

**THIRTY-FIFTH ANNUAL CAPITAL REGIONAL COUNCIL
FIGURE SKATING COMPETITION**

Sanctioned by United States Figure Skating
Saturday, March 13, 2010

Mt. Vernon Recreation Center, 2017 Belleview Blvd., Alexandria, Virginia

ELIGIBLE CLUBS

BALTIMORE FSC	BOWIE FSC	CENTRAL VIRGINIA SC
CHARLOTTESVILLE FSC	CHESAPEAKE FSC	COLUMBIA FSC
FREDERICK FSC	HAMPTON ROADS FSC	GARDENS FSC OF MD
ICE CLUB OF BALTIMORE	ICE CLUB OF WASHINGTON	RICHMOND FSC
SC OF NORTHERN VIRGINIA	TIDEWATER FSC	WASHINGTON FSC

The Capital Regional Council is pleased to announce its THIRTY-FIFTH Annual Low Test Figure Skating Competition. The competition will be held under the general rules of US FIGURE SKATING governing competitions as set forth in the Official Rule Book and will be open to qualified eligible skaters who are members in good standing and members of the above participating clubs, or to individual members of US FIGURE SKATING living within the boundaries of Maryland, Virginia, or the District of Columbia. **No-Test Entrants** must be 6 years of age by the close of entries 2-23-10. At least one partner in a pair or Adult dance event must be a member in good standing of the above participating clubs or an individual member of US Figure skating living within the boundaries of Maryland, Virginia, or the District of Columbia; the other partner in the pair may be a member of any US Figure Skating Club or be an individual member of US Figure Skating living outside the boundaries stated above. **Skaters entering Pre-Preliminary and above for Freestyle or Moves or Spins may skate 1 level higher if desired. Intermediate Short and Long programs will be separate events; however, the trophy will be awarded to those who have entered the combined event.**

ENTRY FEES – The entry fee for Singles (No-Test through Intermediate) will be \$70 per person; for Intermediates entering both the Short and Long events, the fee will be \$110 per person, and for Pairs and Dance, \$35 per person. The entry fee for Compulsory Moves or Spins will be \$40 per person. Checks or money orders should be made payable to: **CAPITAL REGIONAL COUNCIL or CRC**

There will be no refunds after 2/23/10, in accordance with the 2010 US FIGURE SKATING Rule Book, and no refunds will be made because of competition cancellation due to Acts of God. A fee of \$20.00 will be charged for every check returned because of insufficient funds.

ENTRY FORM – The completed ENTRY FORM (Page 5) and ACCIDENT FORM (Page 6) **MUST** be **POSTMARKED** no later than **February 23, 2010** and mailed to:

**Ellen Jerrick
1797 Regents Park Rd.
Crofton, MD 21114**

GENERAL INFORMATION – In case of a large number of entries per level, divisions will be made by club/age. An event must have TWO entries to be held. If a skater withdraws leaving a single entrant, the event will be canceled. Mt. Vernon's ice surface is 85'X200" with rounded corners and barrier.

MUSIC – Competition music must be submitted on CD's only. Due to compatibility issues, do **NOT** submit re-recordable "CD-RW" discs. CD's must be turned in and picked up at the registration desk. All music must be clearly marked with the competitor's name and event. **PLEASE HAVE A SPARE CD ACCESSIBLE AT RINKSIDE** in case of a problem. CRC assumes **NO** responsibility for CD's not picked up by the end of the competition.

AWARDS – Medals will be awarded for the 1st, 2nd, 3rd and 4th places.

SCHEDULE – A schedule of events and directions to the Mt. Vernon Ice Rink will be posted on our website: **www.crcskating.org**. To receive your own schedule, group, and directions, **ENCLOSE A STAMPED, SELF-ADDRESSED BUSINESS SIZE ENVELOPE** with your entry form.

