

*7th ANNUAL
CALIFORNIA
CHAMPIONSHIPS*



MAY 15 and 16, 2010

East West Ice Palace
11446 Artesia Blvd
Artesia, California 90701-3855

Deadline for Entries: Saturday, April 17, 2010

Sanctioned by U.S. Figure Skating



Sponsorship provided by  **EAST WEST BANK**

SEVENTH ANNUAL CALIFORNIA CHAMPIONSHIPS

MAY 15 and 16, 2010

Sanctioned by U.S. Figure Skating

The Los Angeles Figure Skating Club is hosting an OPEN Non-qualifying Championship on Saturday, May 15 and Sunday May 16, 2010 at the EAST/WEST ICE PALACE, 11446 Artesia Blvd, Artesia, California 90701-3855. All U.S. Figure Skating registered eligible persons are invited to participate.

GENERAL RULES

The Competition will be conducted in accordance with the rules of US Figure Skating as set forth in the 2010 U.S. Figure Skating Rulebook and the U.S. Figure Skating Basic Skills Program Skate With U.S. Competition Manual, except as specified herein.

At the discretion of the Referee, events may be divided into groups by age for Pre-Juvenile and below and by draw for Juvenile and above. **NO FINAL ROUND WILL BE SKATED.** A minimum of 2 skaters constitutes an event.

Compulsory Programs and Free Skating are separate events and there will be NO combined awards. Competitors may enter a Compulsory, Artistic or Free Skating event one level above their present Free Skating test level. Only one level may be entered in each type of event.

FACILITY: The ice surface is 85 by 200 feet. The rink is fully enclosed.

JUDGING: Closed system. The 6.0 system will be used for all Pre-Juvenile and below events and for all Basic Skills events. The IJS system will be used for Juvenile through Senior Freeskating and Short Program events. **Competitors entering IJS events must complete the attached planned program content sheet and return it with their entry form.**

MUSIC: Music must be plainly marked with name, event and side to be played. Music will be accepted on CD and should contain only 1 track. **MUSIC MUST BE TURNED IN AT THE REGISTRATION DESK AT LEAST 45 MINUTES PRIOR TO THE EVENT TO BE SKATED.** After the event, music may be picked up at the REGISTRATION DESK. It is recommended competitors have a duplicate copy of their music available at the rink during the Competition.

AWARDS: Medals will be given for 1st, 2nd, 3rd, and 4th place in Basic Skills, Compulsory, Free Skating and Artistic. For Basic Skills events with more than 4 participants, ribbons will be given for 5th place and beyond.

SCHEDULE OF EVENTS will be posted at the East/West Ice Palace and the Pickwick Ice Arena approximately one week before the competition. Schedule may be subject to change. If you wish a copy, please enclose a stamped, self-addressed business size envelope with your entry form. You may also access the schedule on our website at <http://www.lafsc.org>

VIDEO TAPING/PHOTOGRAPHY: Video Taping will be provided. Private parties may video their own skater only for their personal use! **NO FLASH PHOTOGRAPHY** is allowed during the events.

ADMISSION: Each skater may have 2 chaperones free of charge. Each skater is entitled to one coach free of charge. For all others admission will be \$5.

REGISTRATION AND ENTRY FEES

CLOSING DATE FOR ENTRIES IS SATURDAY, APRIL 17, 2010. All entry forms are to be mailed to the Registrar and must be in her hands by this date. At the discretion of the Referee, late entries may be accepted until the Draw and are subject to an additional \$20 late fee. **No** entry fees will be refunded after the close of entries unless the event is not held (Rule 3235). All entries must be accompanied by the appropriate fees.

ENTRY FEES: **\$65 for the first Compulsory Moves, Free Skating or Artistic event**
 \$50 for first Basic level event
 \$35 for each Additional event entered
 \$90 for Pair team

All checks for entry fees should be made payable to: **LOS ANGELES FIGURE SKATING CLUB.**
A \$20 charge will be made for all checks returned by the bank for any reason.

MAIL ENTRY FEES TO THE REGISTRAR:

Judith Campbell	(818) 296-6544
4514 W. 115 th St. #4	skatemom0213@yahoo.com
Hawthorne, CA 90250	

The Registration Desk will be located in the main lobby of the rink. All skaters and coaches must register upon arrival. **Competitors must check in with the Registrar at least 45 minutes prior to their scheduled events.** At the discretion of the Referee, events may begin before the scheduled time.

