



2009 Indiana Figure Skating Championships

December 5-6, 2009

Hosted by Sycamore Ice Skating Club

IJS Judging System will be used for
Intermediate through Senior short program &
Juvenile-Senior competitive Free Skating

Fees

All fees are per skater as follows:

\$70 All first singles events (except Basic Skills)

\$60 First Pairs of Couples Dance
(\$30 per skater)

\$25 Each additional event (including Solo Dance)

\$30 Basic Skills, \$25 2nd Basic Skills event

**ENTRIES MUST BE POSTMARKED BY
NOVEMBER 5, 2009.**

Mail entry form with your check made payable to:
Sycamore Ice Skating Club

Send To

Andrea Yovanovich
9779 Briarway Lane
McCordsville, IN 46055

A NSF fee of \$25 will be charged for all returned checks.

Schedule of events

Check official bulletin board and/or registration table immediately upon arrival for any changes. No admission fee will be charged for any event. If you provide a self-addressed stamped envelope, the schedule will be mailed to you. Schedules will be emailed ONLY to those who furnish an email address.

Entries and Eligibility

The competition is 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, **November 5, 2009**. 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.

A minimum of two entries will be required for all flights to be scheduled. Entrants may compete at their current test level as of **November 5, 2009**, or one level above, but not both in any one event except Solo Dance (up to 6 dances). The competition is open to all eligible skaters who are registered for 2009-2010 year and are either residents of Indiana or current members of an Indiana club.

Practice Ice Schedules

A limited amount of practice ice will be available throughout the event. Practice ice forms are included in this packet and should be mailed with your entry form. You will receive your practice ice times with your competition schedule. Practice ice will be sold on a first-come, first-served basis and walk-on if space is available. Each practice ice session will be 20 minutes in duration and will be limited to 20 or fewer skaters. The number of skaters will be at the discretion of the practice ice monitor.

Location

The Indiana/World Skating Academy has two ice surfaces: both measure 200 feet X 85 feet, with rounded corners. Both rinks may be used for competition and practice ice. Dressing rooms will be available on the lower level during practice and competition. Circle Centre mall, which is located across the street from Pan Am Plaza, has a food court. A variety of dining options are within walking distance.

Sanctioning

This non-qualifying competition is sanctioned by US Figure Skating and will be conducted in accordance with the rules as set forth in the 2010 rulebook, except as modified in this announcement.

Chief Referee: Rick Kern

Registration

The registration table will be located in the American Rink of I/WUSA. The table will open one hour prior to the first practice session and will remain open until the last event closes each day. Any changes of events or times will be posted at the registration table. Skaters should arrive at the facility a minimum of one hour prior to their scheduled event and should check in with the ice monitor at least 20 minutes prior to the scheduled start time of their event.

Closing Date

Entries must be postmarked by midnight **November 5, 2009**. Late entries will be assessed a \$25 late fee. No refunds after the closing date unless the event is cancelled for lack of participation.

Awards

Medals will be awarded for the first three places in each group. Ribbons will be awarded for the remaining placements. Awards will be presented shortly after the results for each event are posted. Skaters receiving awards should appear dressed in their competition outfits and skates for the award ceremonies.

Best All Around Skater Award

Will be awarded to the top three Novice, Junior or Senior level skaters accumulating the most points during the competition. The points are accrued by the placement awarded for each of four events in which the skater competes. Although he/she may compete in more events, the skater may choose a maximum of four events to apply toward this award, two of which must be the Short and Long Program. The higher level of success in these chosen events, the more points accumulated. The skater must indicate on the entry form by circling the events he/she would like used toward Best All-Around Skater Award. The Indiana Council of Figure Skating Clubs have donated these trophies.

Challenge Trophy

Will be awarded to the club earning the highest accumulation of points based on the following point system. 1st place – 5 points, 2nd place – 4 points, 3rd place – 3 points, 4th place – 2 points, 5th place – 1 point.

Music

Music must be on CDs and with a Dolby Digital logo imprint or it will not play. Do NOT use a re-recordable CD-RW. Each disc must have ONLY ONE track on it. In the case of short and long programs, two separate CD's must be used. Any disc with more than one track will NOT be accepted. Use a permanent marker to clearly indicate skater's name, level and event on the CD. ALL MUSIC MUST BE TURNED IN AT TIME OF REGISTRATION. Competitors are reminded to bring a back-up CD. Skaters should remember to pick up their music at the registration desk after their event.

Basic Skills Music

SISC will provide music for basic skills events. Should you need a copy, please email andreyovanovich@yahoo.com.

Video

We are working to secure a videotaping service for purchase. Those interested in videotaping for personal use are required to remain in the bleachers. Electrical outlets may not be used.

Photography

Deavers Photography will be taking action photos during the events for purchase. NO FLASH PHOTOGRAPHY IS ALLOWED DURING THE COMPETITION, AS IT IS DANGEROUS FOR THE SKATERS. Those interested in taking personal photos must remain in the bleachers. Electrical outlets may not be used.

