

SKATE ATLANTICA



March 28th to 30th 2014

Sanctioned by Skate Canada. Rules in accordance with Skate Canada.

East Hants Sportsplex

1076 Hwy 2, Lantz NS

Dimensions of Stadium: 85 feet x 200 feet

ELIGIBILITY TO COMPETE (From Skate Canada Rule 5401)

Entrants in events shall be:

- eligible persons **as defined in Skate Canada Rule Book Section 2100.**
- **Associate Members** in good standing of the Association.

QUALIFICATIONS FOR ENTRY

AGE PREREQUISITES: As per Section STARSkate requirements for STARSkate events and July 1st 2013 for Competitive events.

ENTRIES AND FEES

The closing date for entries is 48 hours after your Section's qualifying event. All entries must be post marked by that date.

Entry fees are: \$100.00 for single skate events and dance
\$150.00 for 2 part events (Pre Novice thru Junior)

Make cheques or money orders, dated no later than 10th March 2014, made payable to your Section – Skate Canada Newfoundland & Labrador; Skate Canada PEI, Skate Canada New Brunswick or Skate Canada Nova Scotia

Registration forms must be returned to:

Skate Canada Newfoundland & Labrador – Betty Brett
Skate Canada Prince Edward Island – Elizabeth MacKay
Skate Canada New Brunswick – Lise Auffrey - Arsenault
Skate Canada Nova Scotia – Jill Knowles

by the completion of each Section's qualifying event.

Applications will then be forwarded by each section to:

Skate Canada Nova Scotia
5516 Spring Garden Road 4th floor
Halifax, NS B3J 1G6

All entry forms must be in hand to the Skate Canada Nova Scotia by 10th March 2014:

Technical Representative: Sheila Beard sheilabeard@eastlink.ca

LIABILITY

Skate Canada Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland & Labrador and the organizers of this competition undertake no responsibility for damages or injuries suffered by the skaters. As a condition of and in consideration of their entries therein, all competitors and their parents or guardians shall be deemed to agree to assume all risks or injury to the competitor's person and property resulting from, caused by, or connected with the conduct and management of the competition and to release any and all claims which they may have against the officials, the Association and the organizers holding the competition and against their officers, and, their entries shall only be accepted on this condition.

Should this competition be cancelled for any reason, an administration fee will be charged (\$15.00) and deducted from the returning entry fees.

MEDALS

Medals will be awarded to first, second and third place winners. If only one competitor is entered in the category then no award will be made, (Rule7000B (1) (1.13). The presentation schedule will be available at registration.

SCHEDULE OF EVENTS

A tentative Schedule of Events will be sent to each competitor as the formal receipt and acknowledgment of entry. Coaches will be sent a schedule if their e-mail is supplied on the application form. The competition will not start more than 30 minutes early.

REGISTRATION

Registration will take place throughout the weekend at the East Hants Sportsplex. Skaters must register at least 1 hour before their event is scheduled to begin.

CONDUCT OF COMPETITORS (Rule 7301(5))

Competitors are bound to obey implicitly the instructions of the officials in charge of the competition. A competitor, who directly or indirectly expresses her/himself in an improper manner regarding the officials or their decisions, or regarding the marking of the judges, may be suspended and/or excluded from further competition.

MUSIC

All music used must be in the public domain or covered by the Performing Rights Society.

Competitors who have music composed especially for their programs, either in whole or in part, shall be responsible for obtaining a written release from the composer for the use of such music on radio and television, or appropriate clearance from the Performing Rights Society.

Music Requirements at Competitions 2013 - 2014

CD's will be the **ONLY** format used at NS competitions for the 2013 - 2014 skating season; cassette tapes will **not** be accepted.

MUSIC

GENERAL

- Each compact disc shall be a standard CD-R compact disc and enclosed in a single transparent plastic CD case. (DO NOT use CD-RW)
- Music on CD must be in wav format. (NOT mp3, iTunes or DVD format)
- Skaters should keep a CD in a safe place for use at COMPETITIONS ONLY.
- Each skater shall register 2 copies of each program, one marked MASTER and the other marked BACK UP.

(Recommendation: Each skater to carry another copy of his or her music at rink side.)

LABELING:

- CD's and their cases must have the following clearly printed:
 - Skater's name
 - category name
 - total music time (not skating time)
 - Home Club
- Label should be on the CD case back insert ONLY. CD must be visible in front of case.
- Identify CD by writing on front using a permanent marker. Do not use ballpoint pen.
(Use of a fine or medium point Sharpie is OK)
- DO NOT write on recorded side of CD
- DO NOT apply STICK ON Labels to CD.