INFORMATION:

Chair

Carla Golubski	(818) 521-2388
10608 Alabama Ave.	carlagolubski@hotmail.com
Chatsworth, CA 91311	

NEARBY HOTEL ACCOMMODATIONS:

Best Western

16905 S Pioneer Blvd, Artesia, CA (0.55 miles away)
562-402-2202

Travelodge

11854 Artesia Blvd, Artesia, CA (0.52 miles away)
562-402-0070

Ramona Inn

17510 Pioneer Blvd, Artesia, CA (0.45 miles away)
562-924-6700

Norwalk Marriott

13111 Sycamore Drive, Norwalk, CA (3.58 miles away)
562-863-5555

FREE SKATING EVENTS

Program times allow plus or minus 10 seconds except those specified as Maximum. **If specified as Maximum, there is no additional 10 second allowance and there is no minimum time.** Skater's age and test level as of the close of entries (Saturday, April 17, 2010) shall govern. All references to the Axel jump include one foot Axel and inside Axel. Program times are per the 2010 U.S. Figure Skating Rulebook. Judges shall deduct .2 from each mark for each forbidden move judged under the 6.0 system.

SENIOR:

SHORT PROGRAM: Shall be skated in accordance with Rules 3641 (Men) and 3642 (Ladies) of the current Rulebook. Program time: 2:50 minutes MAX.

FREE SKATING: Shall be skated in accordance with Rule 3643 of the current Rulebook. Program time: 4:30 minutes for Men and 4:00 minutes for Ladies.

JUNIOR: Skaters may not have passed the Senior Free Skating Test.

SHORT PROGRAM: Shall be skated in accordance with Rules 3651 (Men) and 3652 (Ladies) of the current Rulebook. Program time: 2:50 minutes MAX. Group C will be skated.

FREE SKATING: Shall be skated in accordance with Rule 3653 of the current Rulebook. Program time: 4:00 minutes for Men and 3:30 minutes for Ladies.

NOVICE: Skaters may not have passed the Junior Free Skating Test.

SHORT PROGRAM: Shall be skated in accordance with Rules 3661 (Men) and 3662 (Ladies) of the current Rulebook. Program time: 2:30 minutes MAX.

FREE SKATING: Shall be skated in accordance with Rule 3663 of the current Rulebook. Program time: 3:30 minutes for Men and 3:00 minutes for Ladies.

INTERMEDIATE: Skaters may not have passed the Novice Free Skating Test.

SHORT PROGRAM: Shall be in accordance with Rule 3671 of the current Rulebook. Program time: 2:00 minutes Maximum

FREE SKATING: Shall be in accordance with Rule 3672 of the current Rulebook. Program time: 2:30 minutes

OPEN JUVENILE FREE SKATING: Skaters must be 13 years of age or older and not have passed the Intermediate Free Skating Test. Program duration and content per Rules 3680/3681 of the current Rulebook.

JUVENILE FREE SKATING: Skaters shall be 12 years of age or younger and not have passed the Intermediate Free Skating Test. Program duration and content per Rules 3680/3681 of the current Rulebook.

PRE-JUVENILE FREE SKATING: Skaters must not have passed the Juvenile Free Skating Test. Program duration 2:00 and content per Rules 3690/3691 of the current Rulebook. Double Axel is not allowed.

PRELIMINARY FREE SKATING: Skaters must not have passed the Pre-Juvenile Free Skating Test. Program duration 1:30 and content per Rules 3700/3701 of the current Rulebook. Double Axel is not allowed.

PRE-PRELIMINARY FREE SKATING: Skaters must not have passed the Preliminary Free Skating Test. Program duration is 1 minute 30 seconds. Program content per Rule 3711 of the current Rulebook.

SUNBATHER GIRLS/BEACHCOMBER BOYS FREE SKATING (NO TEST LEVEL 3): Skaters must not have passed the Pre-Preliminary Free Skating Test. Program duration is 1 minute 30 seconds. Program content per Rule 3721 of the current Rulebook, except no jump spins permitted.

DOLPHIN GIRLS/SHARK BOYS FREE SKATING (NO TEST LEVEL 2): Skaters must not have passed any U.S. Figure Skating Tests. Program length is 1:40 minutes MAXIMUM. Program content per Rule 3721 of the current Rulebook, except only half revolution jumps permitted plus Salchow, Toe Loop and Half Loop. No jump spins permitted.

SEA JEWEL GIRLS/SEA RANGER BOYS FREE SKATING (NO TEST LEVEL 1): AGES 6 AND UNDER. Skaters must not have passed any U.S. Figure Skating Tests. Free skating time to their music is 1:10 minutes MAXIMUM and shall consist of the following elements performed once in any order using full ice: Forward Swizzles (min. 3), Backward Wiggles (min. 3), Dip, Bunny Hop, and 1 or 2 foot Snowplow Stop. **No additional jump or spin elements will be allowed. Judges will deduct 0.2 for each omission or illegal move performed.** Marks will be awarded for Required Elements and Performance **with Required Elements breaking the tie.**

ADULT GOLD FREE SKATING: Age qualifications per Rule 3730 of the current Rulebook. Eligibility and Program content per Rules 3780 & 3781 of the current Rulebook. Duration 2:40 MAX.

