher skills test.	under 2 minutes
Gold Creative Skills	18 years and under	Must have passed Gold skills	under 2 minutes
Silver Interpretive	18 years and under	Must have passed silver interpretive but no higher interpretive tests.	between 2 and 3 minutes +/- 10 seconds
Gold Interpretive	18 years and under	Must have passed gold interpretive test.	between 2 and 3 minutes +/- 10 seconds
STARSkate Senior Silver Singles	18 years and under	Must have passed the complete Senior Silver freeskate test but no higher complete test	3 minutes
STARSkate Gold Singles	18 years and under	Must have passed the complete Gold freeskate test	Women 3.5 minutes Men 4.0 minutes
Competitive Skate			
Pre Novice Singles Short Program	No age restriction	Must have passed the Pre Novice competitive singles test	Not to exceed 2 minutes 30 seconds
Pre Novice Singles Free Skate	No age restriction	Must have passed the Pre Novice competitive singles test	3 minutes
Pre Novice Pair Short Program	No age restriction	Must have passed the Pre Novice pair competitive test	Not to exceed 2 minutes 40 seconds
Pre Novice Pair Free Skate	No age restriction	Must have passed the Pre Novice pair competitive test	3 minutes
Pre Novice Pattern Dance	No age restriction	Skate Canada eligibility	2 pattern dances, as drawn for Challenge
Pre Novice Free Dance	No age restriction	Skate Canada eligibility	2.5 minutes

Novice Singles Short Program	No age restriction	Must have passed the Novice competitive singles test	Not to exceed 2 minutes 30 seconds
Novice Singles Free Skate	No age restriction	Must have passed the Novice competitive singles test	3.5 minutes men, 3 minutes women
Novice Pair Short Program	No age restriction	Must have passed the Novice pair competitive test	Not to exceed 2 minutes 40 seconds
Novice Pair Free Skate	No age restriction	Must have passed the Novice pair competitive test	3.5 minutes
Novice Pattern Dance	No age restriction	Skate Canada eligibility	2 pattern dances, as drawn for Challenge
Novice Free Dance	No age restriction	Skate Canada eligibility	3 minutes
Junior Singles Short Program	No age restriction	Must have passed the Junior competitive singles test	Not to exceed 2 minutes 50 seconds
Junior Singles Free Skate	No age restriction	Must have passed the Junior competitive singles test	Women 4 minutes Men 4.5 minutes
Junior Pair Short Program	ISU age restriction	Must have passed the Junior competitive pair test	Not to exceed 2 minutes 50 seconds
Junior Pair Free Skate	ISU age restriction	Must have passed the Junior competitive pair test	4 minutes
Junior Short Dance	ISU age restriction	Skate Canada eligibility	2.5 minute
Junior Free Dance	ISU age restriction	Skate Canada eligibility	3 minutes
Senior Singles Short Program	No age restriction	Must have passed the Senior competitive singles test	Not to exceed 2 minutes 50 seconds
Senior Singles Free Skate	No age restriction	Must have passed the Senior competitive singles test	Women 4 minutes Men 4.5 minutes
Senior Pair Short Program	No age restriction	Must have passed the Senior competitive pair test	Not to exceed 2 minutes 50 seconds
Senior Pair Free Skate	No age restriction	Must have passed the Senior competitive pair test	4.5 minutes
Senior Short Dance	No age restriction	Skate Canada eligibility	2.5 minutes
Senior Free Dance	No age restriction	Skate Canada eligibility	4 minutes
ADULTSKATE CATEGORIES			
ADULTSkate Bronze Singles	19 years and older	Must not have passed the complete Jr. Bronze freeskate test	Maximum 2:40 minutes
ADULTSkate Silver Singles	19 years and older	Must have passed the complete Jr. Bronze freeskate test but not the complete Sr. Bronze freeskate test	Maximum 3:10 minutes