For further information contact **Ellen Jerrick** at tandejerrick@verizon.net or **Dorothy Dodson** at (703) 370-5959, e-mail address: wdodson@comcast.net

THIRTY-FIFTH ANNUAL CAPITAL REGIONAL COUNCIL FIGURE SKATING COMPETITION

FREESKATING	QUALIFICATIONS	PROGRAM TIME
NO TEST	No US FIGURE SKATING Free Skating Tests or No higher than ISI Free Style 4 Test	1 to 1 ½ Minutes
PRE-PRELIMINARY	Pre-Preliminary Free Skating Test No Double Jumps Allowed	1 ½ Minutes
PRELIMINARY - LOW	Pre-Preliminary Free Skating Test No Double Jumps Allowed	1 ½ Minutes
PRELIMINARY - HIGH	Pre-Preliminary Free Skating Test	1 ½ Minutes
PRE-JUVENILE	Preliminary Free Skating Test	2 Minutes
JUVENILE	Pre-Juvenile FS Test	2 Minutes 15 seconds
INTERMEDIATE	Juvenile FS Test	Short 2, Long 2 ½ Minutes
ADULT GOLD	Age 25 or older by 2-23-10	Not to exceed 2:40 Min. Competitors must have passed Adult Silver FS Test & no higher than the Adult Gold FS Test, the standard US FIGURE SKATING Intermediate FS Test, the 3 rd Figure Test prior to Oct. 1, 1977, or ISI FS 6.
ADULT – SILVER	Age 25 or older by 2-23-10	Not to exceed 2:10 Min. Competitors must have passed Adult Bronze FS Test & no higher than the Adult Silver FS Test, the standard US FIGURE SKATING Juvenile FS Test, the 2 nd Figure Test prior to Oct. 1, 1977, or ISI FS 5. NO Double Jumps Allowed.
ADULT – BRONZE	Age 25 or older by 2-23-10	Not to exceed 1:50 Min. Competitors must have passed Adult Bronze FS Test, the standard US FIGURE SKATING Preliminary FS Test, the 2 nd Figure Test prior to Oct. 1, 1977, or ISI FS 4. No Axel or Double Jumps Allowed.
ADULT – SPECIAL	Age 18 – 24 by 2-23-10	Not to exceed 2:10 Min. No higher than Juvenile FS Test or ISI FS 5, No Double Jumps Allowed.

PAIRS EVENTS

PRE-JUVENILE	Pre-Juvenile Pair Test	2 Minutes
JUVENILE	Juvenile Pair Test	2 Minutes 30 seconds
INTERMEDIATE	Juvenile or Intermediate Pair Test	3 Minutes

NOTES:

1. The allowable time of all singles and pairs freeskating events (excluding Short Program and Adult events) is +/- 10 seconds of the time listed in the tables above under "Program Time".
2. Juvenile and Intermediate entrants who placed first through fourth in the Final Round of the 2010 Juvenile and Intermediate Regional Competition are ineligible to enter that same level.
3. Depending on the number of entries in Juvenile and Intermediate Freestyle and if time permits, a Final Round will be held and shall consist of the Free Skating Program.

ADULT DANCE EVENTS

PRE-BRONZE	DUTCH WALTZ & RYTHYM BLUES
BRONZE	CHA CHA & 14-STEP
PRE-SILVER	HICKORY HOEDOWN & AMERICAN WALTZ
SILVER	BLUES & TANGO
PRE-GOLD	ROCKER FOXTROT & KILIAN
GOLD	PASO DOBLE & WESTMINSTER WALTZ
ADULT CHAMPIONSHIP	KILIAN & WESTMINSTER WALTZ

COMPULSORY MOVES

Compulsory Moves Events for skaters who have passed the Pre-Preliminary Freeskate or higher may be skated at the same level or one level up from their Free Skate level. Compulsory Moves Events are intended to prepare the skater for the short program. For all classes, the moves may be skated in any order. Moves in the Field elements should be recognizable and may be used as connecting moves. It is not necessary to do as many Moves in the Field repetitions as are required in the tests.

NO TEST- A program of 1 minute or less, skated without music on one-half the ice surface.

1. TOE LOOP
2. SALCHOW
3. WALTZ JUMP
4. FORWARD RIGHT & LEFT SPIRALS
5. ONE FOOT SPIN (minimum 3 revolutions)

PRE-PRELIMINARY - A program of 1 minute or less, skated without music on one-half the ice surface

1. LOOP JUMP
2. SALCHOW
3. JUMP COMBINATION OF WALTZ JUMP/TOE LOOP
4. FORWARD TO BACK SPIRAL
5. CAMEL SPIN (minimum 3 revolutions)

PRELIMINARY – A program of 1-1 1/2 minutes or less, without music on one-half the ice surface.