ADULT SILVER FREE SKATING: Must not have passed the Adult Gold Free Skating Test. Age qualifications per Rule 3730. Eligibility and Program content per Rules 3790 & 3791 of the current Rulebook. Duration 2:10 MAX.

ADULT BRONZE FREE SKATING: Must not have passed the Adult Silver Free Skating Test. Age qualifications per Rule 3730. Eligibility and Program content per Rules 3800 & 3801 of the current Rulebook. Duration 1:50 MAX.

ADULT PRE-BRONZE FREE SKATING: must not have passed the Adult Bronze Free Skating Test. Age qualifications per Rule 3730. Eligibility and Program content per Rules 3805 & 3806 of the current Rulebook. Duration 1:40 MAX.

SPIN EVENTS

Age and test requirements are the same as for Free Skating. Three spins will be skated once each in program format on half ice without music. The required spins may be skated in any order. Connecting steps are allowed but will not be judged. Only the required spins as described for each level may be performed. Emphasis will be placed on the overall performance of each spin. Skaters will be given one mark for technical merit from each judge. Boys and girls may compete against each other. **Time limits will be 1:40 maximum for all events.**

SENIOR SPINS:

- Flying spin of choice (minimum 6 revolutions)
- Spin combination consisting of two changes of foot and two changes of position (minimum 15 revolutions total)
- Spin combination consisting of three positions and one change of foot (minimum 5 revolutions each foot).

JUNIOR SPINS:

- Flying sit spin (minimum 6 revolutions)
- Layback or cross foot spin (minimum 6 revolutions)
- Spin combination consisting of three positions and one change of foot (minimum 5 revolutions each foot)

NOVICE SPINS:

- Choice of camel spin, sit spin, or layback spin (minimum 6 revolutions in position)
- Flying camel spin (minimum 5 revolutions)
- Spin combination consisting of one change of foot and 2 changes of position (minimum 5 revolutions each foot).

INTERMEDIATE SPINS:

- Sit spin to change foot sit spin (minimum 4 revolutions in position)
- Camel spin to back camel spin (minimum 4 revolutions in position)
- Spin combination consisting of one change of foot and one change of position (minimum 4 revolutions each foot)

JUVENILE/OPEN JUVENILE SPINS:

- Forward Sit Spin (minimum 4 revolutions)
- Ladies-Layback or Attitude / Men-Forward Camel Spin (minimum 4 revolutions)
- Spin Combination with only one change of foot and no change of position (minimum 4 revolutions on each foot)

PRE-JUVENILE SPINS:

- Camel Spin (minimum 3 rev)
- Ladies-Layback or Attitude / Men-Forward Sit Spin (minimum 3 revolutions)
- Change Foot Spin with only one change of foot and no change of position (minimum 3 revolutions on each foot)

PRELIMINARY SPINS:

- Forward Sit Spin (minimum 3 revolutions)
- One Foot Back Spin (minimum 3 revolutions)
- Spin Combination with only one change of position and no change of foot (minimum 4 revolutions).

PRE-PRELIMINARY SPINS:

- Two foot spin (minimum 3 revolutions)
- One foot spin (minimum 3 revolutions)
- Spin Combination with only one change of position and no change of foot (minimum 3 revolutions).

ADULT SPINS:

- Sit Spin (minimum 4 revolutions in position)
- Camel Spin (minimum 4 revolutions in position)
- Combination Spin with either change of foot OR change of position (minimum 6 revolutions total)

JUMP EVENTS

Age and test requirements are the same as for Free Skating. Jump competition events will consist of three prescribed jumps plus a jump of the skaters choice for Pre-Preliminary and Preliminary and a jump combination of the skaters choice for Pre-Juvenile through Senior, subject to restrictions for each level as listed below. The jumps may be performed in any order in a program without music. Connecting footwork may be incorporated in the program but should be kept to a minimum and will be judged only in the case of jumps immediately preceded by connecting steps and/or comparable free skating movements. There will be a 0.2 deduction for added elements or repeated jumps (attempts count). Ladies and men will compete against each other at all levels. One mark will be awarded by the judges.

SENIOR: Axel or double Axel, any two double or triple jumps, any combination of two jumps. One jump must be immediately preceded by connecting steps and/or comparable free skating movements.

