

Non-Qualifying Competition
at the
2010 South Atlantic
Regional Figure Skating Championships



October 2-4, 2009

Cabin John Ice Rink
10610 Westlake Drive
Rockville, Maryland 20852

Hosted by:

Washington Figure Skating Club



2010 Non-Qualifying Competition at the South Atlantic Regional Championships

Deadline for Entries: September 1, 2009

All entry fees must accompany the entry form and should be made **payable to the Washington Figure Skating Club or WFSC**.

Late entries will be accepted at the discretion of the Local Organizing Committee (LOC) and may be subject to a \$50 fee. Entries must contain all of the requested information. All event ADDs or CHANGEs received after September 15, 2009 will be subject to a \$25 fee. Refunds will be granted only if the LOC eliminates an event.

A \$50 fee will be charged for each returned check.

Entry Fees

Singles Events

- 1 event entered: \$90.00
- 2 total events entered: \$140.00 total for both events
- 3 total events entered: \$180.00 total for all events
- 4 total events entered: \$210.00 total for all events

Pre-Juvenile Pairs/Team Dance Events

- 1 event entered \$90.00 per team
- 2 events entered \$150.00 per team for both events

Mail completed entry form and payment to:

South Atlantic NQ
c/o Dina Gold
6107 Swansea Street
Bethesda, MD 20817

The competition schedule, event groups and all other event information will be posted in the Non-Qualifying section of the competition website approximately 10 days prior to the start of the competition. All final round events will be held on Sunday, October 3, 2009, unless otherwise specified. There are no additional entry fees required for final round events. The competition website is <http://www.2010southatlantics.com/nonqual.html>.

Eligibility

All entrants must be members in good standing of clubs having membership in USFS, or be an individual member of USFS.

Rules

1. This event is sanctioned by United States Figure Skating.
2. Except as stated herein, the competition will be conducted according to the rules for non-qualifying competitions (rules 1020-1022) set forth in the 2010 Official USFS Rule Book.
3. The LOC reserves the right to combine or divide groups, and, in the case of fewer than three competitors, to eliminate the event. However, no events will exceed 24 skaters. We may not be able to accommodate all entries in terms of events and schedule. If limits must be placed on an event, entries will be based on the postmark date. Anyone closed out of an event will be notified and the applicable portion of the fee returned.
4. Final rounds will be skated in Free Skating events with more than 24 entries. The LOC

2010 Non-Qualifying Competition at the South Atlantic Regional Championships

Deadline for Entries: September 1, 2009

reserves the right to set the number of competitors in each flight, set the method of selection for initial rounds, and set the size of the final round. For each single free skating event made up of more than one group, an equal number of place finishers will advance to a final round. Number of final round skaters will be posted with starting orders.

5. A skater may compete at only one level, which may be the current test level or one level higher. Test level is as of **September 1, 2009**. The test requirements for Free Skating also apply to the Compulsory Moves and Spins events.

Rink

All events will be held at the Cabin John Ice Rink, located in Rockville, Maryland. The rink has one ice surface measuring 85' X 200' and one ice surface measuring 100' X 200'. The rink has a snack bar which will be open during the competition, as well as limited wireless Internet access and ample seating.

Registration

The registration desk will open approximately one hour before the first event of each day. All competitors should register one hour before their event and turn in their music at that time.

Music

CDs are the only acceptable forms of media. CDs must be clearly marked with name, event entered, and the music length, and turned into athlete registration no later than one hour before the skater's first event. The CD must have only one track. Re--recordable "CD-RW" will not be accepted. Competitors are required to have a back-up CD rink-side during the competition. The LOC and WFSC will not be responsible for any CDs that are damaged during the event or left behind after the competition concludes.

Awards

Medals will be awarded for first, second, third, and fourth place winners in each event. Award presentation times will be posted throughout the rink and at the registration desk.

Official Schedule

The official schedule will be posted on the event website (<http://www.2010southatlantics.com>) when it is received from the Chief Referee (approximately 2 weeks before the competition).

Practice Ice

Practice Ice will start on Friday, October 2, 2009. A **practice ice request form** will be available on the event website, <http://www.2010southatlantics.com>, once the competition and practice schedules have been posted. Practice ice availability will be limited and available on a first-come, first-serve basis **after** the schedule is posted on the competition website.

Video and Photography

A professional video and photography service will be available throughout the competition. There will be no video cameras allowed in the area where the skaters enter the ice. **NO electrical outlets are available and tripods will NOT be permitted in the building. In accordance with USFS policy, NO flash photography will be permitted in the arena.**

There will be no **Admission** charged for the non-qualifying events.

2010 Non-Qualifying Competition at the South Atlantic Regional Championships

Deadline for Entries: September 1, 2009

Accommodations

Please check the event website (<http://www.2010southatlantics.com>) for hotel information and direct links for booking hotel rooms. If making the reservation via telephone, please be sure to mention "South Atlantics" to receive the competition room rate.