ADULTSkate Gold Singles	19 years and older	Must have passed the complete Sr. Bronze freeskate test but not the complete Jr. Silver freeskate test	Maximum 3:40 minutes
ADULTSkate Masters Singles	19 years and older	Must have passed the complete Jr. Silver freeskate test or higher, but no competitive singles test	Maximum 4:10 minutes
ADULTSkate Jr. Bronze Dance	19 years and older	At least 1 partner must have passed the complete Preliminary dance test but no higher than the complete Junior Bronze dance test	Fiesta Dance (2 sequences), Willow Waltz (2 sequences).
ADULTSkate Sr. Bronze Dance	19 years and older	At least 1 partner must have passed the complete Senior Bronze dance test but not the complete Junior Silver dance test	European Waltz (2 sequences), Rocker Foxtrot (3 sequences).
Special Olympics categories	As defined by Special Olympics Canada	As defined by Special Olympics Canada	See special Olympics technical package

## ***Junior Provincial Championships***

The Junior Provincial Championships is a non-qualifying event to provide CanSkate to Preliminary skaters 10 years and younger (11 and younger for men) an opportunity to gain competitive experience. The Canskate part of the event will be conducted following the guidelines of the Skate Canada Canskate elements technical package.

### **Test/Badge Qualifying:**

Before February 1 prior to the Junior Provincial Invitational Championships

### **Age Restriction:**

Age is considered to be the age of the skater before July 1 2011

### **Announcements:**

Announcements shall be distributed not later than 4 weeks prior to the date of the first category.

### **Registration Fees:**

As set on the competition entry form per category, plus \$7.00 per skater official and technology fee

### **Entry:**

Late entries will not be accepted.

### **Categories:**

Boys and girls will compete in separate singles categories. Dance teams shall consist of a boy and a girl.

### **Flights:**

Where there are more than 11 skaters entered in a category the skaters shall be divided by random draw into equal flights with the top 3 placements in each flight being awarded a prize.

### **Helmets**

Competitors in categories designated as "CanSkate" categories must wear helmets as required by Skate Canada.

### **Registration:**

Skaters entered in STARSkate categories must be registered with Skate Canada as STARSkaters.

### **Winners:**

A skater shall be eligible to win a category once irrespective of age. Pre-Preliminary I & pre-preliminary II are considered separate categories.

### **Awards:**

STARSkate: The top three placements in each category shall be awarded a prize. In a category where there are less than three entries, then the number of prizes shall equal the number of entries. All participants shall receive a certificate of participation. All participation certificates and medals will be awarded at the medal presentation ceremonies.

CanSkate: all participants shall receive an award based on standard achieved. CanSkate results will not be posted.

### **Coaching Accreditation:**

3M NCCP Level 1

### **Officials**

The Preliminary and Pre Preliminary categories will be judged by Skate Canada certified evaluator/judges. Evaluation of CanSkate categories will follow the recommendations of the Canskate elements technical package of Skate Canada, with the following amendment:-

The panel must include at least one NCCP CanSkate certified coach OR qualified judge/ evaluator; this person will act as referee.

CATEGORY	QUALIFICATIONS	AGE GROUPS	ELEMENTS	PROGRAM
CanSkate Stage 6	Must have passed the Stage 5 badge but no higher badge. May not have competed at Regional championships in STARSkate categories.	N/A	As outlined on page 17 below.	N/A
CanSkate Stage 7	Must have passed the Stage 6 badge but no higher badge. May not have competed at Regional championships in STARSkate categories.	Not required	As outlined on page 18 below.	N/A
STARSkate Pre Preliminary I (limited)	Must not have passed any part of Preliminary freeskate test. May have competed at the Regional Championships. Includes Canskaters who have passed Stage 7.	<u>Women</u> 7 years and younger 8 years 9 years 10 years <u>Men</u> 8 years and under 9 to 11 years	As per Skate Canada STARSkate technical package, well balanced program ; no flip or lutz jumps permitted; maximum of 5 jump elements	1.5 minutes
STARSkate Pre Preliminary II	Must not have passed complete Preliminary freeskate test	<u>Women</u> 7 years and younger 8 years 9 years 10 years <u>Men</u> 8 years and under 9 -11 years	As per Skate Canada STARSkate technical package, well balanced program	1.5 minutes
Preliminary Singles	Must have passed the complete Preliminary freeskate test. May have competed at the Regional Championships but not the Provincial Championships	<u>Women</u> 9 years and younger 10 years <u>Men</u> 9 years and younger 10 and 11 years	As per Skate Canada STARSkate technical package, well balanced program	1.5 minute solo
Pre-Preliminary Dance	Neither partner to have passed the complete Preliminary dance test	9 years and younger 10 years (10 & 11 years for men)	2 Pattern Dances (3 sequences): 1. Dutch Waltz 2. Baby Blues	Skate Canada Series 8
Preliminary Dance	At least one partner must have passed at least the complete Preliminary dance test but not the complete Junior Bronze dance test. May have competed at the Regional and Provincial Championships	10 years and younger (11 years for men)	Pattern Dances (3 sequences): 1. Dutch Waltz 2. Baby Blues	Skate Canada Series 8