Time: 1:40 minutes (maximum); Full ice event

JUNIOR: Axel, double loop, double Lutz, any combination of two jumps. One jump must be immediately preceded by connecting steps and/or comparable free skating movements.

Time: 1:40 minutes (maximum); Full ice event

NOVICE: Axel, double loop, double Lutz, any combination of two jumps. One jump must be immediately preceded by connecting steps and/or comparable free skating movements.

Time: 1:40 minutes (maximum); Full ice event

INTERMEDIATE: Axel, Walley, double flip, any combination of two jumps. One jump must be immediately preceded by connecting steps and/or comparable free skating movements.

Time: 1:40 minutes (maximum); Full ice event

JUVENILE/ OPEN JUVENILE: Axel, double toe loop, double Salchow, any combination of two jumps. One jump must be immediately preceded by connecting steps and/ or comparable free skating movements.

Time: 1:40 minutes (maximum); Full ice event

PRE-JUVENILE: Half loop, Lutz, Axel, any combination of two single jumps

Time: 1:40 minutes (maximum); Half ice event

PRELIMINARY: Flip, loop, Lutz, one single jump of skater's choice (no Axel)

Time: 1:40 minutes (maximum); Half ice event

PRE-PRELIMINARY: Waltz jump, toe loop, Salchow, one single jump of skater's choice (no Axel)

Time: 1:40 minutes (maximum); Half ice event

ADULT JUMPS:

- Single Flip
- Combination of any two single jumps

COMPULSORY PROGRAM EVENTS

Compulsory Programs must be performed as a continuous program with all elements performed once, in any order, without music and without additional elements or excessive embellishment. (Additional elements include jumps of ½ revolution or more & spins or spin-like movements of 1 revolution or more. Excessive embellishment includes excessive posing, unnecessary or excessive step sequences & unprescribed moves such as spirals, Ina Bauer, etc). Moves in the Field elements are each considered a single element and may not be split but must be performed in its entirety as they would be in a Moves in the Field test. It is not permitted to perform a portion of the move, then another element and then the rest of the move.

Two marks will be awarded – one for Required Elements and one for Presentation -- with the mark for Required Elements breaking ties. **Boys & Girls may compete against each other at the discretion of the referee as per Rule 1462.**

OPEN JUVENILE COMPULSORY PROGRAM: Skaters must not have passed the Intermediate Free Skating Test. Skaters shall use the full ice surface and must be over 13 years of age. Elements are as follows:

- Eight Step Mohawk Sequence (TR 25.04 (1); JM Pattern 1)
- Forward Double 3-Turns in the Field (TR 25.04 (4); JM Pattern 4)
- Combination jump (any 2 singles including Axel)
- Combination spin with only one change of foot (minimum 4 revolutions on each foot) position free.

JUVENILE COMPULSORY PROGRAM: Open to skaters 12 years of age or younger. Compulsory Program and rules are the same as for Open Juvenile.

PRE-JUVENILE COMPULSORY PROGRAM: Skaters must not have passed the Juvenile Free Skating Test. Skaters shall use the full ice surface. The elements are:

- Forward Outside-Back Inside 3-Turns in the Field (TR 25.03 (3); PJM Pattern 3)
- Five Step Mohawk Sequence (TR 25.03 (6); PJM Pattern 6)
- Single Lutz Jump
- Combination Spin with no change of foot and only one change of position. Any 2 positions allowed (min 3 rev in each)

PRELIMINARY COMPULSORY PROGRAM: Skaters must not have passed the Pre-Juvenile Free Skating Test. Skaters shall use the full ice surface. Elements are as follows:

- Alternating Forward 3-Turns (TR 25.02 (4); PM Pattern 4)
- Consecutive Outside and Inside Spirals (TR 25.02 (2); PM Pattern 2)
- Loop Jump
- Sit Spin (minimum 3 revolutions in position)

PRE-PRELIMINARY COMPULSORY PROGRAM: Skaters must not have passed the Preliminary Free Skating Test. Skaters shall use half the ice surface. Elements are as follows:

- Consecutive Backward Inside Edges (minimum 4) (TR 25.01 (2); PPM Pattern 2)
- Waltz Eight (TR 25.01 (4); PPM Pattern 4)
- Single Toe Loop
- One Foot Upright Spin (minimum 4 rev).