Directions

Detailed directions to Cabin John Ice Rink are available on the event website.

Free Skate Events

Qualifications/Rules:

USFS Well-Balanced Program requirements as stated in the 2010 Rule Book and the USFS website (http://www.usfigureskating.org/New_Judging.asp?id=355) will apply for No Test through Open Juvenile. All times for Free Skate Events are +/- 10 seconds except as stated for Tots Free Skating.

Level	Qualifications/Rules	Time
Tots	Age 6 and under. No tests passed. Jumps allowed: Waltz, Salchow, Toe Loop, 1/2 Flip, 1/2 Lutz. Max 2 spins; optional step sequence	Not to Exceed 1:30
No Test	No Free Skating tests passed. No Axels or double jumps. (Rules 3720 & 3721)	1:30
Pre-Preliminary	No Higher Than Pre-Preliminary Free Skate Test. (Rules 3710 & 3711)	1:30
Preliminary	No Higher Than Preliminary Free Skate Test. (Rule 3700 & 3701)	1:30
Pre-Juvenile	No Higher Than Pre-Juvenile Free Skate Test (Rules 3690 & 3691)	2:00
Open Juvenile	No Higher Than Juvenile Free Skate Test. Skater MUST be age 13 or older. (Rules 3680 & 3681)	2:15

Compulsory Moves Events

Qualifications/Rules:

Age and test requirements are the same as listed under free skate events. No-test through Pre-Juvenile compulsory moves will be skated on **½ of the ice surface** without music. Open Juvenile compulsory moves will be skated on **the full ice surface** without music. Moves may be skated in any order and only one attempt is permitted. Additional jumps or spins are not permitted and will result in a deduction. An axel is a single jump. Times listed are **maximum** times. Male skaters may be combined with female skaters for this event.

Level	Required Moves	Time
Tots (6 and below)	<ol style="list-style-type: none">Two consecutive bunny hopsA lunge and any stopWaltz JumpForward outside consecutive edges (2 per foot).	1:00
No Test	<ol style="list-style-type: none">SalchowTwo consecutive 1/2 FlipsOne-foot upright spin (min 3 revs)Forward Outside spiralForward inside consecutive edges (2 per foot)	1:00

2010 Non-Qualifying Competition at the South Atlantic Regional Championships

Deadline for Entries: September 1, 2009

Pre-Preliminary	<ol style="list-style-type: none"> 1. Loop Jump 2. Salchow-Toe Loop jump combination 3. Waltz-8 (one complete pattern) 4. Any back upright spin (scratch, cross-foot, or attitude) (min 3 revs) 5. Forward inside spiral (either foot). 	1:00
Preliminary	<ol style="list-style-type: none"> 1. Flip Jump 2. Loop-Loop jump combination 3. Camel spin, 4. Diagonal step sequence 5. Back outside spiral 	1:00
Pre-Juvenile	<ol style="list-style-type: none"> 1. Axel 2. Lutz/Loop combination 3. Camel/Sit Spin with no change of foot 4. Diagonal Step sequence 5. Back inside spiral 6. Ina Bauer or spread eagle 	1:00
Open Juvenile	<ol style="list-style-type: none"> 1. Lutz 2. Axel/Toe Loop combination 3. Single flip immediately preceded by connecting steps 4. Split, stag, or falling leaf jump 5. Combination spin with only one change of foot 6. Straight line step sequence 	1:15

Spin Events

Qualifications/Rules:

Spins may be skated in any order and will be presented in a program without music on **1/2 of the ice surface**. Connecting steps and half revolution jumps are permitted. To be counted the spins must be completed within the time listed and have more than 3 revolutions unless otherwise stated. Failed spins may not be retried. Male skaters may be combined with female skaters for this event. Times listed are **maximum** times.

Level	Test Requirements	Time
No Test	<ol style="list-style-type: none"> 1. One Foot Upright Spin (free foot optional) 2. 2 Foot Spin 3. Spin in any position (upright, sit or camel) 	1:00
Pre-Preliminary	<ol style="list-style-type: none"> 1. Scratch spin 2. Back Upright Spin (3 revs) 3. Sit Spin (3 Revs) 	1:00
Preliminary	<ol style="list-style-type: none"> 1. Front to Back Scratch Spin 2. Camel Spin (3 revs) 3. Attitude or Layback spin (Girls) 4. Camel spin (Boys) 	1:00
Pre-Juvenile	<ol style="list-style-type: none"> 1. Sit-Change-Sit Spin Combo (min 4 revs each foot) 2. Any Flying Spin (4 revs) 3. Combination Spin with NO change of foot and one change of position (min 3 revs each position) 	1:00
Open Juvenile	<ol style="list-style-type: none"> 1. Flying Spin (4 revs) 2. Layback or attitude spin -Ladies (4 revs) 3. Forward Camel Spin -Men (4 revs) 4. Combination Spin with one change of foot (positions open) (4 revs each foot) 	1:00

2010 Non-Qualifying Competition at the South Atlantic Regional Championships

Deadline for Entries: September 1, 2009

Solo Dance Events

Qualifications/Rules:

Skaters may enter multiple levels. Two patterns to be skated of each dance.