Hotel Accommodations

The following hotels are all within walking distance of the Indiana/World Skating Academy. Please make your reservations while the blocks are available because there is an Indianapolis Colts game on December 6, 2009, and some hotels are already filling up for that weekend. You must identify yourself as a competitor for the Indiana Figure Skating Championships when making reservations to obtain these rates.

Indianapolis Marriott Downtown
350 West Maryland Street
Indianapolis, IN 46225
(317) 822-3500
www.marriott.com/
Cut-off date is November 6, 2009
\$119 + tax 3 blocks away

Indianapolis Omni Severin Downtown
40 West Jackson Place
Indianapolis, IN 46225
(317) 634-6664 1-888-444-OMNI
www.omnihotels.com
Cut-off date is November 6, 2009
\$99 + tax Across street

Conrad Indianapolis
50 West Washington Street
Indianapolis, IN 46204
800-688-9416 (toll free) or
317-713-5000 (hotel direct)
<http://conradhotels1.hilton.com/>
Cut-off date is November 4, 2009
\$155+ tax 3 blocks away

BASIC SKILLS ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** to 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

Snowplow Sam - Tots

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

Basic 1

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

Basic 2

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

Basic 3

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

Basic 4

1. Forward outside three turn – R & 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 5

1. Backward outside edge on a circle clockwise or counterclockwise
2. Backward crossovers 6-8 consecutive – both directions
3. One foot spin – minimum of three revolutions
4. Hockey stop
5. Side Toe Hop – either direction

Basic 6

1. Forward inside 3-turn – R & L from a standstill
2. Bunny Hop
3. Forward spiral on a straight line – R or L
4. Lunge – R or L
5. T-stop – R or L

Basic 7

1. Forward inside open mohawk – R to L and L to R
2. Ballet jump (either direction)
3. Backward crossovers to a back outside edge landing position, clockwise and counter clockwise
4. Forward inside pivot

Basic 8

1. Moving forward outside or forward inside three turns R & L
2. Waltz jump
3. Mazurka – either direction
4. Combination move: clockwise or counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge
5. Beginning one-foot upright spin – optional free foot position

BASIC SKILLS PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

Format: 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 **1/2** ice
- Basic Skills Music for 2009. SISC will provide music for basic skills events. Should you need a copy, please email andreyovanovich@yahoo.com.
- The skater may use elements from a previous level.
- A .2 deduction will be taken for each element performed from a higher level.

Snowplow Sam - Tots

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

Basic 1

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

Basic 2

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 1/2 swizzle pumps, in a straight line-across width of ice
5. Moving snowplow stop

Basic 3

1. Forward stroking
2. Forward 1/2 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

Basic 4

1. Forward outside edge on a circle clockwise or counter clockwise
2. Forward crossovers 6-8 consecutive both directions
3. Forward outside three turn – R & L from a standstill
4. Backward stroking
5. Backward snowplow stop – R or L

Basic 5

1. Backward outside edge on a circle clockwise or counterclockwise
2. Backward crossovers 6-8 consecutive – both directions
3. One foot spin – minimum of three revolutions
4. Side Toe Hop – either direction
5. Hockey stop

Basic 6

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

Basic 7

1. Forward inside open Mohawk – R to L and L to R
2. Ballet jump (either direction)
3. Backward crossovers to a back outside edge landing position, clockwise and counter clockwise
4. Forward inside pivot

Basic 8

1. Moving forward outside or forward inside three turns R & L
2. Waltz jump
3. Mazurka – either direction
4. Combination move: clockwise or counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge
5. Beginning one-foot upright spin – optional free foot position

Compulsory Events

Format: 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
- Deduction will be taken for additional or repeated elements.
- Skaters may have the option to skate one level higher in compulsories than their free skate program.
- Double jumps may not be substituted for single jumps. An Axel is considered a single jump.
- Combination jumps may not have a change of foot or turn between jumps.
- Spins must be at least 4 revolutions unless otherwise stated.

LEVEL	ELEMENTS	QUALIFICATIONS	LENGTH
Limited Beginner Compulsory	1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin (free leg position optional) 4. Forward or backward spiral	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills Free Skate badge tests.	1:00 MAX
Beginner Compulsory	1. Toe loop jump 2. Salchow jump 3. Forward scratch spin 4. Forward or backward spiral	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills Free Skate badge tests.	1:00 MAX
No Test Compulsory	1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit or camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills Free Skate badge tests, no official U.S. Figure Skating Free Skating tests passed.	1:00 MAX
Pre-Preliminary Compulsory	1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit or camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters may not have passed tests higher than U.S. Figure Skating Pre-Preliminary Free skating Test.	1:00 MAX
Preliminary Compulsory	1. Lutz jump 2. (2) Jump combination (may not use Lutz jump or Axel) 3. Camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters must have passed at least the U.S. Figure Skating Pre-Preliminary Free Skating test but may not have passed tests higher than the Preliminary Free Skating Test.	1:15 MAX