ARTISTIC EVENTS

Artistic events are offered for all levels including Basic Skills. The technical difficulty of the program is not the main consideration in these marks. Single jumps (including Axel) are not limited, but only one double jump of the skater's choice is allowed in Preliminary and above, and no double jumps for Pre-Preliminary and below. Skating attire must be modest, dignified, and not garish or theatrical in design. Skating attire may, however, reflect the character of the music chosen. Any ornamentation attached to the clothing must be firmly fastened so as not to fall off while skating under normal competition conditions. Accessories and props are not permitted. Groups may be divided by age or draw. Skaters must provide their own music. Vocal music is acceptable. The judges will consider each presentation in terms of the skater's rhythmic movements, carriage and flow across the ice. Two marks will be given, one for Composition, and one for Presentation - the Presentation mark is the tie breaker.

Composition: The harmonious composition of the program as a whole, its variety, conformity with the music, and utilization of the ice surface. Presentation: originality and expression of the character of the music. **Competitors must enter the Artistic event at the same level as their Free Skating event.** Eligibility rules for Free Skating shall apply except where levels are combined. If entries in the Artistic classes are divided into groups, only one round will be skated.

SENIOR:	Senior Ladies/Men	Program Time 2:40 minutes Maximum
JUNIOR:	Junior Ladies/Men	Program Time 2:40 minutes Maximum
NOVICE:	Novice Ladies/Men	Program Time 2:10 minutes Maximum
INTERMEDIATE:	Intermediate Ladies/Men	Program Time 2:10 minutes Maximum
OPEN JUVENILE/JUVENILE:	Open Juvenile/Juv. Girls/Boys	Program Time 2:10 minutes Maximum
PRE-JUVENILE:	Pre-Juvenile Girls/Boys	Program Time 1:40 minutes Maximum
PRELIMINARY:	Preliminary Boys/Girls.	Program Time 1:40 minutes Maximum
PRE-PRELIMINARY:	Pre-Preliminary Boys/Girls	Program Time 1:40 minutes Maximum
SUNBATHERS/BEACHCOMBERS:	Freestyle 4 to 6	Program Time 1:40 minutes Maximum
DOLPHINS/SHARKS:	Freestyle 1 to 3	Program Time 1:40 minutes Maximum
SEA JEWELS2/SEA RANGERS2:	Basic 4 to 8	Program Time 1:10 minutes Maximum
SEA JEWELS1/SEA RANGERS1:	Snowplow Sam to Basic 3	Program Time 1:10 minutes Maximum
ADULT:	Gold, Silver, Bronze Ladies/Men	Program Time 1:40 minutes Maximum.

Please Note: National Showcase 2010 -- A Competition in Theatrical Skating:

Competitors in the California Championships who place 1st through 4th in a singles artistic event may qualify for the USFS National Showcase 2010. Skaters eligible to enter National Showcase will have placed 1st through 4th as previously described and will have passed the Preliminary Free Skating test and above OR completed requirements for Adult Interpretive Free Skating and above. Please contact Melissa Bowman (email patinage_tx@verizon.net), Vice Chair for National Showcase for further details.

PAIR EVENTS

Preliminary, Juvenile, and Intermediate pairs will compete in free skating events only. Pairs may skate up one level, but may not compete below pair test level.

SENIOR: No test requirements.

SHORT PROGRAM: Shall be in accordance with Rule 4041 of the current Rulebook. The group to be skated will be Group B.
Program time: 2:50 minutes Maximum

FREE SKATING: Shall be in accordance with rule 4042 of the current Rulebook. Program time: 4:30 minutes

JUNIOR: Skaters must not have passed the Senior Pair Test.

SHORT PROGRAM: Shall be in accordance with Rule 4051 of the current Rulebook. The group to be skated will be Group B.
Program time: 2:50 minutes Maximum

FREE SKATING: Shall be in accordance with Rule 4052 of the current Rulebook. Program time: 4:00 minutes

NOVICE: Skaters must not have passed the Junior Pair Test.

SHORT PROGRAM: Shall be in accordance with Rule 4061 of the current Rulebook. The group to be skated will be Group B.
Program time: 2:50 minutes Maximum

FREE SKATING: Shall be in accordance with Rule 4062 of the current Rulebook. Program time: 3:30 minutes

INTERMEDIATE: Neither partner may have passed the Novice Pair Test. **FREE SKATING:** Shall be in accordance with rule 4071 of the current Rulebook. Program time: 3:00 minutes

JUVENILE: Skaters must not have passed the Intermediate Pair test. **FREE SKATING:** Shall be in accordance with Rule 4081 of the current Rulebook. Program time: 2:30 minutes.

PRE-JUVENILE: Skaters must not have passed the Juvenile Pair test. **FREE SKATING:** Shall be in accordance with Rule 4091 of the current Rulebook. Program time: 2:00 minutes.

PRACTICE ICE

Please contact the East/West Ice Palace (562) 809-6200 for information regarding regularly available freestyle & public sessions.

