

5th Annual South Shore Open



Sunday, March 18, 2012

Rockland Ice Rink

599 Summer Street, Rockland, MA



4th Annual South Shore Open

Sunday, March 18, 2012



Hosted by: South Shore SC Sanctioned by US Figure Skating Sanction # C_____

- 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 18, 2012, 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.
- Entries:** Entries must be postmarked no later than February 18, 2012. 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 2011-12 United States Figure Skating Rulebook.
- Fees:** Entry fees must accompany the application form. Fees are \$50.00 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.
- Refunds:** Refunds are governed by USFS rule #3047.
Refunds will be given after closing only if events are cancelled by the LOC.
- Music:** All CD's 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 available.
- 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 club 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.Southshoreskatingclub.com
 Phone: 781 749-3807
- Return to:** South Shore Skating Club, PO Box 1173, Hanover, MA 02339

South Shore Open Competition

Sunday, March 18, 2012

Due date: February 18, 2012



Individual Events Application

USFS Sanction # C37494

Name _____ USFS# _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Female ____ Male ____ Date of Birth _____ AGE (as of 3/18/2012) years ____ month ____

Highest test passed: Freeskate _____ Moves _____ Dance _____ as of 2/18/2012

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 chart

- Beginner
- PrePreliminary
- Preliminary
- PreJuvenile
- Juvenile
- Intermediate
- Novice
- Junior / Senior

Moves in the Field

(see chart) Combine
(Male & female may be combined)

- PrePre
- Preliminary
- PreJuvenile
- Juvenile
- Intermediate
- Novice
- Junior

Showcase:

List theme or title

- Beginner
- PrePre / Preliminary
- PreJuv / Juvenile
- Inter / Novice
- Jr / Sr

1st Event: \$50 \$ _____
Add'l Events \$25 x # of events \$ _____
Total Amount: \$ _____

Applications must be postmarked no later than February 18, 2012.
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
Website: www.Southshoreskatingclub.com

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 Print _____ Signature _____ Title _____

HomeClub _____ Club Email _____

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

Indemnity Clause: According to USFS rule #2300 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 personnel, 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 18, 2012
Due date: February 18, 2012

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) _____ Phone _____

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 18, 2012.

Entry fees are \$60.00 per team. Refunds as per USFS # 3047.

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 _____

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 non-qualifying 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.

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Limited Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> Two upright spins, no change of foot, no flying entry (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: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two upright spins, change of foot optional, no flying entry (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: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two spins of a different nature, one position only, no change of foot, not flying entry. (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 pre-preliminary free skate test
Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot, no flying entry (Min 3 revs) and One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on each foot).	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	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot (Min 3 revs) and One combination spin: forward camel spin to forward sit spin, change of foot optional (Min 6 revs combined in forward sit and camel positions). Spins may not fly	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	<i>Max 5 jump elements:</i> Any single jumps with not more than 1 ½ rotations (Axel permitted) <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot (Min 4 revs in position) and One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions, (Min 4 revs on each foot) Only solo spin may fly	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

<p>Intermediate Test</p> <p>Time: 2:30 +/-10</p>	<p><i>Max 6 jump elements:</i> Any single jumps. Double jumps permitted: double Salchow and double toe loop. <i>Max 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i></p>	<p><i>Max 2 spins of a different nature:</i> One must be a flying spin (Min 5 revs), One must be a combination spin with at least one change of foot and at least one change of position (Min 4 revs on each foot).</p>	<p>One step sequence straight line, circular, or serpentine fully utilizing ice surface.</p>	<p>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</p>
<p>Novice Test</p> <p>Time: Ladies 3:00 +/-10 Men 3:30+/-10</p>	<p><i>Max 7 jump elements for men and 6 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i></p>	<p><i>Max 3 spins of a different nature:</i> One must be a combination spin with at least one change of foot and at least one change of position (Min 5 revolutions on each foot). The other spins are the option of the skater (Min 6 revs) All spins may fly</p>	<p>One step or spiral sequence (see rule 3660 for description).</p>	<p>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</p>
<p>Junior Test</p> <p>Time: Ladies 3:30 +/-10 Men 4:00+/-10</p>	<p><i>Max 8 jump elements for men and 7 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip. <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i></p>	<p><i>Max 3 spins of a different nature:</i> One must be a spin in one position (6 revs), one a flying spin (6 revs) and one a combination spin consisting of all three basic spin positions and one change of foot (Minimum 2 continuous revs in each basic position and minimum 5 revs on each foot).</p>	<p>One step sequence of advanced difficulty, covering the full ice surface. (See rule 3650 for description)</p>	<p>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</p>
<p>Senior Test</p> <p>Time: Ladies 4:00 +/-10 Men 4:30+/-10</p>	<p><i>Max 8 jump elements for men and 7 for ladies</i> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. No triple jumps permitted <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i></p>	<p><i>Max 3 spins of a different nature:</i> One must be a spin in one position (min 6 revs), one a flying spin (min 6 revs) and one a spin combination consisting of all three basic spin positions and one change of foot (Min 2 continuous revs in each basic position and min 5 revolutions on each foot).</p>	<p>Men: Two different step sequences. Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 3643 (G) and (I) for description).</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

Moves in the Field

PrePreliminary	Back Outside Edges	Waltz Eight
Preliminary	Alternating FW 3 Turns	FW and BW Crossovers
PreJuvenile	FO-BI 3 Turns	FW & Back Change Pulls
Juvenile	Forward Double 3's	FW and Back Cross Strokes

Intermediate	Spiral Sequence	Inside slide Chasse
Novice	FW & Back Outside Counters	Back Rocker Choctaw Seq.
Junior	Power Pulls	Choctaw Sequence
Senior	Spiral Sequence	Back OS double 3's to double IS Rockers

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.

Individual *and* Team Compulsory Free Skate Moves

Beginner: 1/2 ice 1 minute

1. Bunny Hop
2. Two foot spin
3. Lunge
4. Waltz Jump
5. Forward Spiral

Pre-Pre: 1/2 ice 1 minute

1. Lunge
2. Toe Loop Jump
3. Forward Spiral
4. One Foot Spin
5. Salchow/Toe Loop combo.

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
5. Camel Spin

**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

Directions and Hotels:

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

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