

2017 – 2018  
SILVER BLADES  
CLUB COMPETITION



REVISED DECEMBER 20<sup>th</sup>, 2017

February 24, 2018

Central Arena  
50 Montgomery Road, Etobicoke, Ontario,  
M8X 1Z4  
416-233-8331

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**DEADLINE Closing Time for registration –**

**Thursday January 25<sup>th</sup> at 10:00pm**

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### **ENTRY FEES:**

- \$40.00 per skater for first event in a singles category (Includes freeskate, solo dance, interpretive, individual element)
- \$20.00 per skater for any additional event in a singles category (as above)
- \$15.00 per skater for partnered, team or group events of 2 or more skaters
- \$10.00 per skater for Mix and Match, Team Elements
- \$30.00 Canskate Elements

Entry forms are available in the club office, on-line at silverblades.ca, and in the office during office hours.

Entry fees are payable with application. Please make cheques payable to: SILVER BLADES SKATING CLUB. No postdated cheques.

### **Completed entry forms must be returned to the club office no later than 10pm on Thursday, January 25<sup>th</sup>, 2018.**

Please note that the committee reserves the right to limit the number of entries in each category; events will be filled on a first-come, first-serve basis. Based on the numbers of registrations for any given category, the committee reserves the right to cancel that category

### **REFUNDS AND WITHDRAWALS:**

Except as outlined below, no refunds will be given after January 25th, 2018. Full refunds will be given for any cancelled events or if the entry is withdrawn prior to the closing date of the deadline. After that, refunds will only be given for medical reasons if the Club office is contacted prior to 9am on February 25, 2017 and the registrar receives the medical certificate.

### **SKATING UP POLICY:**

Skaters are permitted to skate up at a higher level than their qualification but skaters can only enter one event per category (i.e. for Star 4 or 5 – may register for Star 6 but not both Star 6 and Star 5 for example). Decision to skate up must be made at time entry is received. **Skaters must skate in the same level for individual elements as they do for freeskate.**

### **REGISTRATION:**

On competition day, all competitors must register **no later than one hour prior to the scheduled start of their event.**

### **MUSIC REGISTRATION:**

Music must be handed in at the time of registration. The arena will be equipped with a CD player. **Two CDs** for each category entered must be handed in to the officials at the registration desk at least one hour prior to the start of the competitor's first category and may be picked up one half-hour after completion of the category.

### **OFFICIALS:**

Judging panels will be assigned by the COS Technical Representative or the Competition Chair.

### **MARKING SYSTEM:**

The Cumulative Points System (CPC) and the Skate to Standard marking system will be used at this event.

### **AWARDS:**

Medals will be presented to skaters finishing first, second, and third in each of the following categories: STAR 4 and higher, and all Dance and Interpretive categories, Create-a-Skate, Team Elements, and Showcase categories.

Ribbons and certificates will be presented to all participants in the following categories: CanSkate Elements and Star 1-3 Freeskate and Elements categories.

Trophies, medals and ribbons will be presented periodically throughout the day. Times will be posted in the lobby. Trophies will remain at the club after presentation.

**ELIGIBILITY:**

Competitors must be home club members of Silver Blades Skating Club. In pair and dance events, each individual in the partnership must satisfy ALL eligibility requirements. In Family Dance, one competitor must be a home club member.

**SINGLE ENTRIES:**

Categories with only one entry will be given the option of skating an exhibition or skating in a higher category if it is available (or Ladies event in the case of male entries). Medals will be awarded for exhibition skates.

**ADDITIONAL RESTRICTIONS:**

Skaters may not enter the same team/group/couples category twice with different partners/team.

**TEST QUALIFICATIONS:**

As of November 12, 2017

The closing date for registration is...Thursday January 25<sup>th</sup>, 2018 10:00pm

**INCOMPLETE ENTRIES WILL NOT BE ACCEPTED**

**GOOD LUCK TO ALL OUR SKATERS!**

## LIST OF CATEGORIES

### CANSKATE INDIVIDUAL ELEMENTS

In keeping with the Long-Term Athlete Development (LTAD) plan of providing a platform for coaches to encourage and support athletes/participants at every level to fulfill their potential and remain involved in figure skating, this category is focused on the “Learning to Skate” stage.

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This category is open to CanSkate members only. Preliminary and Junior skaters who are skating on STARSKate sessions and/or have passed any part of any Skate Canada test must enter one of the STAR categories.

**All CanSkaters, up to and including Stage 5, must wear a CSA approved hockey helmet while on the ice.**  
 Skaters beyond Stage 5 who choose to wear a CSA approved hockey helmet during a competition will not be subjected to any deduction in relation to the use of a CSA approved hockey helmet.