ENTRY FORM

SEVENTH ANNUAL CALIFORNIA CHAMPIONSHIPS

MAY 15 and 16, 2010

Sponsored by the Los Angeles Figure Skating Club
Sanctioned by U.S. Figure Skating

PLEASE PRINT

SKATER'S NAME: _____ MALE ___ FEMALE ___

ADDRESS: _____ ZIP: _____

PHONE NO: (____) _____ US Figure Skating #: _____

HOME CLUB: _____ EMAIL: _____

AGE: _____ DATE OF BIRTH (IF UNDER 21 years): _____

ATTENDING COACH & PHONE: _____

COACH'S ADDRESS: _____

PARTNER'S NAME: _____

CHAPERONE 1: _____

CHAPERONE 2: _____

HIGHEST TEST PASSED: _____
Free Skating Moves in the Field Pair

ENTRY FEES

Please make checks payable to the **LOS ANGELES FIGURE SKATING CLUB**
\$65 for the first Compulsory Moves, Free Skating or Artistic event **except as listed below**
\$50 for first Basic Skills event
\$35 for **each additional event entered**
\$90 for Pair team

CERTIFICATION OF AUTHORIZED CLUB OFFICIAL & PARENT OR GUARDIAN

CLUB CERTIFICATION: I certify that the above named entrant is a member in good standing of my club and is a registered eligible person as defined by the official rules of U.S. Figure Skating.

Signature of Authorized Home Club Official

Home Club / Official Title /Date **(Please Print)**

Signature of Coach

(Please Print Name)

The undersigned (parent or legal guardian if competitor is under 18 years of age) agrees to hold harmless U.S. Figure Skating, the Los Angeles Figure Skating Club and the East/West Ice Palace from any and all loss, damage and/or injury of what so ever kind or nature, that may be sustained by the entrant in any manner while participating in all activities of said competition.

Signature of Competitor / Date

Signature of Parent or Legal Guardian / Date

EVENTS ENTERED

	FREE SKATING	ARTISTIC	COMPULSORY OR SHORT* PROGRAM	SPINS	JUMPS
Senior Ladies					
Senior Men					
Senior Pairs					
Junior Ladies					
Junior Men					
Junior Pairs					
Novice Ladies					
Novice Men					
Novice Pairs					
Intermediate Ladies					
Intermediate Men					
Intermediate Pairs					
Open Juvenile Ladies					
Open Juvenile Men					
Juvenile Girls					
Juvenile Boys					
Juvenile Pairs					
Pre-Juvenile Girls					
Pre-Juvenile Boys					
Pre-Juvenile Pairs					
Preliminary Girls					
Preliminary Boys					
Pre-Preliminary Girls					
Pre-Preliminary Boys					
Sunbather Girls(Level 3)					
Beachcomber Boys (Level 3)					
Dolphin Girls (Level 2)					
Shark Boys (Level 2)					
Sea Jewel Girls (Level 1)					
Sea Ranger Boys (Level 1)					
Adult Gold Ladies					
Adult Gold Men					
Adult Silver Ladies					
Adult Silver Men					
Adult Bronze Ladies					
Adult Bronze Men					
Adult Pre-Bronze Ladies					
Adult Pre-Bronze Men					

- **NOTE: Short Program is for Intermediate and higher levels only, other levels refer to compulsory program.**
- **Competitors entering IJS events must complete the attached planned program content sheet and return it with their entry form.**

****ENTRIES MUST BE IN THE HANDS OF THE REGISTRAR BY Saturday, APRIL 17, 2010.**

LATE ENTRY FEE IS \$20 ADDITIONAL.

****ALL FEES MUST ACCOMPANY THIS APPLICATION AND ARE NOT REFUNDABLE UNLESS NO EVENT IS HELD. RETURNED CHECK PROCESSING FEE IS \$20**

SEND ENTRY FORM AND FEES TO REGISTRAR:

Judith Campbell
4514 W. 115th St. #4
Hawthorne, CA 90250

(818) 296-6544
skatemom0213@yahoo.com

*7th ANNUAL
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Basic Skills Events

ELIGIBILITY RULES FOR PARTICIPANTS IN BASIC SKILLS EVENTS

Basic Skills events are open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club.

Eligibility will be based on skill level as of closing date of entries. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or Individual dances.

For the Free skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate 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.

GENERAL RULES

Please see the General Rules section on page one of the announcement for all other information including information on facilities, judging, music, awards, schedule, video taping, photography, and admission.