Level	Test Requirements	Dances
Preliminary	Skaters may have completed their Preliminary dance test but no more than 2 Pre-Bronze dances.	Rhythm Blues, Cha-Cha
Bronze	Skaters may have completed their Pre-Bronze dance test but no more than 2 Pre-Silver dances.	Hickory Hoedown, Fiesta Tango
Silver	Skaters may have completed their Pre-Silver dance test but no more than 2 silver dances.	Foxtrot, American Waltz

Team Dance Events

Qualifications/Rules:

All Dances and age requirements will be as listed in the U.S. Figure Skating Rulebook for the 2009-2010 seasons (Rules 4440, 4441, and 4442).

Level	Test Requirements	Dances
Pre-Juvenile	Both Partners must have passed the preliminary MIF test or higher, and two preliminary dances but no higher than the pre-bronze dance test. Both skaters must be under Age 14 as of September 1, 2009.	Initial Round: Dutch Waltz, Cha-Cha (3 patterns) Final Round: Rhythm Blues, Fiesta Tango (3 Patterns)

Pairs Events

Qualifications/Rules:

Program times are +/- ten (10) seconds. USFS Well-Balanced Program requirements as stated in Rule 4091 and the USFS website (http://www.usfigureskating.org/New_Judging.asp?id=355) will apply.

Level	Qualifications	Time
Pre-Juvenile	Must have passed Pre-Juvenile Pairs test and Pre-Juvenile Moves in the Field test (Rule 4090, 4091)	2:00

2010 Non-Qualifying Competition at the South Atlantic Regional Championships

Deadline for Entries: September 1, 2009

ENTRY FORM (May be copied)

Name: _____ M / F USFS #: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Highest MIF Test Passed: _____ Highest Freestyle Test Passed: _____

Highest Dance Test Passed: _____ Age as of Sept. 1, 2009 _____

Home Club: _____

Coach _____

Coach's Email: _____ Coach's Phone: _____

For Pre-Juvenile Dance and Pair Events Only:

Partner _____ USFS# _____ Home Club _____

Please complete form below with the Events and Level for which you wish to enter.

Freestyle/Pairs	Compulsory Moves	Spins	Solo Dance	Pre-Juvenile Pair/Dance
<input type="checkbox"/> Tots	<input type="checkbox"/> Tots	<input type="checkbox"/> No Test	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Pre-Juvenile Pairs
<input type="checkbox"/> No Test	<input type="checkbox"/> No Test	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Bronze	<input type="checkbox"/> Pre-Juvenile Team Dance
<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Silver	
<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Pre-Juvenile		
<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Open Juvenile		
<input type="checkbox"/> Open Juvenile	<input type="checkbox"/> Open Juvenile			

Circle Number of Events Entered and pay corresponding entry fee.

Number of Events	TOTAL Entry Fee
1	\$90
2	\$140
3	\$180
4	\$210
1 pair/team dance event	\$90/team
2 pair/team dance events	\$150/team

2010 Non-Qualifying Competition at the South Atlantic Regional Championships

Deadline for Entries: September 1, 2009

Certification of Competitor by Home Club Official (REQUIRED)

I hereby approve the entry of the skater named on this application and certify that he/she is eligible to compete in accordance with the rules of the USFSA, and that the entrant is a member in good standing of the Home Club. **NOT REQUIRED** for skaters whose Home Club is Washington Figure Skating Club.

Signed _____ Title _____ Date _____

Home Club _____ Telephone # _____

Certification by Athlete and Parent / Guardian (REQUIRED)

ATHLETE: I agree to conduct myself, both on and off the ice, in a manner that will reflect favorably upon this Competition and upon the sport of figure skating, and that is consistent with the high standards of the sport. I agree to respect the person and property of others.

ATHLETE/ PARENT/ GUARDIAN: I understand that the USFSA and the clubs or organizers of competitions undertake no responsibility for damages or injuries, or loss of property suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, the USFSA, the club hosting the competition, and against its Officers, and their entries shall be accepted only on such condition

Athlete's Signature _____ Date _____
(Signature required)

Parent/Guardian's Signature _____ Date _____
(Signature Required if athlete is under age 18)

Send Fully Completed Form and Payment to:

South Atlantic NQ
c/o Dina Gold
6107 Swansea Street
Bethesda, MD 20817