LEVEL	ELEMENTS	QUALIFICATIONS	LENGTH
Pre-Juvenile Compulsory	<ol style="list-style-type: none"> 1. Loop 2. Lutz 3. Combination Jump consisting of two single jumps (no change of foot) 4. Combination Spin: camel spin to sit spin. No change of foot (Min. of 6 revs total) 5. Straight line footwork. 	Skaters must have passed at least the U.S. Figure Skating Preliminary Free Skating test but may not have passed tests higher than the Pre-Juvenile Free Skating Test.	1:30 MAX

Free-Skating Events

Technical Data Concerning Competition Events:

- Free Skating requirements are according to the 2010 Rulebook.
- Free Skating Events – Well Balanced Program & Competitive Test Track.
- Short Program and Free Skating are separate events.
- IJS judging system will be used for Short Program (Intermediate through Senior) and Well-Balanced Free Skating (Juvenile through Senior). Deductions will be made for including elements not permitted in the event description.
- IJS planned program form can be found at USFigureSkating.org under Accts, Referees and Competition Trial Judge Forms. The form must be emailed to pfrey@talktotucker.com.
- Skaters may enter the event for which they have passed the required test or one level higher (i.e. Skaters may “skate up” one level) except as noted below and not more than one level in any event.
- Times stated for free skating events are +/- 10 seconds.
- Skaters may enter **EITHER** the *Test Track* or the *Well-Balanced Free Skate Track*, but NOT BOTH. All Test Track events will be judged under the 6.0 system.

Test Track Free Skating Events

Skaters may enter EITHER test track free skate program or the well-balanced track free skate program but NOT both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 0.1 from EACH mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions.

Level	Jumps	Spins	Steps	Qualifications	Length
Limited Beginner Test Track	Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.	Two upright spins, no change of foot (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.	1:40 Max
Beginner Test Track	Jumps with not more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two upright spins, change of foot optional (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.	1:30 +/- :10
Pre-Preliminary Test Track	Jumps with not more than one rotation (no Axels). Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted. Maximum 5 jump elements.	Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Pre-Preliminary Free Skating test.	1:30 +/- :10
Preliminary Test Track	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating Pre-Preliminary Free Skating test but may not have passed tests higher than the Preliminary Free Skating test.	1:30 +/- :10
Pre-Juvenile Test Track	Jumps with not more than one rotation (no axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements.	Three spins in any position (Min. 4 revs), one must be a combination spin with change of foot optional (min 3 revolutions on each foot or 6 total revolutions and no flying spins).	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters may not have passed tests higher than Pre-Juvenile FS test.	2:00 +/- :10

Level	Jumps	Spins	Steps	Qualifications	Length
Juvenile Test Track	Any single jumps and jump combinations with not more than 1 ½ rotations (axel permitted). Maximum 6 jump elements.	Three spins in any position (min. 4 revs), one must be a combination spin with one change of foot (min 4 revs on each foot). May include flying spins.	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters may not have passed tests higher than Juvenile FS test.	2:15 +/- :10
Intermediate Test Track	Any single jumps. Double jumps may only be the double Salchow and double toe loop. Jump combinations and sequences allowed. Maximum 6 jump elements.	Three spins in any position (min 4 revs) one must be a combination spin with at least one change of foot (min 4 revolutions on each foot). May include flying spins.	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters may not have passed tests higher than Intermediate FS test.	2:30 +/- :10
Novice Test Track	Any single jumps. Double jumps may only be the double Salchow, double toe loop and the double loop. Jump combinations and sequences allowed. Maximum 7 jump elements for men and 6 for ladies.	Three spins in any position (min 6 revolutions) one must be a combination spin with at least one change of foot (min 5 revolutions on each foot). May include flying spins.	One step or spiral sequence (see Rule 3660 for description).	Skaters may not have passed tests higher than Novice FS test.	Ladies 3:00, Men 3:30 +/- :10
Junior Test Track	Any single jumps. Double jumps may only be the double Salchow, double toe loop, double loop and the double flip. Jump combinations and sequences allowed. Maximum 8 jump elements for men and 7 for ladies.	Three spins--one must be a flying spin, a solo spin (min 6 revolutions each) and a combination spin consisting of all three positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot).	Men: One different step sequence. Ladies: One step sequence.	Skaters may not have passed tests higher than the Junior FS test.	Ladies 3:30, Men 4:00 +/- :10
Senior Test Track	At least four different double jumps –one must be a double Lutz. Jump combinations and sequences allowed. Maximum 8 jump elements for men and 7 for ladies.	Three spins –one must be a flying spin, a solo spin (min 6 revolutions each), and a combination spin consisting of all three positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot).	Men: Two different step sequences. Ladies: One step sequence and one spiral sequence (see Rule 3640 for description).	Skaters must have passed at least the USFS Junior FS test.	Ladies 4:00, Men 4:30 +/- :10

Well-balanced Free Skating Events
(U.S. Figure Skating rulebook requirements)

