



JUNEAU SKATING CLUB
13th Annual JSC Compete USA Competition
Treadwell Arena, Douglas, Alaska
February 18, 2018
8:00a.m. – 3:00 p.m.

The thirteenth annual Compete USA Competition, sponsored by the Juneau Skating Club, will be held at Treadwell Arena (105 Savikko Road, Douglas, Alaska) on February 18, 2018. The Treadwell Arena houses a single 200'x85' (NHL-size) sheet of ice.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have registered with either program and be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate Program/Club.

Eligibility will be based on skill level as of closing date of entries. All Learn to Skate skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Free Skate levels, eligibility will be based only upon highest USFS free 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. There are no age restrictions for Free Skate level skaters. Skaters at each level will not be divided by gender.

ELIGIBILITY RULES FOR INSTRUCTORS/COACHES

When hosting a Compete USA competition, it is important that you verify the credentials of each coach/instructor who plans to work on-site at the event. You can verify the status of coaches/instructors by checking the lists on the U.S. Figure Skating website. This report can be found on www.usfigureskating.org by going to the "Coaches" page and clicking on the "Information for Clubs" or "Learn to Skate USA Instructor Registration" pages.

At a minimum, instructors/coaches 18 years and older must have a cleared background check and must be a current member of either Learn to Skate USA and/or full U.S. Figure Skating member. If a coach/instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action. Please consult the Coach Compliance Toolkit for further information and the forms to report the violation.

ENTRIES AND FEES -All entries must be postmarked or received at the Treadwell Arena or within the registration system no later than February 4, 2018. Late entries will be accepted only at the discretion of the organizers. Entry fees are per person, U.S. dollars. The entry fee for Learn to Skate Level and Pre-Free Skate level competitor is \$30.00; the entry fee for each Introductory and

Well Balanced Free Skate competitor is \$50.00 and \$10 for the Interpretive Program. The Fun Event will be offered for no fee. NO refunds after closing date unless an event is canceled. Entry forms must be filled out completely and entry fees should be paid online at www.juneauskatingclub.org. Registration forms should be submitted by hand to Pamela Leary, JSC Figure Skating Coordinator or emailed to JSC at juneausk8@hotmail.com.

AWARDS – Groups will contain no more than six skaters and everyone will receive an award. All events will be final rounds. Medals will be awarded for 1st, 2nd, 3rd and 4th place and ribbons in all other places in Learn to Skate Levels, Free Skate levels and the Interpretive Program competition groups. Ribbons will be awarded for all Fun Event contests. All awards will be made at appropriate times throughout the competition.

SCHEDULE OF EVENTS - Will be posted on the JSC Bulletin Board and the JSC website no later than February 16, 2018. Information regarding groups and skating times will to be emailed to students on February 16, 2018. The schedule is tentative and subject to change. Skaters should be at the rink at least an hour before their scheduled event.

PRACTICE ICE – Practice ice may be provided for Free Skate skaters competing with programs, on Sunday, February 18, 2018 at the Treadwell Arena (included in the registration fee). LTS USA skaters may practice during the event in a separate practice area before and during the competition and on Treadwell Arena public skating sessions prior to the competition (see <https://beta.juneau.org/parks-recreation/treadwell-arena/treadwell-arena-schedule> for the public skate schedule).

MUSIC – The Learn to Skate Levels Elements Event will not be skated to music. Music for all Free Skate programs must be provided on CDs by the skater. A copy of the CD, clearly marked with the name of the skater and the event entered, should be submitted by the skater or the skater's coach at the time of registration. Music for the Interpretive Program Event will be provided by the Competition Coordinator.

EVENTS –

1. Basic Elements Event for Basic 3 – Basic 6 Levels: Learn to Skate skaters will compete against other skaters at the same level, performing each required element for their level. Each skater at a given level will perform the first required element, then each skater will perform the second required element, and so on until all required elements have been completed for that level.
2. Pre-Free Skate Compulsory Elements Event: Pre-Free level skaters will compete against other skaters at the same level, performing each required element for their level. Each skater will perform the required elements as outlined in the chart below.
3. Introductory Level Free Skate Program: Introductory Level Free Skate skaters will compete against other skaters at the same level, performing a program to instrumental or vocal music. Required elements can be performed in any order during the program.
4. Well Balanced Free Skate Program: Well Balanced Free Skate skaters will compete against other skaters at the same level, performing a program to instrumental or vocal music. Required elements can be performed in any order during the program.

5. Interpretive Program (for skaters competing at in the Introductory and Well Balanced competitions): During warm-up, skaters will hear a 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. Levels will be broken by ability with ages divided appropriately. 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. Music Duration will be 1:00 minute.
6. Fun Events: Three separate contests with separately-awarded ribbons will be held for Learn to Skate skaters, Introductory free skate levels and Well Balanced free skate levels, in events such as longest held spiral, longest held one-foot spin, fastest one-foot pull race, longest held shoot the duck, highest number of loop jumps, etc.

CONTACT - Pamela Leary, JSC Figure Skating Coordinator, at 907-723-2031.