**Coaches will be allowed on the ice in a designated area for this event. Coaches must be wearing skates to be on the ice in the designated practice area.**

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Description: Skaters will be divided into groups and perform the elements on a circuit. Skaters may NOT enter CanSkate Individual Elements category AND Freeskate category. Please refer to the CanSkate Technical Package posted on the Technical Page of the COS website:

Stage 2	Skaters must have passed the complete Stage 1 badge, but not the complete Stage 2 badge.	<ol style="list-style-type: none"> <li>1. Forward stop</li> <li>2. Forward 2-foot sculling</li> <li>3. Forward 2-foot turn (CW or CCW – skater’s choice)</li> <li>4. Backward 2-foot sit glide</li> </ol>
Stage 3	Skaters must have passed the complete Stage 2 badge, but not the complete Stage 3 badge.	<ol style="list-style-type: none"> <li>1. Forward circle thrusts (CW or CCW – skater’s choice)</li> <li>2. Backward 2-foot jump</li> <li>3. 2-foot quick turn forward to backward and backward to forward (CW or CCW – skater’s choice)</li> <li>4. Backward 2-foot sculling</li> </ol>
Stage 4	Skaters must have passed the complete Stage 3 badge, but not the complete Stage 4 badge.	<ol style="list-style-type: none"> <li>1. Backward circle thrusts (CW or CCW – skater’s choice)</li> <li>2. Backward 360° step turn (CW or CCW – skater’s choice)</li> <li>3. 2 foot jump forward to backward and backward to forward (CW or CCW – skater’s choice)</li> <li>4. Forward inside slalom</li> </ol>
Stage 5	Skaters must have passed the complete Stage 4 badge, but not the complete Stage 5 badge.	<ol style="list-style-type: none"> <li>1. Forward 2-foot side stop (CW or CCW – skater’s choice)</li> <li>2. Backward push/glide sequence, width of ice</li> <li>3. Forward power jump</li> <li>4. Forward crosscuts – figure 8</li> </ol>
Stage 6	Skaters must have passed the complete Stage 5 badge, but not the complete Stage 6 badge.	<ol style="list-style-type: none"> <li>1. Forward 1 foot side stop (left or right – skater’s choice)</li> <li>2. Backward 1 foot slalom</li> <li>3. Forward 180° step turn (mohawk) (RFI-LBI or LFI-RBI – skater’s choice)</li> <li>4. Forward outside edges</li> </ol>

## STARSKATE CATEGORIES

All Freeskate categories will be judged using the 2017 – 2018 Skate Canada – Central Ontario Well Balanced Program (WBP) technical package posted at <http://www.skateontario.org/technical-information/>. Deductions will be taken for any elements outside of specifications in accordance with the Skate Canada Well Balanced Program requirements.

*These categories are open to those skaters who do not meet the criteria for the Adult Classifications.*

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## FREESKATE CATEGORIES

**Skaters are only permitted to enter one Freeskate category, with the exception of STAR 7 & STAR 9.**

<b>STAR 1 Element Assessment</b> (Assessed to Standard)	May not have passed any part of the Senior Bronze (STAR 6) Free Skating Test. Elements scored to standard (Gold, Silver, Bronze, or Merit); skaters may be grouped by age. No Age Restrictions.(ex. Preliminary skaters)
<b>STAR 2 Compulsory Assessment Program</b> (Assessed to Standard)	May not have passed any part of the Senior Bronze (STAR 6) Free Skating Test. Skaters may be grouped by age. Program Length: 2.00 minutes in length (+/- 10 seconds). No Age Restrictions.(ex. Junior or Intermediate skaters)
<b>STAR 3 Free Skating Program</b> (Assessed to Standard)	May not have passed any part of the Senior Bronze (STAR 6) Free Skating Test. Program Length: 2:00 minutes in length (+/- 10 seconds). No Age Restrictions(ex. Intermediate or Senior skaters).
<b>STAR 4 Free Skating Program</b> (Assessed to Standard with ranking)	May not have passed any part of the Senior Bronze (STAR 6) Free Skating Test. Program Length: 2:00 minutes in length (+/- 10 seconds). Skaters will be grouped by age if numbers warrant(ex. Senior skaters)
<b>STAR 5 Free Skating Program</b> (Ranked)	May not have passed any part of the Junior Silver (STAR 8) Free Skating test. Program Length: 2:00 minutes in length (+/- 10 seconds). Skaters will be grouped by age. STAR 5 will be scored using CPC.
<b>STAR 6</b> (Ranked)	May have passed the complete STAR 5 (Junior Bronze) free skate test. Program Length: 2.30 minutes (+/- 10 seconds) Skaters may be grouped by age if numbers warrant.
<b>STAR 7</b> (Ranked)	May have passed the STAR 5 (Junior Bronze) free skate test. Short Program: Maximum of 2:30 minutes. Skaters may be grouped by age if numbers warrant.

