

3rd Annual South Shore Open



Sanctioned by US Figure Skating #C-33131

Sunday, March 21, 2010

Rockland Ice Rink

599 Summer Street, Rockland, MA



3rd Annual South Shore Open



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Hosted by: South Shore SC

Sanctioned by US Figure Skating

Sanction # C-33131

- Rink:** Rockland Ice Rink, 599 Summer St., Rockland, MA. The rink is standard size 85' X 185" with rounded corners. Ample seating and parking is available. The rink snack bar will be open during the competition. Restaurants are nearby.
- Eligibility:** This competition is open to all skaters who are members in good standing of US Figure Skating. Skaters may enter as many events for which they are qualified. Skaters may compete one level higher than their current test level.
- Due Date:** February 21, 2010, Test and age as of entry deadline.
- Events:** Test Track Program, Well Balanced Program, Individual Compulsory Moves, Moves in the Field, Showcase, Team Compulsory Moves, Adult Events.
- Entries:** Entries must be postmarked no later than February 21, 2010. Applications will be accepted in the order received for each category. We reserve the right to limit, combine, divide or eliminate categories based on applications received for each event.
- Rules:** The competition will be governed by the 2009-10 United States Figure Skating Rulebook.
- Fees:** Entry fees must accompany the application form. Fees are \$45.00 for the first individual event, and \$25.00 for each subsequent event. Team events are \$60.00 per team. Please submit a separate check for each event. There is no admittance charge for spectators.
- Accidents & Refunds:** Accidents will be handled in accordance with USFS rule #3222, and refunds in accordance with USFS rule number #3235. Refunds will be given for events that are cancelled.
- Music:** CD's (preferred) or tapes will be accepted. All music must be clearly marked. Vocal music is permitted. Music should be turned in at the registration table one hour before each event. Skaters should also have a back-up CD or tape available. Unwound tapes will not be accepted.
- Medals:** Medals will be awarded to the first four places.
- Judging:** The 6.0 judging system will be used.
- Schedules:** Times will be Emailed to skaters and clubs and posted on website two weeks after deadline date. Additional information and practice ice information will be posted on the Winterland website.
- Lodging:** All hotels are located on Hingham Street, Rockland, MA just off Route 3, Exit 14, about six minutes from rink.
The official hotels are: Comfort Inn 781 982-1000
 Holiday Inn 781 871-0545
 Best Western 781 871-5660
- Contact Person:** Katy Hayden, Email: Katy@WinterlandSkatingSchool.com
 Website: www.Winterlandskatingschool.com
 Phone: 781 749-3807
- Return to:** South Shore Skating Club, PO Box 1173, Hanover, MA 02339

South Shore Open Competition

Sunday, March 21, 2010

Due date: February 21, 2010



Individual Events Application

Name _____ USFS# _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Female ____ Male ____ Date of Birth _____ AGE (as of 2/21/2010) years ____ month ____

Highest test passed: Freeskate _____ Moves _____ Dance _____ as of 2/21/2010

Coach (print) _____ Phone _____ Email _____

Skaters may compete up one level for all events. Check all events entered:

- Test Track Program**
(see chart)
- Limited Beginner
 - Beginner
 - PrePreliminary
 - Preliminary
 - PreJuvenile
 - Juvenile
 - Intermediate
 - Novice
 - Junior
 - Senior

- Well Balanced Program**
- Beginner** no axel no dbl
 - PrePre** axel ok, no dbl
 - Preliminary** axel + 2 dbls
 - PreJuvenile** axel + 3 dbls
 - Juvenile** no triples
 - Intermediate**
 - Novice**
 - Junior**
 - Senior**

- Individual Comp Moves**
Team Comp. Moves
(Same elements see forms)
- Beginner
 - PrePreliminary
 - Preliminary
 - PreJuvenile
 - Juvenile
 - Intermediate
 - Novice
 - Junior / Senior

- Moves in the Field**
(see chart) Combine
- PrePre
 - Preliminary
 - PreJuvenile
 - Juvenile
 - Intermediate
 - Novice
 - Junior
 - Senior

- Adults**
- Adult PreBrz
 - Adult Bronze
 - Adult Silver
 - Adult Gold

- Showcase:**
List theme or title
- _____
- Beginner
 - PrePre / Preliminary
 - PreJuv / Juvenile
 - Inter / Novice
 - Jr / Sr

1st Event: \$45
Add'l Events \$25 x # of events
Total Amount: \$ _____

Applications must be postmarked **no later than February 21, 2010.**
Separate check per event payable to South Shore SC.
No refunds after deadline date unless an event is cancelled.

Address all entries to: South Shore Skating Club,
PO Box 1173, W Hanover, MA 02339
More info: Katy Hayden 781 749-3807

Email: Katy@Winterlandskatingschool.com

CERTIFICATE OF ELIGIBILITY

I hereby approve the entry of this skater and certify that he/she is a member in good standing of my club. To the best of my knowledge and belief, he/she is eligible to enter the specified event(s) and is eligible in accordance with the rules of the USFS. The club designated is his/her home club.