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 6 Competition Elements

Format: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- No music

Level	Time	Skating rules/standards
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

PRE-FREE SKATE 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 is allowed.
- The skater must demonstrate the required elements and may 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: 1:15 maximum

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • 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 • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump

EVENT: Introductory Levels Free Skate Program

General event parameters:

- 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 to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	Max. 2 spins: <ul style="list-style-type: none"> • 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 Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	Max. 2 spins: <ul style="list-style-type: none"> • 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 Learn to Skate USA free skating badge tests

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying 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 to one level higher.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • No single Axels, double jumps or triple jumps • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted • Jump sequences limited to a maximum of 3 single jumps <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed • No double, triple or quadruple jumps allowed • Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels) • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max. 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted. • Jump sequences limited to a maximum of 3 single jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel or Waltz-jump type jump • All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop) • Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed • An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted. • Jump sequences limited to a maximum of 3 single or double jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>

INTERPRETIVE PROGRAM:

Competition Format

The Organizing Committee must 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.

Levels:

Levels should be broken by ability, with ages divided appropriately.

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: 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.



JUNEAU SKATING CLUB

13th Annual Compete USA Registration

This form must be submitted by February 4, 2018 to be eligible for competition.

Sunday, February 18, 2018, 8:00a.m. - 3:00 p.m.

INDICATE YOUR COMPETITION LEVEL BELOW:

Learn to Skate Elements (\$30): B3 B4 B5 B6

Compulsory (\$30): Pre-Free

Introductory (\$50): Beginner High Beginner No Test

Well-Balanced Program (\$50): Pre-Preliminary Preliminary

Interpretive Program (\$10): Introductory FS No Test Pre-Preliminary/Preliminary

Fun Event (free for all competitors): SS-B3 B4-B6 Pre-free/Introductory FS Pre-Pre/Preliminary

Name: _____ Gender: ___ Age: ___ D.O.B. _____

Address: _____

If under 18, Parent's name: _____

Home phone: _____ Parent's work phone: _____

Parent's e-mail _____

Emergency phone contact (name/phone) _____

Competitor signature: _____ Parent signature: _____

Coach name: _____ Coach signature: _____

Club Officer approving competition level: _____

RELEASE FROM LIABILITY/HOLD HARMLESS

I understand there are risks with the sport of ice skating and that injuries can occur. I assume all risk and liability from any injury resulting from participation in Learn to Skate USA instruction or skating at the Treadwell Arena. I release from any liability, the Juneau Skating Club, the City/Borough of Juneau, skating instructors, and rink personnel. **Initials** _____

I agree to allow JSC to use my club related photos for display purposes at the rink, and for club advertising on our website or in the Juneau Empire. **Initials** _____

I have read and understand the accompanying competition etiquette. **Parent & Skater Initials** _____

Please register online at www.juneauskatingclub.org

Questions: juneausk8@hotmail.com

For JSC use only: US Figure Skating member # _____

Comments _____

JUNEAU SKATING CLUB

COMPETE USA COMPETITION ETIQUETTE

1. Skate for fun. Skate for yourself. Be proud of yourself for competing!
2. Winning is doing your best.
3. Play by the rules. Do the right thing.
4. Cooperate with your instructor and other skaters.
5. Be nice to everyone, no matter the outcome of the competition. Congratulate everyone for a good performance.
6. Treat all skaters as you would like to be treated.
7. Control yourself. Negative or bad comments and behavior detracts from the sport.
8. Set a good example for younger, less experienced skaters. They look up to you.
9. Build skills and improve mental and physical conditioning and discipline.
10. Maintain a positive attitude and outlook. Help others to see their strengths.

Goals

Write down your goals for the competition at least 1 week before the competition (space has been provided on the next page). Make sure your goals are under your control and that they describe exactly what you want to do in a positive way. Examples: giving your best effort, skating a clean program, having fun, etc. Read your goals the day of the competition to help keep you focused, motivated, and feeling confident.

Relaxation

Feeling a little bit of extra energy is a sign that you are ready to perform, but too much or too little is not helpful. If you feel like you need to relax, try taking a few deep breaths. Fill yourself up with calming confidence while you breathe in and let go of worries or nervousness as you breathe out. Remind yourself of how ready you are and why you love to skate.

Focus

Keep your focus on your own skating, your strengths, and what you want to do. If you have friends in your group remember you are skating with them, and not against them. Enjoy their company while you try to skate your personal best.

Celebrate and Evaluate

Celebrate - no matter how you place - after every competition. It is important to realize that you can ask yourself only to give your best effort. Getting a medal is an extra reward, but not the only reward in competing.

Competition Goals:

Competition Day Preparation

Plan to arrive at least 60 minutes before the event. Check in at the registration table. Find your coach/instructor to let them know you have arrived and where you will be. Be fully dressed and ready to begin warm-up at least 15 minutes before your scheduled start time. It is important to stay warm at this point, so wear a sweater and gloves or bring a blanket with you.

When it is your time to compete, step out onto the ice, have confidence in yourself, try your best, take each element one at a time, and most importantly have fun and smile to the judges and audience at least once.

After your performance, your coach will give you feedback. Be proud of yourself and stay to cheer on the others in your group. You can learn a lot by watching the other competitors. After the conclusion of the event, the accountant will tally the scores from the judges and the final standings will be posted. No matter what the final outcome is, you should always be a good sport. Congratulate the winner and congratulate the others for good effort. There is only one winner per event and everyone will have their good days and could-be better days. This is the nature of figure skating so always be proud of your performance and learn from each experience.

Competition Checklist:

- * Your skates (both of them), guards, soakers
- * Competition outfit
- * Girls: extra pair of tights, hair accessories, and make-up
- * A copy of your music (or be sure your coach has it)
- * Gloves, warm-up sweater, blanket
- * Phone/iPad for video footage
- * Good luck charms