1. FORWARD POWER 3 TURNS
2. WALTZ JUMP/TOE LOOP JUMP COMBINATION (no turn or step between)
3. CONSECUTIVE OUTSIDE & INSIDE SPIRALS
4. FLIPJUMP
5. SIT SPIN (minimum 3 revolutions in the sit position)
6. ALTERNATING FORWARD 3 TURNS (**DO NOT DO THIS ON A LINE...USE AS CONNECTING STEPS**)

PRE-JUVENILE – A program of 1-1 1/2 minutes or less, without music on one-half the ice surface.

1. FLIP-LOOP JUMP COMBINATION (no turn or step between)
2. FORWARD & BACKWARD POWER CHANGE OF EDGE PULLS
3. 5 STEP MOHAWK SEQUENCE
4. LUTZ JUMP
5. COMBINATION SPIN: CAMEL to SIT (no change of foot) (minimum 6 revolutions)
6. 3 TURNS IN THE FIELD
7. FRONT SCRATCH TO BACK SCRATCH (exit on spinning foot) (minimum 4 revolutions on each foot)

JUVENILE - A program of 1½ minutes or less, without music, on full ice surface.

1. AXEL
2. LUTZ JUMP
3. JUMP COMBINATION – 2 Single Jumps (no turn or change of foot between)
4. SIT SPIN (minimum 4 revolutions in sit position)
5. COMBINATION SPIN – (with 1 change of foot & 4 revolutions on each foot)
6. ANY SPIRAL
7. 8 STEP MOHAWK SEQUENCE
8. FORWARD DOUBLE 3 TURNS (outer and inner)
9. BACKWARD POWER 3 TURNS

SPINS

Spin Events for skaters who have passed the Pre-Preliminary Freeskate or higher, may be skated at the same level or one level up from their Free Skate level. For all classes, the spins may be skated in any order.

NO TEST, PRE-PRELIMINARY – A program of 1 minute or less, skated without music on one-half the ice surface with connecting moves.

1. 2 foot spin – minimum of 3 revolutions
2. 1 foot spin – minimum of 3 revolutions
3. Sit Spin – minimum of 3 revolutions in the sitting position

PRELIMINARY – A program of 1 minute or less, without music on one-half the ice surface with connecting moves.

1. Camel Spin – minimum of 3 revolutions
2. Sit Spin – minimum of 3 revolutions in the sitting position
3. Scratch Spin – minimum of 3 revolutions

PRE-JUVENILE, JUVENILE – A program of 1 minute or less, without music on one-half the ice surface with connecting moves.

1. Flying Spin – minimum of 4 revolutions
2. Sit change Sit – minimum of 4 revolutions
3. Combination Spin with one change of foot and 2 changes of position – minimum of 4 revolutions on each foot

INTERMEDIATE – A program of 1 minute or less, without music on one-half the ice surface with connecting moves

1. Flying Spin – minimum of 5 revolutions
2. Combination Spin with one change of foot and 2 changes of position – minimum of 5 revolutions on each foot
3. One spin of choice – minimum of 5 revolutions

ADULT & ADULT MASTERS INTERPRETIVE EVENT

Requirements are the same as those as in the 2010 Adult Nationals. Please refer to the USFS website: http://www.usfigureskating.org/event_details.asp?id=42207 for the rules

SYNCHRONIZED SKATING

SYNCHRONIZED TEAMS – Open to skaters at all test levels. Teams must be members of clubs in the Capital Regional Council.