ARTISTIC EVENTS

Artistic events are offered for all levels including Basic Skills. The technical difficulty of the program is not the main consideration in these marks. Single jumps are not limited, and no double jumps for Pre-Preliminary and below. Skating attire must be modest, dignified, and not garish or theatrical in design. Skating attire may, however, reflect the character of the music chosen. Any ornamentation attached to the clothing must be firmly fastened so as not to fall off while skating under normal competition conditions. Accessories and props are not permitted. Groups may be divided by age or draw. Skaters must provide their own music. Vocal music is acceptable. The judges will consider each presentation in terms of the skater's rhythmic movements, carriage and flow across the ice. Two marks will be given, one for Composition, and one for Presentation - the Presentation mark is the tie breaker. Composition: The harmonious composition of the program as a whole, its variety, conformity with the music, and utilization of the ice surface. Presentation: originality and expression of the character of the music. **Competitors must enter the Artistic event at the same level as their Free Skating event.** Eligibility rules for Free Skating shall apply except where levels are combined. If entries in the Artistic classes are divided into groups, only one round will be skated.

SUNBATHERS/BEACHCOMBERS:	Freestyle 4 to 6	Program Time 1:40 minutes Maximum
DOLPHINS/SHARKS:	Freestyle 1 to 3	Program Time 1:40 minutes Maximum
SEA JEWELS2/SEA RANGERS2:	Basic 4 to 8	Program Time 1:10 minutes Maximum
SEA JEWELS1/SEA RANGERS1:	Snowplow Sam to Basic 3	Program Time 1:10 minutes Maximum

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8 – NO MUSIC

- Each skater will have the option to perform one element at a time
 - A. In the order listed below (no excessive connecting steps) **OR**
 - B. Will perform each element when directed by a judge or referee
- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><u>Snowplow Sam - TOTS:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle -- clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive -- both directions 3. One foot spin -- min of three revolutions 4. Hockey stop 5. Side Toe hop -- either direction
<p><u>Basic 1:</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles - 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn -- R & L from a standstill 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge -- R or L 5. T-stop -- R or L
<p><u>Basic 2:</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide -- either foot 2. Forward alternating ½ swizzle pumps, in a straight line across width of ice 3. Two foot turn in place -- forward to backward 4. Backward two foot swizzles -- 6- 8 in a row 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk -- R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position -- clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3:</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise -- 6-8 consecutive 3. Moving forward to backward two foot turn -- either direction 4. Backward one foot glide -- either foot 5. Two foot spin 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside 3 turns -- R and L 2. Waltz jump 3. Mazurka -- either direction 4. Combination move -- clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge) 5. Beginning one-foot upright spin, optional free foot position
<p><u>Basic 4:</u></p> <ol style="list-style-type: none"> 1. Forward outside 3-turn -- R and L from a standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers -- 6-8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop -- R or L 	

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8 - WITH MUSIC

- The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.
- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level.
- Time: 1:00 +/- 10 seconds

<p><u>Snowplow Sam - TOTS:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle -- clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive -- both directions 3. One foot spin -- min of three revolutions 4. Side Toe hop -- either direction 5. Hockey stop
<p><u>Basic 1:</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles -- 6-8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn -- R & L from a standstill 2. Bunny Hop 3. Forward arabesque spiral on a straight line -- R or L 4. Lunge -- R or L 5. T-stop -- R or L
<p><u>Basic 2:</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide -- either foot 2. Two foot turn in place -- forward to backward 3. Backward two foot swizzles -- 6-8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk -- R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position - clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3:</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise -- 6 -8 consecutive 3. Moving forward to backward two foot turn -- either direction 4. Backward one foot glide -- either foot 5. Two foot spin 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside 3 turns R and L 2. Waltz jump 3. Mazurka -- either direction 4. Combination move -- clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge) 5. Beginning one-foot upright spin, optional free foot position
<p><u>Basic 4:</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers -- 6-8 consecutive both directions 3. Forward outside 3-turn -- R and L from a standstill 4. Backward stroking 5. Backward snowplow stop -- R or L 	

BASIC SKILLS FREE SKATE ELEMENTS EVENT: FREE SKATE 1-6 - NO MUSIC

- In 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 but is not required to use any additional elements from previous levels**
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 minute or less