Level	Requirements	Qualifications	Time
No Test Free skate	A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3721 for more information.</i>	May not have passed any official U.S. Figure Skating Free Skating tests.	1:30 +/- :10
Pre-Preliminary A Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. (max 2) No double jumps permitted. No more than 3 combos. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3711 for more information.</i>	Must have passed no higher than U.S. Figure Skating Pre-Preliminary Free Skating test.	1:30 +/-:10
Pre-Preliminary B Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements. NO Axels/doubles allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature. Steps: one step sequence utilizing ½ ice surface. <i>Refer to U.S. Figure Skating rulebook #3711 for more information.</i>	Must have passed no higher than U.S. Figure Skating Pre-Preliminary Free Skating test.	1:30 +/-:10
Preliminary A FS	A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one of which must be an axel/waltz jump-type jump. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ the ice surface. <i>Refer to U.S. Figure Skating rulebook #3701 for more information.</i>	Must have passed the Preliminary Free Skating test.	1:30 +/- :10
Preliminary B FS	A well-balanced program consisting of: Jumps: maximum of 5 jump elements, no doubles allowed. Axels are permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ the ice surface. <i>Refer to U.S. Figure Skating rulebook #3701 for more information.</i>	May have passed the Preliminary Free Skating test.	1:30 +/-:10
Pre Juvenile FS	A well-balanced program consisting of: Maximum 5 jump elements. 1 Axel-type jump. Number of different double jumps is not limited. Axel & 3 double jumps may be repeated only once as individual jumps, in combination or in sequence. No more than 3 combinations or sequences. 1 combination may have 3 jumps / others only 2. Number of jumps in sequence is free. Double Axel & triple jumps are not permitted. Maximum 3 spins of a different nature (3). 1 step sequence using full ice surface. <i>Refer to U.S. Figure Skating rulebook #3690 for more information.</i>	May have passed the Pre Juvenile MIF and Free Skating tests.	2:00 +/- :10

Level	Requirements	Qualifications	Time
Juvenile Short Program	Short Program: A. Axel B. Lutz C. Solo Spin, min. 4 revs. in position D. Combination jump consisting of double and single (no change of foot) E. Combination spin with one change of foot, change of position optional, min. 4 revs. on each foot. Must include one of the following positions: camel, sit or attitude. F. Step sequence (straight, circular, or serpentine) utilizing the full ice surface.	Must be 12 years of age or younger as of 11/5/09	Short Program: 2:00 MAX
Juvenile FS	<i>Refer to U.S. Figure Skating rulebook #3680 for more information.</i>	Must be 12 years of age or younger as of 11/5/09	FS: 2:15 +/- :10
Open Juvenile Short Program	Same as Juvenile Short Program	Must be 13 years of age or older as of 11/5/09	Short Program: 2:00 MAX
Open Juvenile FS	FS <i>Refer to U.S. Figure Skating rulebook #3680 for more information.</i>	Must be 13 years of age or older as of 11/5/09	FS: 2:15 +/- :10
Intermediate	Short Program 2010 <i>Refer to U.S. Figure Skating rulebook #3670 for more information.</i> <i>Well-Balanced FS: Refer to U.S. Figure Skating rulebook #3672 for more information.</i>	Skaters may not have passed tests higher than Intermediate FS test.	Short: 2:00 MAX FS: 2:30 +/- :10
Novice	Short Program 2010 <i>Refer to U.S. Figure Skating rulebook #3661/3662 for more information.</i> <i>Well-Balanced FS: Refer to U.S. Figure Skating rulebook #3663 for more information.</i>	Skaters may not have passed tests higher than Novice FS test.	Short: 2:30 MAX FS: 3 minutes +/- :10
Junior	Short Program 2010 <i>Refer to U.S. Figure Skating rulebook #3651/3652 for more information.</i> <i>Well-Balanced FS: Refer to U.S. Figure Skating rulebook #3653 for more information.</i>	Skaters may not have passed tests higher than the Junior FS test.	Short: 2:50 MAX FS: Ladies 3:30, Men 4:00 +/- :10
Senior	Short Program 2010 <i>Refer to U.S. Figure Skating rulebook #3641/3642 for more information.</i> <i>Well-Balanced FS: Refer to U.S. Figure Skating rulebook #3643 for more information.</i>	Skaters must have passed at least the USFS Junior FS test.	Short: 2:50 MAX FS: Ladies 4:00, Men 4:30 +/- :10

Adult Free Skating Events

Level	Requirements	Qualifications	Time
Adult Basic Skills FS (skaters music choice) (\$30 entry)	Use elements from the Basic Skills Adult 1-4 curriculum	Must have passed no higher than Adult 4. The competitor must be 21 yrs. of age older on 11/5/09.	1:40 MAX
Adult Pre Bronze FS	<i>Refer to U.S. Figure Skating rulebook #3805 for more information</i>	Must have passed no higher than Adult Pre-Bronze Free Skating test or Pre-Pre Free Skating test. The competitor must be 21 yrs. of age older on 11/5/09.	1:40 MAX
Adult Bronze FS	<i>Refer to U.S. Figure Skating rulebook #3800 for more information</i>	Must have passed no higher than Adult Bronze Free Skating test or the Preliminary Free Skating test. The competitor must be 21 yrs. of age older on 11/5/09.	1:50 MAX
Adult Silver FS	<i>Refer to U.S. Figure Skating rulebook #3790 for more information</i>	Must have passed Adult Bronze FS and no higher than the Adult Silver FS, standard Juvenile before 10/1/94 or Pre-Juvenile after 10/1/94 or ISI 5 test. The competitor must be 21 yrs. of age or older on 11/5/09.	2:10 MAX
Adult Gold FS	<i>Refer to U.S. Figure Skating rulebook #3780 for more information</i>	Must have passed Adult Silver FS and no higher than the Adult Gold Test, standard Juvenile FS or ISI 6 test. The competitor must be 21 yrs. of age or older on 11/5/09.	2:40 MAX