RECORDING SPECIFICATIONS

- Only one program ***(using one track only)*** shall be recorded on each CD.

- Music shall be recorded on CD so that it starts within not less than 0.25 second and not more than 0.5 second after PLAY button is pressed on CD player
- Music shall be recorded at equal levels on both left and right channels in stereo
- Music recording levels shall be a maximum of 0VU and a minimum of -8VU

**** Please note that after a skaters name is announced, they have NO longer than 1 minute to begin their program.**

COACHES ACCREDITATION

Coaches must be a minimum of NCCP level 1 Certified and must meet the following accreditation standards:

- be a current Professional Coaching Member of Skate Canada
- hold a valid First Aid Certificate

It is mandatory for all participating coaches to register at the competition and show their accreditation at all times during the competition in order to be at ice level during the events. Temporary accreditation will be issued for \$25.00 upon presentation of current Skate Canada membership and First Aid information.

All such Fully Certified Coaches must ensure that they have their Skate Canada Coach Card on them at all times during the competition.

If additional information is required, please contact:

Skate Canada Newfoundland & Labrador - Lori Brett at skating@sportnl.ca

Skate Canada Prince Edward Island – Amy MacMillan Dallaire at armacmillan@edu.pe.ca

Skate Canada New Brunswick – Lise Auffrey – Arsenault at executivedirector@skatenb.org

Skate Canada Nova Scotia - Kyla McNeil - kylamcneil@hotmail.com

ACCOMMODATIONS

All competitors, parents, coaches etc. will be responsible for making their own reservations. Speak to your Section Representatives before making reservations:

Skate Canada Newfoundland & Labrador - Lori Brett at skating@sportnl.ca

Skate Canada Prince Edward Island – Elizabeth MacKay

Skate Canada New Brunswick - Lise Auffrey- Arsenault executivedirector@skatenb.org

Skate Canada Nova Scotia – Jill Knowles - skatecanadans@sportnovascotia.ca

Holiday Inn Express 180 Pratt Whitney Drive, Enfield 1-877-919-2244 rate \$159.00

Hilton Garden Inn 200 Pratt Whitney Drive Enfield 1-888-667-6005 rate \$159.00

Holiday Inn Harbourview 101 Wyse Road Dartmouth 1-888-434-0440 rate \$115.00

Includes breakfast and internet

Reference Skate Canada Nova Scotia when booking for this price

Park Place Ramada 240 Brownlow Ave Dartmouth 1-800-561-3711 rate \$109.00

Please check the Skate Canada website regularly for information on well-balanced programs

STARSkate FREE SKATE Events:

STAR 5

Must have passed the Preliminary Free Skating Test; must not have passed the complete Senior Bronze Free Skating test. (Geared to those skaters who have passed the Preliminary Free Skating Test, working on double jumps but not yet ready for Pre-Juvenile/Sr Bronze).

Three age categories:

STAR 5 U10

STAR 5 U13

STAR 5 13 & Over.

*One program of 2:00 minutes in length (+/- 10 seconds);
vocals not permitted.*

Star 5 will be scored on CPC and skaters will be ranked. Four components will be scored: Skating Skills, Transitions, Performance/Execution and Interpretation. Spins will be called no higher than Level B.

9 elements

1) Maximum six jump elements:

- a) Maximum two double jumps. Double jumps cannot be included in combinations and cannot be repeated.
- b) Must include at least one Axel type jump (waltz or single Axel).
- d) Maximum 2 jump combinations. Jump combinations may not include more than two jumps.
- e) Jump Sequences are not permitted.
- f) No jump may be included more than twice and if a jump is repeated it must be in combination.

2) Maximum 2 spins:

- a) One sit spin or camel spin. Flying entry optional; no change of foot.
- b) One combination spin. No flying entry; change of foot optional. All three basic positions must be attempted. If all three basic positions are not attempted, this will be reflected by the judges in the GOE.