**Performance criteria for Canskate Skate to Standard categories**

**Stage 6**

<b>Element</b>	<b>Performance level</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
Fast fwd perimeter stroking	Time required to complete one full circuit of the rink	< 35 sec	<30 sec	<25 sec
	Percentage of pushes that are performed correctly with edge pushing technique	At least 50%	At least 75%	At least 90%
	Style, line and form demonstrated while achieving speed	Limited	Good	Excellent
Turning on a curve fwd to bwd changing feet (RFI-LBI or LFI-RBI) (Mohawk)	Length of sustained glide on entry and exit edge	At least 1 sec	At least 2 sec	At least 3 sec
	Entry used to begin first edge of the turn	Standstill	Basic fwd glide	Bwd cross-cuts
	Flow demonstrated through the element	Limited	Good	Excellent
One-foot spin with a FO spiraling edge entry (either the #4 style or corkscrew position)	Number of revolutions in the established spinning position	At least 2	At least 3	At least 4
	Type of entry edge used to begin the spin	Standstill	Basic fwd glide	Bwd cross-cuts
	Balance, control and confidence in the spin demonstrated in centering	Limited	Good	Excellent
Rotating power jump (waltz jump)	Length of sustained BO landing edge	At least 2 secs	At least 3 secs	At least 4 secs
	Height of the jump relative to the size of the skater	Limited	Good	Excellent
	Type of entry edge used to begin the jump	Standstill	Basic fwd glide	Bwd cross-cuts

## Stage 7

Element	Performance level	Bronze	Silver	Gold
Fast bwd perimeter stroking	Time required to complete one full circuit of the rink	< 35 sec	<30 sec	<25 sec
	Percentage of pushes that are performed correctly with edge pushing technique	At least 50%	At least 75%	At least 90%
	Style, line and form demonstrated while achieving speed	Limited	Good	Excellent
Simple step sequence including 3's & Mohawks (1/2 length of ice)	Number of turns	At least 2 mohawks or three turns	At least 2 mohawks and 1 three turn	At least 3 mohawks & 2 three turns
	Variety of steps including turns in both directions, and both feet	Limited	Good	Excellent
	Flow demonstrated through the sequence	Limited	Good	Excellent
Back spin	Number of revolutions in the established spinning position	At least 2	At least 3	At least 4
	Type of entry edge used to begin the spin	fwd 1 ft spin entry change to back spin	fwd Inside 3 turn with glide	Fwd inside glide to fwd Inside(changing feet) 3 turn
	Balance, control and confidence in the spin demonstrated in centering	Limited	Good	Excellent
Toe Loop	Length of sustained BO landing edge	At least 2 secs	At least 3 secs	At least 4 secs
	Height of the jump relative to the size of the skater	Limited	Good	Excellent
	Type of entry edge used to begin the jump	Standstill	Basic fwd glide	Bwd cross-cuts

## **Skate Canada Newfoundland & Labrador Synchronized Skating Championships**

This competition is a non-qualifying event for synchronized skating teams in Newfoundland & Labrador. Qualifying for the National Championships is through the Atlantic Regional Synchronized Skating Championships.

### **Team composition:**

Teams may consist of members from different clubs. Clubs may join together to form a Synchronized Skating team if there are not sufficient numbers of skaters from one club to make a team. There are no test requirements for Synchronized Skating team members. A team must represent at least one Skate Canada club and, to enter Synchronized Skating Championships and Competitions, shall be registered with the Association as required in the Skate Canada Policies and Procedures and the Technical Handbook.