Adult Compulsory Events

Level	Requirements	Qualifications	Time
Adult Pre Bronze Compulsory	<ol style="list-style-type: none"> 1. Waltz jump 2. One foot spin Min. 3 revs 3. Forward Spiral 4. Forward crossovers (both directions) 5. Half flip 	Must have passed no higher than Adult Pre-Bronze Free Skating test or Pre-Pre Free Skating test. The competitor must be 21 yrs. of age older on 11/5/09.	1:30 MAX
Adult Bronze Compulsory	<ol style="list-style-type: none"> 1. Salchow 2. Waltz jump/Toe loop combination 3. One foot back spin (3 revs) 4. Sit Spin (3 revs) 5. Forward Spiral 	Must have passed no higher than Adult Bronze Free Skating test or the Preliminary Free Skating test. The competitor must be 21 yrs. of age older on 11/5/09.	1:30 MAX
Adult Silver Compulsory	<ol style="list-style-type: none"> 1. Flip jump 2. Loop 3. Combination jump consisting of 2 Single jumps (no Axel) 4. Sit spin 5. Straight line footwork 	Must have passed Adult Bronze FS and no higher than the Adult Silver FS, standard Juvenile before 10/1/94 or Pre-Juvenile after 10/1/94 or ISI 5 test. The competitor must be 21 yrs. of age or older on 11/5/09.	1:30 MAX
Adult Gold Compulsory	<ol style="list-style-type: none"> 1. Lutz jump 2. Loop 3. Combination jump consisting of 2 single jumps 4. Camel spin (4 revs) 5. Circular footwork 	Must have passed Adult Silver FS and no higher than the Adult Gold Test, standard Juvenile FS or ISI 6 test. The competitor must be 21 yrs. of age or older on 11/5/09.	1:30 MAX

Moves in the Field

Pre-Preliminary: Pattern 2 Basic Consecutive Edges, Pattern 4 Waltz Eight

Preliminary: Pattern 3 Forward Power 3 Turns, Pattern 5 Alternating Backward Crossovers to Backward Outside Edges

Pre-Juvenile: Pattern 2 Backward Perimeter Power Crossover Stroking (counterclockwise only), Pattern 6 Five-Step Mohawk Sequence

Juvenile: Pattern 2 Forward and Backward Free skating Cross Strokes, Pattern 4 Forward Double 3 turns

Intermediate: Pattern 2 Backward Power circle both directions, Pattern 5 Brackets in the Field

Novice: Pattern 3a. Forward and Backward Outside Counters, Pattern 4 Backward Rocker Choctaw Sequence

Junior: Pattern 3b. Forward and Backward Inside Rockers, Pattern 4 Power Pulls

Senior: Pattern 1 Sustained Edge Step, Pattern 4 Quick Edge Step

Pairs

Novice, Junior and Senior Pairs Short Program will be separate events, not combined.

Preliminary: May not have passed more than the Preliminary Pair Test. Program, 1:30 min.

Juvenile: Must have passed the Juvenile Pair Test and no higher. Neither partner may be 16 yrs of age or older. Program 2:30 min.

Intermediate: Must have passed the Intermediate Pair Test and not reached the age of 18. Program 3:00 min.

Novice Pairs Short Program: According to U.S.F.S. Rules.

Novice: Must have passed the Novice Pair Test and no higher. 3:30 min.

Junior Short Program: According to U.S.F.S. Rules.

Junior: Must have passed the Junior Pair Test and no higher. 4:00 min.

Senior Short Program: According to U.S.F.S. Rules.

Senior: Must have passed the Senior Pair Test and no higher. 4:30 min.

Spins

SPINS: An event to encourage and reward good spins. Qualify according to test requirements listed for Free Skating. Spins must be skated exactly as stated but may be skated in any order without music. Connecting moves may be included, such as short sequences of footwork and are for the sole purpose of maneuvering between spins and will not be judged. All levels will be skated on ½ ice surface.