<p><u>Freeskate level 1 Compulsory:</u></p> <ol style="list-style-type: none"> 1. Advanced forward stroking -- 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges -- 2-4 outside and 2-4 inside 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Freeskate level 4 Compulsory:</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise 2. Forward power 3's, 2-3 consecutive sets --R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p><u>Freeskate level 2 Compulsory:</u></p> <ol style="list-style-type: none"> 1. Forward outside spiral -- R or L. and a forward inside spiral -- R or L 2. Waltz Threes -- R or L 3. Beginning back spin -- entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p><u>Freeskate level 5 Compulsory:</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
<p><u>Freeskate level 3 Compulsory:</u></p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4-6 consecutive 3. Back spin 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Freeskate level 6 Compulsory:</u></p> <ol style="list-style-type: none"> 1. Five step Mohawk sequence -- 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 6) 2. Camel, sit spin combination -- minimum of 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump

BASIC SKILLS FREE SKATE EVENT: FREE SKATE 1-6 - WITH MUSIC

- The skating order of the required elements is optional.
- The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- **Vocal music is allowed.**
- **The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.**
- A .2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10sec

Freestyle 1:	Freestyle 4:
<ol style="list-style-type: none"> 1. Advanced Forward stroking. 4-6 strokes 2. Scratch spin from back crossovers 3. Waltz jump from back crossovers 4. Half flip jump 	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin 3. Loop jump 4. Waltz jump/loop jump
Freestyle 2:	Freestyle 5:
<ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop 	<ol style="list-style-type: none"> 1. Camel spin 2. Forward upright spin to back upright spin 3. Loop/loop combination jump 5. Flip jump
Freestyle 3:	Freestyle 6:
<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop 	<ol style="list-style-type: none"> 1. Camel/sit spin combination, min of 4 revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

ENTRY FORM

SIXTH ANNUAL CALIFORNIA CHAMPIONSHIPS

MAY 15 and 16, 2010

Sponsored by the Los Angeles Figure Skating Club
Sanctioned by U.S. Figure Skating

PLEASE PRINT

SKATER'S NAME: _____ MALE _____ FEMALE _____

ADDRESS: _____ ZIP: _____

PHONE NO: (____) _____ US Figure Skating #: _____

HOME CLUB: _____ EMAIL: _____

AGE: _____ DATE OF BIRTH (IF UNDER 21 years) _____

ATTENDING COACH & PHONE: _____

COACH'S ADDRESS: _____

PARTNER'S NAME: _____

CHAPERONE 1: _____

CHAPERONE 2: _____

HIGHEST TEST PASSED: _____
Free Skating Moves in the Field Pair

ENTRY FEES

Please make checks payable to the **LOS ANGELES FIGURE SKATING CLUB**
\$65 for the first Compulsory Moves, Free Skating or Artistic event **except as listed below**
\$50 for first Basic Skills or No Test level Boys/Girls event
\$35 for **each additional event entered**
\$90 for Pair team

CERTIFICATION OF AUTHORIZED CLUB OFFICIAL & PARENT OR GUARDIAN

CLUB CERTIFICATION: I certify that the above named entrant is a member in good standing of my club/rink and is a registered eligible person as defined by the official rules of U.S. Figure Skating.

Signature of Authorized Home Club Official or Skating Director

Home Club / Official Title /Date **(Please Print)**

Signature of Coach

(Please Print Name)

The undersigned (parent or legal guardian if competitor is under 18 years of age) agrees to hold harmless U.S. Figure Skating, the Los Angeles Figure Skating Club and the East/West Ice Palace from any and all loss, damage and/or injury of what so ever kind or nature, that may be sustained by the entrant in any manner while participating in all activities of said competition.

Signature of Competitor / Date

Signature of Parent or Legal Guardian / Date

BASIC SKILLS EVENTS ENTERED

	Basic Elements No Music	Basic Programs With Music	Freeskate Elements No Music	Freeskate Programs With Music	Artistic
Snowplow Sam					
Basic 1					
Basic 2					
Basic 3					
Basic 4					
Basic 5					
Basic 6					
Basic 7					
Basic 8					
Freeskate 1					
Freeskate 2					
Freeskate 3					
Freeskate 4					
Freeskate 5					
Freeskate 6					
Sea Jewel 1 Girls					
Sea Ranger 1 Boys					
Sea Jewel 2 Girls					
Sea Ranger 2 Boys					
Dolphin Girls					
Shark Boys					
Sunbather Girls					
Beachcomber Boys					

****ENTRIES MUST BE IN THE HANDS OF THE REGISTRAR BY SATURDAY, APRIL 18, 2009.**

LATE ENTRY FEE \$20 ADDITIONAL.

****ALL FEES MUST ACCOMPANY THIS APPLICATION AND ARE NOT REFUNDABLE. RETURNED CHECK PROCESSING FEE \$20**

SEND ENTRY FORM AND FEES TO REGISTRAR:

Judith Campbell
4514 W. 115th St. #4
Hawthorne, CA 90250

(818) 296-6544
skatemom0213@yahoo.com