### **Team registration:**

Clubs will be required to submit their synchronized team registrations to the Skate Canada National Office by November 1, and a copy to the Section office. Once registered, teams will not be permitted to change their category during the membership year.

### **Announcements**

Announcements shall be distributed not later than 6 weeks prior to the date of the start of the event.

### **Registration fee**

As set on the competition entry form per team, plus \$7 officials development and technology fee per skater.

### **Helmets**

Skaters registered with Skate Canada in the CanSkate program must wear approved helmets, irrespective of category skated.

### **Judging results:**

Synchronized Skating Well Balanced Program, Levels of Difficulty and Scale of Values are as defined by Skate Canada and the ISU. Please check the Members Only Section of the Skate Canada and ISU web sites for updates.

All categories apart from Beginner I and II skate their program twice (NOTE: Junior and Senior have separate short and free programs). The final result will be the combined scores of the two programs, with the first counting for 1/3 and the second for 2/3 of the score.

### **General:**

Coaches, Managers, and Coordinators are advised to refer to the Skate Canada Official Rules and Regulations (Technical Handbook), Section 6000 (available online) for further details.

### **Categories to be skated:**

CATEGORY	NUMBERS	AGE RESTRICTION	TIME
Beginner 1	8-16	No age limit (recommended that skaters are working on CanSkate Stage 4 or higher)	Music to be 2:00 minutes±10 seconds in duration
Beginner 2	8-16	Skaters must not have reached the age of 12 as of July 1st preceding the competition. At least 75% of the skaters must not have reached the age of 10 as of July 1st preceding the competition.	Music to be 2.5 minutes (± 10 seconds) in duration.
Elementary	8 - 16	Skaters must not have reached the age of 15 as of July 1st preceding the competition. At least 75% of the skaters must not have reached the age of 12 as of July 1st preceding the competition.	Music to be 2.5 minutes (± 10 seconds) in duration.
Juvenile	8 - 16	Must not have reached the age of 15, as of July 1 preceding competition.	Music to be 3.0 minutes (± 10 seconds) in duration.

Pre-Novice	8 - 16	Skaters must not have reached the age of 19 as of July 1st preceding the competition. At least 75% of the skaters must have reached the age of 10 as of July 1st preceding the competition.	Music to be 3.0 minutes (± 10 seconds) in duration.
Novice	12 - 16	Skaters must have reached the age of 10 as of July 1st preceding the competition. 75% of the skaters must not have reached the age of 15, and up to 25% must not have reached the age of 19 as of July 1st preceding the competition.	Music to be 3.5 minutes (± 10 seconds) in duration. Skate twice
Intermediate	12 - 16	Must be between ages of 12 and 25, as of July 1 preceding competition.	Music to be 4.0 minutes (± 10 seconds) in duration. Skate twice.
Open	12 - 16	Must be 12 or older, as of July 1 preceding competition.	Music to be 4.0 minutes (± 10 seconds) in duration. Skate twice.
Junior	16	Must be between ages of 12 and 19, as of July 1 preceding competition.	Short & Free, Per ISU
Senior	16	Must be 14 or older, as of July 1 preceding competition.	Short & Free, Per ISU
Adult I	8 - 20	Must be at least 19 years of age, as of July 1 preceding competition.	Music to be 3.5 minutes (± 10 seconds) in duration.
Adult II	8 - 20	Skaters must have reached the age of 19 as of July 1st preceding the competition. At least 75% of the skaters must have reached the age of 25 as of July 1st preceding the competition.	Music to be 3.5 minutes (± 10 seconds) in duration.
Adult III	8 - 20	Skaters must have reached the age of 25 as of July 1 preceding the competition. At least 50% of the skaters must have reached the age of 35 as of July 1st preceding the competition.	Music to be 3.5 minutes (± 10 seconds) in duration.

2011 - 2012 Synchronized Skating Program Requirements are provided by Skate Canada in the “Members Only” part of their web site.