Level	Requirements	Qualifications	Time
Beginner	<ol style="list-style-type: none"> 1. One foot Spin with optional free leg position (3 revs) 2. 2 foot spin 3. Spiral, Spread Eagle or Ina Bauer All spins a min. of 3 revs.	May not have passed Pre-Preliminary Free Skating Test.	1:00 or less
Pre Preliminary	<ol style="list-style-type: none"> 1. One foot spin optional free foot 2. Sit spin 3. 1-foot upright back spin All spins a min. of 3 revs.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary Free Skating test.	1:00 or less
Preliminary	<ol style="list-style-type: none"> 1. Camel spin 2. One foot back spin (upright) 3. Forward sit spin. All spins min. of 3 revs.	Skaters must have passed at least the U.S. Figure Skating Pre-Preliminary Free Skating test but may not have passed tests higher than the Preliminary Free Skating test.	1:00 or less
Pre Juvenile	<ol style="list-style-type: none"> 1. Camel spin (min. 3 revs.) 2. Camel spin to sit spin (min 6 revs. total) no change of foot 3. Front scratch to back scratch exit on spinning foot (min. 4 revs. each foot). 	May have passed the Pre Juvenile MIF and Free Skating tests.	1:30 or less
Juvenile	<ol style="list-style-type: none"> 1. Forward Sit Spin (min. 4 revs.) 2. Layback or Attitude (Ladies), Forward Camel (Men) (min 4 revs in position) 3. Combination spin with one change of foot, one change of position optional (min. 4 revs. each foot). Must include one of the following positions: Camel, Sit or Attitude. 	May have passed the Pre Juvenile MIF and Free Skating tests but no higher than Juvenile Free Skating test.	1:30 or less
Open Juvenile	Same as Juvenile	Same as Juvenile	1:30 or less
Intermediate	<ol style="list-style-type: none"> 1. Sit Spin to back sit spin (min. 4 revs. each foot in the position.) 2. Flying Camel spin (min. of 5 revs. in the position) 3. Combination spin consisting of one change of foot and only one change of position (min. of 4 revs. on each foot.) 	Skaters may not have passed tests higher than Intermediate FS test.	1:30 or less

Level	Requirements	Qualifications	Time
Novice	<ol style="list-style-type: none"> 1. Layback spin (Ladies), Sit spin (Men) (min. of 6. revs in position) 2. Camel spin to backward camel spin (min. of 4 revs. on each foot in position) 3. Spin combination consisting of one change of position and one change of foot (min. of 5 revs. each foot) 	Skaters may not have passed tests higher than Novice FS test.	1:30 or less
Junior	<ol style="list-style-type: none"> 1. Flying Sit spin or flying change (reverse) sit spin (min. of 6 revs. in position) 2. Layback (Ladies) Cross foot (Men) (min. of 6 revs. in position) 3. Spin combination consisting of three positions and one change of foot (min. of 5 revs. each foot) 	Skaters may not have passed tests higher than the Junior FS test.	1:30 or less
Senior	<ol style="list-style-type: none"> 1. Flying sit spin (min. of 8 revs.) 2. Camel change camel (min. of 6 revs. each foot) 3. Spin combination with at least two changes of position and one change of foot. (min of 10 total revs.) 	Skaters must have passed at least the USFS Junior FS test.	1:30 or less

Couples Dance

Level	Dance Selection	Qualifications
Preliminary	Dutch Waltz, Rhythm Blues	Both partners must not have completed the Bronze Dance Test.
Juvenile	Swing Dance, Fourteenstep	Both partners must not have passed any Pre-Silver Dance Test.
Intermediate	Fourteenstep, American Waltz	Both partners must not have more than one Silver Dance Test.
Novice	Tango, Kilian	Both partners must have passed one dance of the Silver Dance Test and no more than two dances of the Pre-Gold Dance Test.
Junior	Westminster Waltz	Both partners must have passed two dances of the Pre-Gold Dance Test.
Senior	Tango Romantica	Both partners must have passed the Gold Dance Test.
Adult Bronze	Cha Cha Fourteenstep	Both partners must not have passed more than one Silver Dance.
Adult Pre-Silver	Foxtrot, American Waltz	Both partners must not have passed more than one Silver Dance.
Adult Silver	Foxtrot, Blues	Both partners may not have passed more than one of the Pre-Gold Dance Test.

Solo Dance

Level	Dance Selection	Qualifications
Preliminary	Canasta Tango, Rhythm Blues	May have completed Preliminary Dance test.
Pre-Bronze	Swing Dance, Fiesta Tango	May have completed Pre Bronze Dance test. May have one Bronze Dance.
Bronze	Ten Fox, Willow Waltz	May have completed Bronze Dance test.
Intermediate	Fourteen Step, European	May have completed Pre-Silver dance test.
Novice	American Waltz , Tango	May have completed no more than 1 Pre Gold dance.
Junior	Killian, Blues	May have completed no more than 3 Gold Dances.
Senior	Viennese Waltz, Quickstep	May have completed the Gold Dance test.
International	Starlight Waltz, Rumba	Must have completed the Gold Dance test
Adult Preliminary	Canasta Tango, Rhythm Blues	May have passed no more than 1 Pre-Bronze dance. Must be 21 years of age or older.
Adult Bronze	Swing Dance, Fiesta Tango	May have passed 2 or more Pre-Bronze dances. Must be 21 years of age or older.

Showcase

The music is chosen by the skater based upon time restraints for their division. Theme is the skater's choice for all divisions. In this event, artistic feeling and presentation, along with creativity are more important than technical skating. Jumps, spins and footwork should be a part of the program. The program will be judged primarily on style and presentation of the theme. We encourage each skater to be creative in his or her costume. Only hand held props will be allowed.