**STAR 8**

(Ranked)

May have passed the STAR 5 (Junior Bronze) free skate test.

Program Length: 3:00 minutes (+/- 10 seconds).

Skaters may be grouped by age if numbers warrant.

**STAR 9**

(Ranked)

May have passed the STAR 5 (Junior Bronze) free skate test.

Short Program: Maximum of 2:30 minutes. Skaters may be grouped by age if numbers warrant

## FREESKATE INDIVIDUAL ELEMENTS

The following categories are open to those skaters who do not meet the criteria for the Adult Classifications:  
STAR 2 – 6.

Description: Skaters perform **4 required elements** in isolation. **Each element may only be attempted once.**  
**NO RESKATES permitted.** Skaters are only permitted to enter each category and each discipline once.

### **STAR 2 Elements**

(Assessed to Standard)

Skaters may not have passed any part of the Senior Bronze Free Skating test.

- Loop Jump
- Waltz/Toe Loop Combination
- Back Upright Spin
- Forward Spiral Sequence – A sequence of two (2) forward spirals, with no more than **8** steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.

### **STAR 3 Elements**

(Assessed to Standard)

Skaters may not have passed any part of the Senior Bronze Free Skating test.

- Flip Jump
- Loop/Loop Combination
- Combination Spin - must include at least one camel and one sit position and may include a change of foot. Forward entry only. No flying entry or difficult variations.
- Forward Spiral Sequence – A sequence of two (2) forward spirals with no more than 4 steps in between; one spiral on each foot, unsupported position; one either inside or outside edges.

### **STAR 4 Elements**

(Assessed to Standard with ranking)

Skaters may not have passed any part of the Senior Bronze Free Skating test.

- Axel
- Lutz/Loop Combination
- Combination Spin - must include at least one camel and one sit position and may include a change of foot. Forward entry only. No flying entry or difficult variations.
- Forward Spiral Sequence – A sequence of two (2) forward spirals with no more than 4 steps in between; one spiral on each foot, unsupported position; on either an outside or inside edges.

### **STAR 5 Elements**

(Assessed to Standard with ranking)

Skaters may not have passed any part of the Junior Silver Free Skating test.

- Axel
- Jump Combination – Two jumps. May include a double.
- Combination Spin – must include at least one camel and one sit position and may include a change of foot. Forward entry only. No flying entry or difficult variations.
- Spiral Sequence – At least two spirals, one on each foot. No more than 4 steps between. At least one spiral must be unsupported.

## STAR 6 Elements

(Assessed to Standard with ranking)

Skaters may have passed the complete STAR 5 (Junior Bronze) free skate test.

- Axel
- Any Double Jump
- Flying Spin – One position and no change of foot
- Spiral Sequence – At least two spirals, one on each foot. No more than 4 steps between. At least one spiral must be unsupported.

## Open Elements

(Star 7 or higher)

(Assessed to Standard with ranking)

Skaters **MUST** be competing at the Star 7 level or higher.

Skaters may have passed the Senior Bronze Free Skating test.

- Any double jump
- Jump Combination – Two jumps. May include a double.
- Flying Spin – One position and no change of foot.
- Bonus Element – Any jump or spin element not already performed.

## MIX AND MATCH TEAM ELEMENTS

Description: Skaters perform **1 required element** in isolation. Teams will be made up randomly by the competition committee; each team member skates one element according to their Freeskate qualification level. The skater qualifications and elements will be as follows:

Star 1 – Waltz Jump

Star 2 – Forward Spiral

Star 3 – Loop-loop combination

Star 4 – Axel

Star 5 – Combination Spin – must include at least one camel and one sit position and may include a change of foot. Forward entry only, No flying entry or difficult variations.

Star 6 and up – Any Double Jump



## ICE DANCE CATEGORIES

Dance categories may be double paneled if scheduling allows.

### FAMILY ICE DANCE: Dutch Waltz

A fun event for all Silver Blades families! Participants must be related. Medals will be awarded to all participants.

### KILLER KILLIAN:

Open to all Intermediate and Senior Level skaters. Skate til you drop!

### SOLO DANCES:

The following categories are open to those skaters who do not meet the criteria for the Adult Classifications. No test requirements, please check with your Coach to see what level your skater is at. Limit to one dance per skater.