## TROPHY & AWARD CRITERIA

### SECTIONALS

#### 1. SECTIONAL MERIT AWARD

- Awarded to: the skater (or dance couple or pair) with the **most deserving performance** during the event.
- Need not be a medal winner.
- Selection Committee to consist of three (3) persons.

#### 2. POLARIS ARTISTIC CUP

- Donated by: the Polaris Figure Skating Club in 1991.
- Awarded to: the **most artistic skater(s)**
- If a run-off is required in any category, only the final is to be considered.
- Single entries are not to be considered.
- Whenever possible, the cup is to be presented by a member of the Board of Directors of the Polaris FSC or designate or if none available, a member of the Section executive will present.
- The name of the recipient(s) AND THE JUDGES are to be announced at the presentation.

### SCNL SYNCHRONIZED SKATING CHAMPIONSHIPS

#### 1. CORNEL TROPHY

- Donated by: Dr. Anna Cornel in 1984.
- Awarded annually to the team, who in the opinion of the judges was the **best team** in the competition.
- **Unison and Presentation**, in relation to the music, age and ability of the skaters, and the program as a whole should all be considered.

#### 2. BUTT TROPHY

- Donated by: the Butt family in 1995.
- Presented to: the team in the Synchronized Championships who demonstrated good **sportsmanship**, spirit of fair play, cooperation and friendship.
- Selection is to be by the teams competing, except Adult categories.
- Each team captain will present their team vote to a member of the Butt family or in their absence to the Technical Representative prior to the medal presentation

### PROVINCIAL CHAMPIONSHIPS

#### 1. THE BALISCH CUP

- Donated by: Mr. Alex Balisch.
- Presented to the skater who skates the **most artistic program** in ANY category of the championships.
- Skating ability is not a determining factor; the award is presented on artistic impression of music alone.
- Selection committee of three that must attend all freeskating categories.
- At the end of the event they must notify the chief referee or data specialist of their decision.
- Whenever possible this award should be presented by a member of the Balisch family.

#### 2. E.C. "TED" WITHERS MEMORIAL AWARD

- Donated by: the Withers Family in 1996 in honour of the memory of Ted Withers (father of Tina Furlong and Judy Mugford and grandfather of Jennifer, Allison, Karen-Anne Furlong and Susan Mugford).
- Presented annually to any skater(s) performing in the Provincials, who has presented the **most outstanding performance at the competition**.
- The performance should demonstrate spirit, courage, confidence and energy, throughout which the skater(s) give(s) 100% and set(s) an example for other skaters.
- The selection panel shall be the Chief Referee and two other judges. Each member of the panel shall be given a copy of the award criteria before the start of the competition.
- At the end of the event the panel shall meet to decide the recipient and give the name to the

Chief Referee to be presented to the Awards Committee.

- The recipient of the award shall be presented the perpetual plaque, a keeper plaque, and a list of names of previous winners of this award.
- The Section Awards chairperson is responsible to ensure that the list of previous winners is on hand for presentation to the recipient.
- Whenever possible this award should be presented by a member of the Withers family.

### 3. THE POLARIS ICE DANCE AWARD

- Donated by: Polaris FSC in 1995.
- Presented to: the dance couple at Provincials, who displays the **best unison**.
- The selection will be made by a panel of three competition judges who have attended all dance categories.
- There must be more than one entrant in a category to be considered for this award.
- The names of the recipients and the decision making judges will be announced at the award presentations.
- Whenever possible a member of the Polaris Board of Directors or one appointed by the Board shall present the award. If none present, a member of Section shall present.

### 4. THE CHAPMAN CLUB TROPHY

- Donated by Joseph Chapman.
- Presented to: the **Club** accumulating the **most points** at Provincials. Point system is as follows:
  - 3 points for 1<sup>st</sup> place
  - 2 points for 2<sup>nd</sup> place
  - 1 point for 3<sup>rd</sup> place.
- The articles and guidelines for presentation are affixed to the back of the trophy and must be adhered to at all times.
- Whenever possible this trophy should be presented by a member of the Chapman family.