Basic – thru FS 4: 1 Minute program with choice of music / theme. (If only event entered, fee is \$30)

Beginner: 1:30 min. Single jumps only.

Pre-Preliminary: 1:30 min. Single Jumps only.

Preliminary: 1:30 min. Single Jumps only.

Pre Juvenile: 2 min. Single jumps only.

Juvenile: 2 min. Single jumps only.

Intermediate: 2 min. Single jumps plus 1 double.

Novice: 2 min. Single jumps plus 1 double.

Junior: 2 min. Single jumps plus 1 double.

Senior: 2 min. Single jumps plus 2 doubles.

Adult: 2 min. MAX. Single jumps only. No doubles.

Interpretive

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear 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.

This event will be judged on interpretation of the music only.

Level I: Limited Beginner- No Test 1:15 min

Level II: Beginner/Pre Preliminary 1 ½ min.

Level III: Preliminary/Pre Juvenile 1 ½ min

Level IV: Juvenile/Intermediate 2 min

Level V: Novice/Junior/Senior 2 min

*****MAIL WITH ENTRY*****

Certificate of Competitor

I am eligible under the rules of the United States Figure Skating to enter the events entered on the previous page.

Competitors Signature

Date

Certification of Club Officer or Test Chairman

To the best of my knowledge, the information on the entry form is correct and true. The competitor is a member in good standing of our club.

Signature

Title

Date

Waiver of Claims for Injury

I fully understand that skating involves the risk of serious bodily injury. I accept such risks and assume responsibility for any losses, costs, or damages incurred as a result of participating in this competition, during practice ice or any other time on the Indiana/World Skating Academy premises. I agree to indemnify and hold harmless, the Sycamore Ice Skating Club, Indiana/World Skating Academy, its Board of Directors, volunteers, and agents from all liability, claims, losses, or damages on my account.

Skater's Signature (if over 18 years of age)

Date

Parent/Guardian's Signature (if skater is under 18 years of age)

Date

In Case of Emergency

I hereby grant the representatives of the Sycamore Ice Skating Club/Indiana Figure Skating Championships to administer or seek medical attention for my child, in the case of my absence, or for myself if I'm unable to communicate my desires.

Skater's Signature (if over 18 years of age)

Date

Parent/Guardian's Signature (if skater is under 18 years of age)

Date

Insurance Company: _____

Policy #: _____ Name of Insured: _____

Entry deadline—postmarked by midnight, November 5, 2009

Mail to:
Andrea Yovanovich
9779 Briarway Lane
McCordsville, IN 46055

**2009 Indiana Figure Skating Championships
Practice Ice Form**

(Please print clearly and fill in completely)

Name: _____ Sex: M/F Age: _____ Birth date: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone# (day): _____ Phone#(evening): _____ email: _____

Home Club: _____ USFS# : _____

Coach Name: _____ Coach Phone: _____

Coach's Email: _____

Test level as of **November 5, 2009:**

Free Skating: _____ Dance: _____ Pairs: _____ MIF: _____

Partner's name: _____ USFS# _____

This practice ice form should be mailed with your entry form. You will receive your practice ice times with your competition schedule. Practice ice will be sold on a first-come, first-served basis and walk-on if available. Each practice ice session will be 20 minutes in duration and will be limited to 20 or fewer skaters. The number of skaters will be at the discretion of the practice ice monitor.

Free Skating Session: Level _____ # of Sessions _____

Pairs Session: Level _____ # of Sessions _____

Basic Skills Session: Level _____ # of Sessions _____

Dance Session: Level _____ # of Sessions _____

Total Number of Sessions X \$8.00 = _____

Walk-on rate- \$10.

For practice ice, please include a separate check made out to Sycamore Ice Skating Club (SISC). Reservations will not be accepted by phone or email.

Completed practice ice forms and payment should be postmarked by midnight November 5, 2009, and sent to: Andrea Yovanovich, 9779 Briarway Lane, McCordsville, IN 46055.

The practice ice schedule will be posted along with the competition schedule at <http://www.sycamoreisc.org/> .

2009 Indiana Figure Skating Championships Entry Form

(Please print clearly and fill in completely)

Name: _____ Sex: M/F Age: _____ Birth date: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone# (day): _____ Phone#(evening): _____ Email: _____

Home Club: _____ USFS# _____

Professional: _____ Phone: _____

*All coaches must comply with USFSA registered coaching guidelines.

