

# Central Minnesota *Compete USA* Competition Series



We are pleased to announce the 10<sup>th</sup> annual Central Minnesota Compete USA Competition Series; an exciting skating opportunity for the Learn to Skate skater.

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

## MISSION STATEMENT:

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

## COMPETITION LOCATIONS:



EVENT #1

**LAKES AREA CLASSIC**  
**JANUARY 12, 2019 – WILLMAR, MINNESOTA**

**REGISTRATION DEADLINE: DECEMBER 17, 2018**  
 (PAPER REGISTRATIONS MUST BE POSTMARKED BY DECEMBER 14, 2018)

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



EVENT #2

**GRANITE CITY COMPETE USA**  
**JANUARY 26, 2019 – ST. CLOUD, MINNESOTA**

**REGISTRATION DEADLINE: JANUARY 4, 2019**  
 (PAPER REGISTRATIONS MUST BE POSTMARKED BY JANUARY 2, 2019)

Registration [www.stcloudfigureskatingclub.org](http://www.stcloudfigureskatingclub.org)  
 Janelle Honer, 441 7<sup>th</sup> Ave SE, St. Joseph, MN 56374



EVENT #3

**SKATE VACATIONLAND COMPETE USA COMPETITION**  
**FEBRUARY 17, 2019 – BRAINERD, MINNESOTA**

**REGISTRATION DEADLINE: JANUARY 28, 2019**  
 (PAPER REGISTRATIONS MUST BE POSTMARKED BY JANUARY 25, 2019)

Registration [www.vacationlandfigureskatingclub.com](http://www.vacationlandfigureskatingclub.com)  
 PO Box 173, Brainerd, MN 56401



EVENT #4

**FERGUS FALLS COMPETE USA**  
**MARCH 8-9, 2019 – FERGUS FALLS, MINNESOTA**  
 (ONE BEGINNER THRU PRELIMINARY EVENT WILL BE HELD ON FRIDAY NIGHT)

**REGISTRATION DEADLINE: FEBRUARY 11, 2019**  
 (PAPER REGISTRATIONS MUST BE POSTMARKED BY FEBRUARY 8, 2019)

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



EVENT #5

**BATTLE OF THE BLADES**  
**MARCH 16, 2019 – ALEXANDRIA, MINNESOTA**

**REGISTRATION DEADLINE: FEBRUARY 18, 2019**  
 (PAPER REGISTRATIONS MUST BE POSTMARKED BY FEBRUARY 15, 2019)

[WWW.ALEXANDRIAFIGURESKATING.ORG](http://WWW.ALEXANDRIAFIGURESKATING.ORG)  
 PO Box 471, ALEXANDRIA, MN 56308



FOR ADDITIONAL INFORMATION VISIT OUR WEBSITE  
 AT [WWW.CENTRALMINNESOTASERIES.ORG](http://WWW.CENTRALMINNESOTASERIES.ORG)

OR FOLLOW US ON FACEBOOK @CENTRALMNSERIES

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

**ELIGIBILITY RULES FOR PARTICIPANTS:** 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 Moves in the Field 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. Skaters may not compete at more than one level in the same type event at the same competition.

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

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

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

**SERIES ENTRIES AND FEES:** Entry into the Central Minnesota Compete USA Series is **OPTIONAL** and not a requirement to participate in any of the hosting clubs competitions. To be included in the Central Minnesota Compete USA Series and eligible for the 2019 season end awards ceremony, you must be a Central Minnesota Compete USA Series participant and pay a **ONE-TIME FEE** of \$25. You may enter the Series at any point during the season. Your points will not begin to accumulate until the **ONE-TIME FEE** is recorded. Each hosting club registration form will have a space to enter the Series and/or a check-box to acknowledge those already participating as a part of the Central Minnesota Compete USA Series to ensure points are tracked accordingly. Each Series participant will receive a Central Minnesota Compete USA Series collector's pin. Skaters participating in all FIVE (5) individual competitions will be eligible for a drawing for a FREE Zuca Frame and Bag.

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

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

**JUDGING:** The 6.0 Majority Judging System will be used. Individual Judging Worksheets are private and will not be shared with Skating Professionals or Parents.

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

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

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

**ON-ICE RINK DOOR AREA:** The area by the on-ice rink door gets very busy during a competition. No parents/spectators will be allowed in the area.

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

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

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

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

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

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

Final Central Minnesota Compete USA Series trophies will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> places in each level from Snowplow Sam through test levels. Skaters who place 4<sup>th</sup> and beyond will receive a participation trophy. The Central Minnesota Compete USA Series trophies are awarded to skaters based on their last level they competed in during the Central Minnesota Compete USA Series. Final trophies will be handed at the conclusion of events throughout the Alexandria Battle of the Blades Competition held on March 16, 2019. You need not be present at the season end ceremony to receive your award.