### 6. THE POUND REGIONAL TROPHY

- Donated by the Pound Family.
- Presented to the **Region** accumulating the **most points** at provincials. Point system is as follows:
  - 5 points for 1<sup>st</sup> place
  - 4 points for 2<sup>nd</sup> place
  - 3 points for 3<sup>rd</sup> place
  - 2 points for 4<sup>th</sup> place
  - 1 point for 5<sup>th</sup> place
- The articles and guidelines for presentation are affixed to the back of the award and must be adhered to at all times.
- Whenever possible this plaque should be presented by a member of the Pound family.

### 7. THE ALLAN R. DAVIDSON AWARD

- Donated by: Allan Ross Davidson.
- Presented to: the **most improved club** at Provincials.
- Points for participating clubs will be tabulated based on the criteria for the Pound Award and compared with points for participating clubs from last year, the winner being the club with the highest percentage of improvement. The results are tabulated by the data specialists.

### 8. THE ELIZABETH SWAN MEMORIAL FUND AWARDS

- In memory of Elizabeth Swan.
- Presented to grassroots skaters (Preliminary to Juvenile level) at the Opening Ceremonies of Provincials (to avoid the impression that the awards are given as a result of this competition).
- There are three (3) awards per Region and these awards are decided by the Regional Executive. If a pair/dance team is selected to receive the award, there can only be one other recipient per region.
- **AVALON** - winners to be determined by a random draw of gold placers at the Preliminary, Pre-Juvenile, Juvenile level - the three youngest age groups in each category in men's, women, and dance. Cannot win two years in a row.

- **EASTERN** - Awards will be given to three entries (Single, Dance & Pair) selected by a random draw of all regional medalists in the Preliminary Women 9 years & younger and 10 & 11 years, Preliminary Men 10 years & younger and 11 years & older, Junior Bronze Women 12 years and younger & Junior Bronze Men 11 years & younger, Pre-Juvenile and Juvenile categories. An entry must have skated at Regionals and cannot win more than once.
- **CENTRAL** - highest place points in the three youngest age categories in each category . If a tie, break by ordinals of freeski. To qualify, skater must not have won the award in the same category in a preceding year.
- **WESTERN** - random draw amongst gold medalists in the three youngest age groups in each category .
- **LABRADOR** - gold placings in the two youngest categories only to be considered. Cannot win two years in a row.

## ***JUNIOR PROVINCIAL CHAMPIONSHIP***

### **1. AGNES THISTLE SHIELD**

- Donated by: the Prince of Wales Skating Club in 2003 to honour the many years of volunteerism by club member Agnes Thistle
- Presented to: the Best Club at the Junior Provincial Championships

The Data Specialists shall calculate the points. The award will be presented to the Best Club based on the most points accumulated by each club. The most points will be calculated as follows\*:

- First place** - 5 points
- Second place** - 4 points
- Third place** - 3 points
- Fourth place** - 2 points
- Fifth place** - 1 point

If there are less than five entries in a category, the points will be calculated as follows:

**Four entries:** First - 4 points; Second - 3 points; Third - 2 points; Fourth - 1 point.

**Three entries:** First - 3 points; Second - 2 points; Third - 1 point.

**Two entries:** First - 2 points; Second - 1 point.

**Single entries:** 1 point.

- The articles and guidelines for presentation are affixed to the back of the trophy and must be adhered to at all times.
- The Shield shall be presented at the end of the Championships to the Best Club.
- Whenever possible this trophy should be presented by a member of the Thistle family or a member of Prince of Wales Skating Club

\* Criteria under revision with implementation of skating to standard

\* CanSkate Skate to Standard events will not be used when calculating points

## AWARDS MADE AT REGIONAL CHAMPIONSHIPS

### WESTERN REGION

#### Western Region Club Trophy

Points will be awarded for qualifying categories as follows:

Gold 3 points	Gold 3 points	Gold 3 points	Gold 3 points	Gold 3 points
Silver 2 points	Gold 3 points	Silver 2 points	Gold 3 points	Silver 2 points
Bronze 1 point	Bronze 1 point	Silver 2 points	Gold 3 points	Bronze 1 point
				Bronze 1 point

Qualifying categories are those events where there is more than one skater and more than one club represented.