- Star 1/2/3 – Dutch Waltz
- Star 4/5 – Swing Dance
- Star 6/7 – European Waltz
- Star 8 – Harris Tango
- Star 9 – Starlight
- Star 10 – Argentine Tango

## INTERPRETIVE CATEGORIES

These categories are open to those skaters who do not meet the criteria for the Adult Classifications.

**Description:** Programs are to be choreographed according to the Skate Canada Interpretive Program Requirements. Vocal music is permitted.

Interpretive programs are designed by the skaters and/or coach and focus on the skater's ability to interpret music to create a clear mood/theme or create a story through skating movement. A variety of skating moves should be selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Movements should not be merely a collection of pleasing or spectacular moves assembled to popular music for the purpose of entertaining an audience (exhibition/show program). Costumes should be simple and modest to enhance the interpretation and should not be theatrical in nature. Props of any kind are not permitted.

### **Pre-Introductory**

(Ranked)

Not passed any Skate Canada Interpretive tests.  
One Interpretive program maximum 2 minutes in length.

### **Introductory**

(Ranked)

May have passed the Introductory Interpretive test but no higher.  
One Interpretive program maximum 2 minutes in length.

### **Bronze**

(Ranked)

May have passed the Bronze Interpretive test but no higher.  
One Interpretive program maximum 3 minutes in length.

### **Silver**

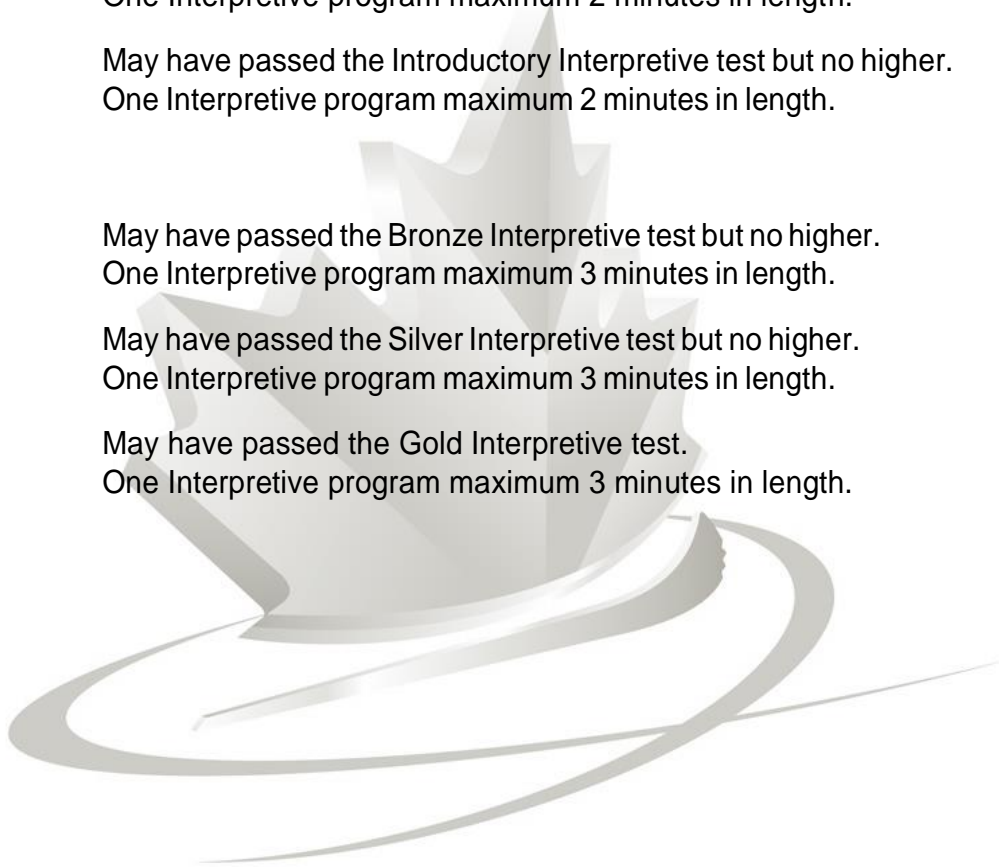
(Ranked)

May have passed the Silver Interpretive test but no higher.  
One Interpretive program maximum 3 minutes in length.

### **Gold**

(Ranked)

May have passed the Gold Interpretive test.  
One Interpretive program maximum 3 minutes in length.



## **SHOWCASE AND CREATIVE CATEGORIES**

The following categories are open to those skaters who do not meet the criteria for the Adult Classifications.