3) Forward Spiral Sequence: A sequence of two forward spirals with no more than 4 steps in between; one spiral on each foot, unassisted position; on either inside or outside edge. Each spiral must be held for a minimum three seconds

Senior Bronze

*May have passed the Senior Bronze free skate test but no higher complete free skate test.
One free program of 2:30 minutes in length (+/- 10 seconds).*

- 1) Maximum of six jump elements
 - a) All single and double jumps permitted except double Axel
 - b) Must include at least one Axel type jump (waltz or single Axel)
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence
- 2) Maximum of three spins. *All spins shall be called no higher than Level B.*
 - a) One spin must be a combination spin, change of foot mandatory
 - b) One spin must be a flying spin in one position with no change of foot c)
One spin of any nature
- 3) Maximum one step sequence or spiral sequence. *All step/spiral sequences shall be called no higher than Level B.*

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted

Junior Silver

*May have passed the Junior Silver free skate test but no higher complete free skate test.
One free program of 3:00 minutes in length (+/- 10 seconds).*

- 1) Maximum of six jump elements. a)
All jumps permitted
 - b) Must include at least one Axel type jump (waltz or Axel type)
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence
- 2) Maximum of three spins. *All spins shall be called no higher than Level B.*
 - a) One spin must be a combination spin, change of foot mandatory
 - b) One spin must be a flying spin in one position with no change of foot c)
One spin of any nature
- 3) Maximum one step sequence or spiral sequence. *All step/spiral sequences shall be called no higher than Level B.*

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

Senior Silver

*May have passed the Senior Silver free skate test but no higher complete free skate test.
One free program of 3:00 minutes in length (+/- 10 seconds).*

- 1) Maximum of six jump elements. a)
All jumps permitted
 - b) Must include at least one Axel type jump (waltz or Axel type)
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence
- 2) Maximum of three spins
 - a) One spin must be a combination, change of foot mandatory
 - b) One spin must be a flying spin in one position with no change of foot. c)
One spin of any nature
- 3) Maximum one step sequence or spiral sequence

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

Gold

May have passed the Gold free skate test.

One free program of 3:30 (women) or 4:00 (men) minutes in length (+/- 10 seconds).

- 1) Maximum of six (women) / seven (men) jump elements. a)
All jumps permitted
 - b) Must include at least one Axel type jump (waltz or Axel type)
 - c) Maximum three combinations or sequences. Jump combinations may contain no more than two jumps.
 - d) No jump included more than twice and if a jump is repeated it must be in combination or sequence
Note: One additional jump may be included if it is an attempted double Axel or any attempted triple.
- 2) Maximum of three spins
 - a) One spin must be a combination, change of foot mandatory
 - b) One spin must be a flying spin in one position with no change of foot c)
One spin of any nature
- 3) Maximum one step sequence or spiral sequence.

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted

3) Maximum one step or spiral sequence. All step/spiral sequences shall be called no higher than a Level B.

Note: the first step or spiral sequence included in the program which meets the minimum requirements to be identified will be counted.

COMPETITIVE EVENTS

Check the Skate Canada website www.skatecanada.ca regularly for well balanced program information.

PRE JUVENILE SINGLES

Passed the complete Junior Bronze F/S test, or higher. Program time: 2:30. (\pm 10 sec.).

U11 Women Must be under 11 as of 1 July 2013.

U14 Women Must be under 14 as of 1 July 2013.

U14 Men

PRE JUVENILE DANCE

Must have passed the complete Junior Bronze Dance test or higher
Fiesta Tango and Swing

JUVENILE SINGLES

Passed Junior Bronze F/S test or higher. Program time: 2:30 min. (\pm 10 sec.)

U11 Women Must be under 11 as of 1 July 2013.

U14 Women Must be under 14 as of 1 July 2013.

U14 Men

JUVENILE DANCE

Must have passed the complete Junior Bronze Dance test or higher
Fiesta Tango and European Waltz Free Dance 2.0 (+/- 10 sec) in duration

PRE NOVICE SINGLES

Passed the Junior Bronze F/S, or higher. Short Program time max 2:30 Free Program time: 3:0 min. (\pm 10 sec.). Must be under the age of 16 as of 1 July 2013.

NOVICE SINGLES

Passed the Gold F/S test. Short Program time max 2:30 Free Program time: Ladies: 3:0 minutes; Men: 3:30 minutes (\pm 10 sec.). Must be under the age of 17 as of 1 July 2013.

JUNIOR SINGLES

Passed the Gold F/S test. Skaters shall be 18 years of age or under as of 1 July 2013. Short Program time max 2:50 Free Program time: Ladies: 3:30 minutes; Men: 4:0 minutes (\pm 10 sec.). Must meet ISU Junior age criteria maximum.

Events will be started no more than 30 minutes early. Skaters should be at the rink 1 hour prior to the start of their event.

Please use BLUE INK only! For Photocopying purposes.