**CENTRAL MINNESOTA COMPETE USA SERIES TRAVELING TEAM TROPHY:** The traveling team trophy will be awarded to the figure skating club with the most combined series skater entries throughout the Series competitions. This is open to any figure skating club participating in the series at each individual competition and is not limited to the four hosting sites. The current traveling team trophy earner is the Diamond Edge Figure Skating Club for having the most series participants during the 2018 skating season.

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

Lakes Area Classic: Dawn Bergh 320-894-8887  
Club Email: [diamondedgefsc@outlook.com](mailto:diamondedgefsc@outlook.com)

Granite City Compete USA: Janelle Honer 320-493-6362  
Email: [stcloudlts@gmail.com](mailto:stcloudlts@gmail.com)

Vacationland Compete USA Megan Bistodeau 218-330-5633  
Email: [skatevacationland@gmail.com](mailto:skatevacationland@gmail.com)

Fergus Falls Compete USA: Laura Dewey 218-332-0196  
Email: [ffscopsdirector@gmail.com](mailto:ffscopsdirector@gmail.com)

Battle of the Blades: Stephanie Nelson 218-371-1751  
Email: [srnelson80@yahoo.com](mailto:srnelson80@yahoo.com)

Nicole Arvidson 218-639-7880  
Email: [nmarvidson@gmail.com](mailto:nmarvidson@gmail.com)

## SNOWPLOW SAM – BASIC 6 ELEMENTS

Format: Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography). Snowplow Sam & Basic 1 Skaters can perform each element when directed by judge/referee. Snowplow Sam Coaches may assist their skater on/off the ice, but no coaching will be allowed.

- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- 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>

## 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. Snowplow Sam Coaches may assist their skater on/off the ice, but no coaching will be allowed.

- 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.

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>

## PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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.
- Time: 1:15 maximum

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>

## 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.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• 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>

## EXCEL COMPULSORY

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.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
Excel Beginner	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>
Excel High Beginner	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>
Excel Pre-Preliminary	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>
Excel Preliminary	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 LEVELS COMPULSORY

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.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre-Preliminary	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>
Preliminary	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>



## EXCEL FREE SKATE

General event parameters:

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

<p><b>Excel Beginner Free Skate</b> 1:40 Max.</p> <p><u>Must not</u> 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</li> <li>• 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> <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> </ul>	<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>
<p><b>Excel High Beginner Free Skate</b> 1:40 Max.</p> <p><u>Must not</u> 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> <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<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>
<p><b>Excel Pre-Preliminary</b> 1:40 Max.</p> <p><u>Must not</u> 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</li> <li>• 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 sequences are limited to a maximum of 3 single jumps</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> <li>• Spins must be of a different character</li> </ul>	<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>
<p><b>Excel Preliminary</b> 1:30 +/- 10 sec.</p> <p><u>Must not</u> 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</li> <li>• 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 sequences are limited to a maximum of 3 single jumps</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> <li>• Spins must be of a different character</li> </ul>	<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>

<p><b>Excel Preliminary Plus</b> 1:30 +/- 10 sec.</p> <p><u>Must not</u> 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</li> <li>• 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 sequences limited to a maximum of 3 single jumps</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> <li>• Spins must be of a different character</li> </ul>	<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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## WELL BALANCED FREE SKATE PROGRAM

General event parameters:

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

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Max.	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel               <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> </ul> </li> </ul> <p>Jump sequences limited to a maximum of 3 single jumps</p>	<p><b>Max 2 Spins</b></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>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <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> </li> </ul>
Pre-Preliminary	1:40 Max.	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed               <ul style="list-style-type: none"> <li>○ 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> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed                   <ul style="list-style-type: none"> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></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>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <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> </li> </ul>
Preliminary	1:40 Max.	<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)               <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of 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> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed                   <ul style="list-style-type: none"> <li>• Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></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>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <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> </li> </ul>

## SPINS CHALLENGE

Each site will be offering a Spins Challenge event that is not eligible for series points but will be recognized with medals at each individual competition.

Event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	Upright one-foot spin (3) Upright back spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3)
No Test	1:30 max.	Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3)
Pre – Preliminary	1:30 max.	Spin with one change of position and no change of foot (6) Backward sit spin (3) Camel spin (4)
Preliminary	1:30 max.	Spin with one change of foot and one change of position (min. 3 each foot) Change sit spin (min 3. each foot) One position spin – skater’s choice (upright, sit or camel) (4)
Adult Beginner	1:30 max.	Pivot Two-foot upright spin (2)
Adult Pre-Bronze	1:30 max.	<ul style="list-style-type: none"> <li>• One-foot upright spin (3)</li> <li>• Two-foot upright spin (3)</li> </ul>
Adult Bronze	1:30 max.	<ul style="list-style-type: none"> <li>• One-foot upright spin (4)</li> <li>• One-foot back spin (3)</li> <li>• Sit spin (3)</li> </ul>

## **INTERPRETIVE PROGRAM:**

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

### **Competition Format**

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

**Judging Rules:** Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression. Spins and jumps performed must be appropriate to competition level.