Showcase and creative categories are intended to be entertaining and will be judged on their theatrical and artistic qualities. Emphasis is placed on the interpretation of the music. Costumes are permitted and props should enhance the theme of the program.

Description: A creative routine is skated which can employ elaborate costumes and props to illustrate a theme, tell a story, or interpret the music. Skater's routines are intended to be entertaining and will be judged on their theatrical and artistic qualities and not on technical content (i.e. jumps). Skaters are to provide their own music. Vocal music is permitted. Any jumps performed will be valued the same regardless of their difficulty. No lifts are permitted.

### **Group Showcase**

Open to all ages, no test restrictions.

2-4 skaters

Length: 1.50 minutes (+/- 10 seconds)

### **Create-a skate**

This creative element will be judged on how the music is interpreted. Jumps and spins should only be used to highlight the music and are not a requirement for this event. Skaters will hear the music three times and then will skate a routine of their own creation. Coaches are not allowed to communicate with skaters after the warm-up has begun. Skaters may be grouped by age and/or skating level.



## Skate Canada - Central Ontario Concussion Policy

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Skate Canada - Central Ontario has developed a standardized best practice Concussion Policy for the sport of figure skating in Ontario. This policy is not age dependent, all skaters, coaches, officials, and volunteers must be treated in the same manner.

Though concussions are common sport injuries, particularly among children and adolescents, their sometimes subtle symptoms may go unnoticed. Without identification and proper management, a concussion can result in permanent or severe brain damage.

### **Definition:**

#### **A concussion:**

- is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioral (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
- may be caused either by a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness)
- cannot normally be seen on X-rays, standard CT scans or MRIs. (2)
- can result in symptoms that are evident immediately, or may evolve and persist over the course of hours, days or even months

### **Initial Response to Suspected Concussion Trauma: Removal from Play**

An individual responsible for those who are participating in organized physical activity who believes that, following a blow to the head, face or neck, or a blow to the body that transmits a force to the head, a participant in the activity may have suffered a concussion needs to take immediate action.

- If the participant is **unconscious** as a result of a trauma occurred during a skating activity:
  - Dial 911.
  - Do not move the participant.
  - Wait for paramedics to arrive.
- If the participant is **conscious** after the trauma:

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- the participant must be **immediately removed** from the practice (on or off the ice), training, competition, camp, or clinic, and immediate medical assessment received either on or off site.
  - The participant should not be left alone
  - Symptoms should be documented and may include:
    - Dizziness
    - Headaches
    - Nausea
    - Neck pain
    - Sensitivity to light and noise
    - Impaired balance and vision
    - Difficulty concentrating or remembering
    - General confusion
    - Depression or irritability; and
    - Drowsiness or difficulty falling asleep.
- Coaches are never to make the concussion determination in the field on their own.
  - If there is doubt as to whether a concussion has occurred, it is to be assumed that it has occurred
  - The participants parent/guardians will be contacted and they will be required to have the injury properly assessed at a hospital or medical clinic

### ***Return to Play after a Suspected Concussion***

A participant must undergo medical evaluation for diagnosis and guidance to determine the extent of the individual's injury by a medical doctor or nurse practitioner, preferably one who is trained in concussion management.

- If concussion **IS NOT** diagnosed, the participant may return to the sport.
- If a concussion **IS** diagnosed, the participant is **not** allowed to skate until the individual has completed **the 6 STEPS TO RETURN TO PLAY** and receives **written medical clearance to return to programming (on or off ice)**.
- Return to play guidelines are clearly stated in "Parachute, Preventing Injuries and Saving Lives" [www.parachutecanada.org](http://www.parachutecanada.org).
- Skate Canada - Central Ontario supports "Parachute" and "Think First Canada" and the training protocols for coaches, volunteers, athletes and parents to educate them on Concussion awareness.

### ***Guidelines to Return to Figure Skating after a Concussion Diagnosis***

Suggested guidelines have been adapted to be sport relatable (following the example of other skating federations).

**Example of Steps – Each step must take a minimum of one day.**

- **Step 1:** No activity, complete rest. Once back to normal and cleared by a doctor, go to Step 2.
- **Step 2:** Light exercise such as walking or stationary cycling for 10-15 minutes.
- **Step 3:** Sport specific aerobic activity- skating for 20-30 minutes. No jarring motions.
- **Step 4:** Sport specific activity – No jumping, no spinning - No Contact

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*These guidelines are for general informational purposes only. They are not intended to and do not constitute any medical advice and do not contain any medical diagnoses, symptom assessments or medical opinions. Sources for information are cited on Page 3 of this document.*