Club Officer's Signature _____ Title _____

HomeClub _____ Club Email _____

Official use only: Date Postmarked: _____ Date Received _____ Amount Enclosed _____

Indemnity Clause: All entrants and guardians waive all claims against officials, USFS officers, South Shore SC, and club officers hosting this competition, for any damages to person or property. We also waive all claims against coaches, organizers, rink personal, and volunteers participating in this competition.

Skater's Signature _____ Email _____

Parent/Guardian Signature (if under age 18) _____ Date _____

South Shore Open Competition



Competition Date: Sunday, March 21, 2010
Due date: February 21, 2010

Team Compulsory Form

Team Name _____ Skating Club _____

Check Events Entered: Team Compulsory Moves.
Elements same as Individual Compulsory Moves.

- | | |
|--|--|
| <input type="checkbox"/> Beginner | <input type="checkbox"/> Juvenile |
| <input type="checkbox"/> Pre-Preliminary | <input type="checkbox"/> Intermediate |
| <input type="checkbox"/> Preliminary | <input type="checkbox"/> Novice |
| <input type="checkbox"/> Pre-Juvenile | <input type="checkbox"/> Junior/Senior |

TEAM MEMBERS: Print clearly: Must be signed by parent if skater is under 18 years old.

Indemnity Clause:

All entrants and guardians waive all claims against officials, USFS officers, South Shore SC, and club officers hosting this competition, for any damages to person or property. We also waive all claims against coaches, organizers, rink personal, and volunteers participating in this competition. Parent Signature below.

Team Contact (Adult) _____ TEL (____) _____

Contact Email: _____

(A team may consist of 3 to 5 skaters with no skater doing more than two elements.)

Name _____ USFS# _____ Parent Signature _____

Name _____ USFS# _____ Parent Signature _____

Name _____ USFS# _____ Parent Signature _____

Name _____ USFS# _____ Parent Signature _____

Name _____ USFS# _____ Parent Signature _____

Applications must be postmarked no later than *February 21, 2010.*

Entry fees are \$60.00 per team. *Refunds as per CR 3235 (Rulebook)*

Make checks payable to South Shore Skating Club. Please submit a separate form and check for each event.

Address all entries to: South Shore Skating Club, Box 1173, Hanover, MA 02339

Certificate of Eligibility:

I hereby approve the entry of this skater and certify that he/she is a member in good standing of my club. To the best of my knowledge and belief, he/she is eligible to enter the specified event(s) and is eligible in accordance with the rules of the USFS. The club designated is his/her home club.

Club Officers Signature: _____ TITLE _____

Official use only: Date Postmarked _____ Date _____

Test Track 2009-10 elements (effective September 1, 2009)

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events.

Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

- 0.1 from EACH mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.

LEVEL	JUMPS	SPINS	STEPS	QUALIFICATIONS
Limited Beginner Time: 1:40 max	Jumps with not more than one-half rotation (front to back or back to front) Jump sequences are allowed. Maximum 5 jump elements.	Two upright spins, no change of foot (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Beginner Time: 1:40 max	Jumps with not more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two upright spins, change of foot optional (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary Test Time: 1:40 max	Jumps with not more than one rotation (no Axels). Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted. Maximum 5 jump elements.	Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary Test Time: 1:30 +/- 10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile Test Time: 2:00 +/-10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements.	Three spins in any position (Min 3 revolutions), One must be a combination spin with change of foot optional (Min 3 revolutions on each foot or 6 total revolutions and no flying spins).	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile Test Time: 2:15 +/-10	Any single jumps and jump combinations with not more than 1 1/2 rotations. (Axel permitted). Maximum 6 jumping elements.	Three spins in any position (Min 4 revolutions) One must be a combination spin with one change of foot (Min 4 revolutions on each foot). May include flying spins.	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate Test Time: 2:30 +/-10	Any single jumps. Double jumps may only be the double Salchow and double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements.	Three spins in any position (Min 4 revolutions) One must be a combination spin with at least one change of foot (Min 4 revolutions on each foot). May include flying spins.	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Novice Test Time: Ladies 3:00 +/-10 Men 3:30+/-10	Any single jumps. Double jumps may only be the double Salchow, double toe loop and double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.	Three spins in any position (Min 6 revolutions) One must be a combination spin with at least one change of foot (Min 5 revolutions on each foot). May include flying spins.	One step or spiral sequence. (see rule 3660 for description).	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test

Junior and Senior Elements continued on next page.

Junior and Senior Test Track Elements continued from previous page.