**Time:** Music Duration: Basic 4 – Basic 6: 1:00 Max  
Pre-Free Skate - No Test: 1:00 Max  
Pre-Preliminary - Preliminary: 1:00 Max

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



**Battle of the Blades 2019**  
**Saturday, March 16, 2019**  
**Entry Form**

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

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

Email Address \_\_\_\_\_ Area Code/Phone # \_\_\_\_\_  
*(fill in if you would like to receive confirmation by email or provide a self-addressed stamped envelope)*

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

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

Director's/Instructor's Name \_\_\_\_\_

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

<i>Basic Elements Event</i>	<i>Basic Program Event</i>	<i>Compulsory Events</i>	<i>Program Freeskate Events</i>	<i>Well-Balanced Freeskate Program Events</i>	<i>Spins Challenge Events</i>	<i>Interpretive Showcase Event</i>
Snowplow	Snowplow	Pre-Freeskate	Pre – Freeskate	No Test	Beginner	Basic Showcase (Basic 4 – Basic 6)
Basic 1	Basic 1	Freeskate 1	Freeskate 1	Pre-Preliminary	High Beginner	
Basic 2	Basic 2	Freeskate 2	Freeskate 2	Preliminary	No Test	Free Skate Showcase (Pre-Free Skate thru No Test)
Basic 3	Basic 3	Freeskate 3	Freeskate 3		Pre-Preliminary	
Basic 4	Basic 4	Freeskate 4	Freeskate 4		Preliminary	High Showcase (Pre-Preliminary thru Preliminary)
Basic 5	Basic 5	Freeskate 5	Freeskate 5			
Basic 6	Basic 6	Freeskate 6	Freeskate 6			
		Excel Beginner	Excel Beginner		<i>Spins Challenge Events are NOT ELIGIBLE for Central MN Compete USA Competition Series Points</i>	<i>Interpretive Events are NOT ELIGIBLE for Central MN Compete USA Competition Series Points</i>
		Excel High Beginner	Excel High Beginner			
		Excel Pre-Preliminary	Excel Pre-Preliminary			
		Excel Preliminary	Excel Preliminary			
		WB No Test	Excel Preliminary			
		WB Pre-Preliminary	Excel Preliminary Plus			
		WB Preliminary				

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

**Alexandria Figure Skating Club, P. O. Box 471, Alexandria, MN 56308**

For additional information contact: Stephanie Nelson @ 218-371-1751 / email [srnelson80@yahoo.com](mailto:srnelson80@yahoo.com) or Nicole Arvidson @ 218-639-7880 / email: [nmarvidson@gmail.com](mailto:nmarvidson@gmail.com).

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

**Online applications must be received by February 18, 2019. Paper applications accepted and must be postmarked by February 15, 2019.**

**NO LATE REGISTRATIONS WILL BE ACCEPTED**

First Event \$40 \$ \_\_\_\_\_  
 Second Event \$20 \$ \_\_\_\_\_  
 Third Event \$15 \$ \_\_\_\_\_  
 Fourth Event \$15 \$ \_\_\_\_\_  
 Practice Ice (cost per form) \$ \_\_\_\_\_

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

**I would like to join the CMBSC Series; I am enclosing the one-time Series entry fee of \$25.**

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

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

**All applicable fees must accompany this application**

## **CERTIFICATION OF COMPETITOR:**

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

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

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

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

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

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

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

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

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

## **PRACTICE ICE:**

Practice Ice sessions are 20-minutes in length and cost \$10.00 per session. Practice Ice will be available Friday evening and Saturday morning. Practice Ice must be paid for in advance and no more than two (2) 20-minute sessions on Friday evening and one (1) 20-minute session on Saturday morning may be reserved in advance.

### **Friday Evening Options March 15 – Between 5:00 p.m. and 6:00 p.m.**

- I would like 1 session – 20 minutes of practice ice on Friday Evening for a cost of \$10.
- I would like 2 sessions – 40 minutes of practice ice on Friday Evening for a cost of \$20.

### **Saturday Morning Option ~ March 16 – Prior to Competition**

- I would like 1 session – 20 minutes of practice ice on Saturday Morning for a cost of \$10.

Once all practice ice has been scheduled, additional ice will be available first-come, first-serve basis at registration at a cost of \$10.00 per 20-minutes. No refunds will be given for unused sessions.

### **INCLUDE THIS COMPLETED PAGE WITH ENTRY FORM**

*Keep a copy of this form and mail original to address above.*

*Online applications must be received by February 18, 2019.*

*Paper applications accepted and must be postmarked by February 15, 2019.*