Requirements are those of section 4600 of the USFS 2010 Rulebook,

DRIVING DIRECTIONS TO THE COMPETITION:

Mount Vernon RECenter, 2017 Belle View Blvd., Alexandria, Virginia, 703-768-3224

Mount Vernon RECenter can be reached by taking I-95/I-495 (Capital Beltway) Exit 177A, which is US Route 1 (Richmond Highway) south. Turn left at the second light onto Huntington Avenue. Follow Huntington Avenue to the traffic light and turn right onto Fort Hunt Road. Follow Fort Hunt Road to second light and turn right onto Belle View Boulevard. The entrance to the recreation center will be the next left

SEE ALSO <http://www.fairfaxcounty.gov/parks/maps/mtvernonmap.htm>

THIRTY-FIFTH ANNUAL CAPITAL REGIONAL COUNCIL FIGURE SKATING COMPETITION

**THIRTY-FIFTH ANNUAL CRC FIGURE SKATING COMPETITION
ENTRY FORM**

NAME _____ US FIGURE SKATING # _____

STREET _____ HOME CLUB _____

CITY _____ STATE _____ ZIP _____

PHONE(____) _____ FEMALE _____ MALE _____ AGE _____

E-MAIL address _____

Birth Date: (Month) _____ (Day) _____, (Year) _____.

Highest test Passed (US FIGURE SKATING or ISI) as of 2-23-10:

Free: _____ Moves: _____ Pair: _____

Professional's Name: _____ Phone #: _____

Chaperone Name: _____

Partner's Name: _____ Partner's Club: _____

Make Check out to CRC, enclose a self-addressed stamped envelope and Mail the entry & accident forms to:

Ellen Jerrick
1797 Regents Park Rd.
Crofton, MD 21114

A fee of \$20.00 will be charged for every check returned because of insufficient funds.

FREE SKATING

NO TEST	(\$70)	_____
PRE-PRELIMINARY	(\$70)	_____
PRELIMINARY <u>LOW</u>	(\$70)	_____
PRELIMINARY <u>HIGH</u>	(\$70)	_____
PRE-JUVENILE	(\$70)	_____
JUVENILE	(\$70)	_____
INTERMEDIATE SHORT	(\$70)	_____
INTERMEDIATE LONG	(\$70)	_____
INTERMEDIATE, Short & Long	(\$110)	_____
ADULTS: GOLD	(\$70)	_____
SILVER	(\$70)	_____
BRONZE	(\$70)	_____
SPECIAL	(\$70)	_____
INTERPRETIVE	(\$40)	_____
PAIRS: PRELIMINARY	(\$35/person)	_____
PRE-JUVENILE	(\$35/person)	_____
JUVENILE	(\$35/person)	_____
INTERMEDIATE	(\$35/person)	_____

COMPULSORY MOVES

NO TEST	(\$40)	_____
PRE-PRELIMINARY	(\$40)	_____
PRELIMINARY	(\$40)	_____
PRE-JUVENILE	(\$40)	_____
JUVENILE	(\$40)	_____

SPINS

NO TEST/PRE-PRELIMINARY	(\$40)	_____
PRELIMINARY	(\$40)	_____
PRE-JUVENILE/JUVENILE	(\$40)	_____
INTERMEDIATE	(\$40)	_____

Entry Form Continues on Next Page

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DANCE

ADULT PRE-BRONZE	(\$70)	_____
ADULT BRONZE	(\$70)	_____
ADULT PRE-SILVER	(\$70)	_____
ADULT SILVER	(\$70)	_____
ADULT PRE-GOLD	(\$70)	_____
ADULT GOLD	(\$70)	_____
ADULT CHAMPIONSHIP	(\$70)	_____

SYNCHRONIZED TEAM (\$65 + \$5 per member) _____

Synchronized Teams must submit one entry form plus a list of all team members See page 7 of this application.

TOTAL ENTRY FEE \$_____

PRE-PAID VIDEO FEES

You may pre-order a DVD of all your events or of the entire group in all your events. This is offered as an option and is not a requirement for entering the 2010 CRC Competition.

To order choose **ONE** of the following choices:

- 1. DVD of all my performances in all my events (\$35) _____
- or
- 2. DVD of the entire group for all my events (\$40) _____

Enclose a separate check made out to Productions East with this application. Additional copies maybe ordered at the competition for \$10 each. **DO NOT** include payment for additional copies with this application. Refunds for pre-ordered DVDs will be made only if the competitor officially withdraws from the competition by March 11, 2010.

ACCIDENTS: The US FIGURE SKATING, the Mt. Vernon Recreation Center, and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by 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 the USFS, the club or organization hosting the competition, or its Officers, and their entries shall be accepted only on such condition.

Skater's Signature_____ **(if over 18 years)**

Parent's Signature_____ **(if skater is under 18)**