Junior Test Time: Ladies 3:30 +/-10 Men 4:00+/-10	Any single jumps. Double jumps may only be the double Salchow, double toe loop, double loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.	Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one combination spin consisting of all three positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot).	One step sequence of advanced difficulty, covering the full ice surface. (See rule 3650 for description)	Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test
Senior Test Time: Ladies 4:00 +/-10 Men 4:30+/-10	At least four different double jumps One must be a double Lutz. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies.	Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one spin combination consisting of all three positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot).	Men: Two different step sequences. Ladies: One step sequence and one spiral sequence (see rule 3640 for description).	Skaters must have passed at least the U.S. Figure Skating junior free skate test

Elements for both Individual and Team Compulsory Free Skate

Beginner: 1/2 ice 1 minute 1. Bunny Hop 2. Two foot spin 3. Lunge 4. Waltz Jump	Pre-Pre: 1/2 ice 1 minute 1. Lunge 2. Toe Loop Jump 3. Forward Spiral 4. One Foot Spin	Preliminary: 1/2 ice 1 minute 1. Toe Loop 2. Flip Jump 3. Forward Spiral 4. Sit Spin 5. Waltz Jump
Pre-Juvenile: 1/2 ice 1 minute 1. Lutz Jump 2. Single-Single Jump Combo 3. Camel/Sit Spin 4. Back Scratch Spin 5. Backward Spiral	Juvenile 1/2 ice Duration: 1 minute 1. Axel Jump 2. Lutz/Loop Jump Combo 3. Camel/Back Camel Spin 4. Backward Spiral 5. Sit Spin	Intermediate: 1/2 ice Duration: 1 minute 1. Axel Jump 2. Split Jump 3. Combo Spin 1 change foot/ 1 change position 4. Double Toe Loop
Novice: Full ice Duration: 1:30 minutes 1. Double Loop 2. Straight line sequence 3. Combo Spin: 1 or more positions & 1 change of foot 4. Flying Camel 5. Jump Combo: 2 Doubles. One must be a	Junior & Senior: Full ice Duration: 1:30 minutes 1. Straight line sequence 2. Flying Sit Spin 3. Combo Spin: 2 or more positions and 1 change of foot. 4. Jump Combo: 2 Doubles. One must be Double Loop 5. Double Lutz	

South Shore Open

Moves in the Field :

PrePre	Back Edges OS & IS	Waltz Eight
Preliminary	Spirals OS & IS	Alternating FW 3 Turns
PreJuv	FO-BI 3 Turns	FW & Back Change Pulls
Juvenile	8 Step Sequence	Forward Double 3's

Intermediate	Back Double 3's	Brackets
Novice	FW & Back Outside Counters	Spiral Sequence
Junior	FW & Back Outside Rockers	Choctaw Sequence
Senior	OS Double 3's to IS Rockers	Quick Step

Adult Compulsory Moves :

Adult Gold	1:00 Full ice	One Double Jump	Axel	Back Spiral (one)	Camel Spin	Combo Spin 1 change of foot
Adult Silver	1:00 Half ice	Lutz	Flip	Forward Spiral (one)	Forward Scratch Spin to Back Scratch Spin	Sit Spin
Adult Bronze	1:00 Half ice	Loop	Toe Loop	Waltz Jump/Toe Loop Combo	Sit Spin	Scratch Spin
Adult Pre-Bronze	1:00 Half ice	Waltz Jump	Half Flip	Waltz Jump/Toe Loop Combo	Scratch Spin	2 Foot Spin

Adult Individual Compulsory Moves:

Skaters may skate one level above their current test level. The program should include all specified elements and will be skated without music. Connecting steps may be included, but should be limited to the minimum necessary to link the various moves. Unspecified or additional moves are not permitted and marks will be deducted if included. The program may not exceed the time limit.

Showcase & Adult Showcase:

Showcase is a form of skating in which the skater will be judged on overall performance. Eligibility is based on free skating eligibility rules. The time of the program for all levels is 1 1/2 to 2 minutes. Vocal music may be used. Skaters must provide the theme or the title of the program on the application form. Props which require no more than 30 seconds to carry on and off the ice may be used along with hand held props.

Skaters will be judged on the following: Originality, Costume, Music Interpretation, Choreography, and Audience appeal.

South Shore Skating Club



Directions to Rockland Ice Rink 599 Summer St, Rockland, MA

From North:

Rt. 128 or 93 South, take Rt. 3 South (Braintree Split) toward Cape Cod. Off at Exit 14. Right at end of exit. Go 1.5 miles to end of Hingham Street. Take Right onto Rt. 123 West. Follow Rt. 123 until it merges with Rt. 139. At that point, take a right on Rt. 139 (still Rt. 123). Continue on about a third of a mile. Take Left onto Concord St before Rockland Plaza. At end of Concord Street, cross over Summer St to driveway into rink parking lot.

From South:

Take Route 3 North to Exit 14. Left at end of exit. Follow directions above.

Hotels are located just off Exit 14 in Rockland, about a six minute ride to rink.

Comfort Inn	850 Hingham St.	781 982-1000
Best Western	909 Hingham St.	781 871-5660
Holiday Inn	929 Hingham St.	781 871-0545

South Shore Skating Club



Directions to Rockland Ice Rink 599 Summer St, Rockland, MA

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