Ties will be awarded as per above.

Examples: 1 skater in category does not qualify for points.

3 skaters in category from the same club does not qualify for points.

3 skaters in category represented by 2 clubs qualifies for points.

5 skaters in category represented by 2 or more clubs qualifies for points.

6 skaters in category represented by 1 club does not qualify for points.

2 skaters in category represented by 2 clubs qualifies for points.

Joan Targett Award: Awarded to the skater who has the most outstanding performance. This decision is made by the judges at the event.

Andy Joy Cup: Awarded to the skater who has the most artistic program . This decision is made by the judges at this event.

### LABRADOR REGION

Bev Power Award: Presented to the youngest competitor in the Pre-Preliminary categories

Jodi St. Louis Byrne Award: Presented to the youngest competitor in the preliminary and higher categories.

Nicki Panagiotopolous 100% Effort Award: Presented to the skater who gives the best effort. Decided by the competition judges.

Evelyn Power Artistic Award: Presented to the skater who gives the most artistic performance. Decided by the competition judges.

Alice And Cyril Dobbin Award: Presented to the skater who receives the highest technical marks in Preliminary Women 9 years and younger.

Most Improved Club Award: Presented by the competition chair

Club Trophy: Presented to the club with the most points. Presented by the Regional Director.

### AVALON REGION

"Mini" Balisch Cup: For the most artistic performance as determined by the judges.

John and Barbara Predham most improved club trophy: awarded to the club with the highest percentage of improvement over the previous Regionals calculated as follows:

First Place - 5 points; Second Place - 4 points; Third Place - 3 points; Fourth Place - 2 points; Fifth Place - 1 point

No points are awarded for single entrants. Ties are awarded equal points (e.g. two tied for second each would get 4 points, no points for 3<sup>rd</sup> place awarded, next finisher would be awarded 2 points for fourth place)

Browning-Harvey most points trophy; calculated using points as for most improved.

"Sis" Reid trophy: This trophy was donated by CBS SC in memory of "Sis" Reid, a tireless volunteer in the skating community. It is awarded for volunteer efforts in support of skating.

### CENTRAL REGION

Club trophy: Club points are totaled using criteria from Thistle Shield (Junior Provincials) Each club shall have a minimum of 9 skaters in order to be entered into the calculation of points.

Most improved club: The overall improvement in points from year to year is be the criteria for this award.

The Most Artistic award is presented to the skater with the most artistic performance of the competition. This award is selected by the judges.

## **EASTERN REGION**

The following awards are made:

Most Points Club Award: Calculated from all Club StarSkate entries at Regionals, and awarded to the Club with the Most Points overall. Perpetual plaque donated by Conception Bay North Skating Club; Annual Keeper plaque donated by Region.

Calculated by Data Specialists using following guidelines:

**First place** - 5 points

**Second place** - 4 points

**Third place** - 3 points

**Fourth place** - 2 points

**Fifth place** - 1 point

If there are less than five entries in a category, the points will be calculated as follows:

**Four entries:** First - 4 points; Second - 3 points; Third - 2 points; Fourth - 1 point.

**Three entries:** First - 3 points; Second - 2 points; Third - 1 point.

**Two entries:** First - 2 points; Second - 1 point.

**Single entries:** 1 point.

### Most Improved Club Award:

Calculated, by Club, from all Skater entries in each StarSkate category at Regionals using the following guidelines:

- Points calculated as per best club award.

- While points are calculated for all categories, each team (dance/ pair) will count as one skater.

- Total points are divided by number of skaters in each club entered to give an average.

- The difference between this average and previous year's average is calculated and used to make the award (greatest increase in average).

- Calculated by Data Specialists.

The Hart Award: was presented by Trinity/Placentia Club in recognition of the many years of outstanding contribution by Shirley Hart to Figure Skating.

The award is presented to the skater who puts his/her heart and soul into his/her performance.

#### Criteria

- Skater selected by the Judges

- presented to the skater who the Judges feel put everything into their performance and really enjoyed skating at Regionals

- does not need to be a medal winner

- this award open to all Regional skaters

- this award is to represent the true meaning of figure skating- the love and enjoyment of the sport