Test level as of November 5, 2009:

Free Skating: _____ Dance: _____ Pairs: _____ MIF: _____

Partner's name: _____ USFS# _____

Basic Skills Elements ___ Tots/SPS ___ Basic 1 ___ Basic 2 ___ Basic 3 ___ Basic 4 ___ Basic 5 ___ Basic 6 ___ Basic 7 ___ Basic 8 (no music)	Basic Skills Program Event ___ Tots/SPS ___ Basic 1 ___ Basic 2 ___ Basic 3 ___ Basic 4 ___ Basic 5 ___ Basic 6 ___ Basic 7 ___ Basic 8 (music)	Compulsory Events ___ Limited Beginner ___ Beginner ___ No Test ___ Pre-Preliminary ___ Preliminary ___ Pre-Juv Adult Compulsory Events ___ Adult Pre-Bronze CM ___ Adult Bronze CM ___ Adult Silver CM ___ Adult Gold CM	Test Track Free Skate ___ Limited Beginner ___ Beginner ___ Pre-Preliminary ___ Preliminary ___ Pre-Juvenile ___ Juvenile ___ Intermediate ___ Novice ___ Junior ___ Senior Moves in the Field ___ Pre-Preliminary ___ Preliminary ___ Pre-Juvenile ___ Juvenile ___ Intermediate ___ Novice ___ Junior ___ Senior Interpretive ___ Level I ___ Level II ___ Level III ___ Level IV ___ Level V	Well-Balanced Free Skate ___ No Test ___ Pre-Preliminary A ___ Pre-Preliminary B ___ Preliminary A ___ Preliminary B ___ Pre-Juvenile ___ Juvenile ___ Open Juvenile ___ Intermediate ___ Novice ___ Junior ___ Senior Short Program ___ Juvenile ___ Open Juvenile ___ Intermediate ___ Novice ___ Junior ___ Senior Showcase ___ Basic Skills ___ Beginner ___ Pre-Preliminary ___ Preliminary ___ Pre-Juvenile ___ Juvenile ___ Intermediate ___ Novice ___ Junior ___ Senior ___ Adult
Pairs Freeskating ___ Preliminary ___ Juvenile ___ Intermediate ___ Novice ___ Junior ___ Senior	Adult Freeskating ___ Adult Basic Skills FS ___ Adult Pre-Bronze FS ___ Adult Bronze FS ___ Adult Silver FS ___ Adult Gold FS Spins ___ Beginner ___ Pre-Preliminary ___ Preliminary ___ Pre-Juvenile ___ Juvenile ___ Open Juvenile ___ Intermediate ___ Novice ___ Junior ___ Senior	Dance ___ Preliminary ___ Juvenile ___ Intermediate ___ Novice ___ Junior ___ Senior ___ Adult Bronze ___ Adult Pre-Silver ___ Adult Silver Solo Dance ___ Preliminary ___ Pre-Bronze ___ Bronze ___ Intermediate ___ Novice ___ Junior ___ Senior ___ International ___ Adult Preliminary ___ Adult Bronze	(Continuation of Test Track Free Skate and Interpretive)	(Continuation of Well-Balanced Free Skate, Short Program, and Showcase)

Fees

All fees are per skater as follows:
 \$70 All first singles events (except Basic Skills)
 \$60 First Pairs of Couples Dance
 (\$30 per skater)
 \$25 Each additional event (including Solo Dance)
 \$30 Basic Skills (\$25 each additional Basic Skills event)
 Make checks payable to SISC

Additional Information

For personalized directions, we recommend using a popular directions website such as <http://www.mapquest.com>, using our destination address of 201 S. Capitol Ave., Indianapolis, IN 46225. Or visit: <http://www.iwsa.org/directions.html>

CHEAP PARKING is available in any of the three Circle Centre mall garages for \$1.50 for 3 hours, \$3 for 3-5 hours, \$6 for 5-6 hours, \$8 for 6-8 hours, \$14 for 8-12 hours, and \$20 for 12-24 hours. (*IWSA not responsible for price changes).

These garages are located conveniently:

- 1) in the block directly north of IWSA, with entrances located on the Illinois St., and Maryland St.;
- 2) in the block northeast of IWSA, in the south Nordstrom block of Circle Centre mall, entrance on Georgia St.
- 3) in the north Carson Prairie Scott block of Circle Centre mall with an entrance on Maryland St. and Washington St.

PARKING:

Street parking is metered, but is free all day on Saturdays and Sundays. The Pan America Plaza, where the ice rink is located, does have its own parking garage, but it is expensive. SUNDAY- Parking prices will increase due to Indianapolis Colts game at 1pm.

A great map of the downtown Indianapolis area, listing area attractions and hotel can be found at: <http://www.indy.org/files/map/DowntownMap.pdf>. The ice rink is located in the southwest quadrant of downtown Indianapolis, just north of Union Station, one block northeast of Lucas Oil Stadium, and two blocks west of Conseco Fieldhouse. Our address is 201 S. Capitol Ave. We're located in the block bordered by Capitol Ave., Georgia St., Illinois St. and Louisiana St.

Fees: POSTMARK DEADLINE midnight November 5, 2009

Fees

All fees are per skater as follows:

\$70 All first singles events (except Basic Skills)

\$60 First Pairs of Couples Dance
(\$30 per skater)

\$25 Each additional event (including Solo Dance)

\$30 Basic Skills (\$25 each additional Basic Skills events)
MAKE CHECKS PAYABLE TO **SISC**

Include with Entry

1. Certificate of Competitor form, signed (pg 18)
2. Self-addressed, stamped envelope if you would like practice/competition schedule mailed.
4. Practice Ice Form (pg. 20)
5. Entry Form (pg. 21)

MAIL TO: Andrea Yovanovich
9779 Briarway Lane
McCordsville, IN 46055