

## FROSTY BLADES 2010

Dear Coaches, Skaters & Parents,

The National Sports Center and the Schwan's Super Rink invite you to participate in the 2010 FROSTY BLADES Competition. This exciting event will be held Feb 12 -14, 2010.

Please read over the enclosed information regarding the competition.

If you have any questions please contact Jane Schaber at:

Office: 763-717-3891

E Mail: [jschaber@superrink.org](mailto:jschaber@superrink.org)

We look forward to seeing you at our competition!

Sincerely,

Jane Schaber  
Competition Director

## FROSTY BLADES 2010

The competition is open to all levels of achievement and will include the following events:

Pre Alpha – Delta Program  
Compulsory (Freestyle 1 – 10)  
Ice Dance (1-10) Solo & Couples  
Footwork (Freestyle 1 – 10)  
Team Compulsory (Freestyle 1- 10)  
Jump & Spin Events  
Rhythmic

Spotlight (Pre Alpha – Freestyle 10)  
Spotlight Couples (Pre Alpha – Freestyle 10)  
Stroking (Pre Alpha – Freestyle 3)  
Interpretive (Freestyle 1- 10)  
Synchronized Skating Events  
Freestyle 1-10  
Open Freestyle Eventa

The age groupings will be determined by the competition Director and will be dependent on the number of applications in each event. Whenever possible, there will be divisions for male and female skaters. We reserve the right to limit the number of entries on a first come first, served basis.

Refunds WILL NOT be issued due to weather conditions. Refunds for medical reasons WILL be issued upon receipt of a written request accompanied by a signed doctors note. Please submit any such request within 7 days from the last day of competition to the Competition Director.

### **COMPETITION DEADLINE: Dec. 20, 2009**

Mailing Address: NSC Skating School  
C/O Frosty Blades  
1700 – 105<sup>th</sup> Ave. NE  
Blaine, MN 55449

Questions: please contact Jane Schaber at 763-717-3891  
Or [jschaber@superrink.org](mailto:jschaber@superrink.org)

### **Rules**

This competition will be conducted in accordance with the guidelines contained in the new 2010 ISI Handbook including the 2010 Rule Revisions effective Jan 1, 2010. These publications may be obtained from the Ice Skating Institute, rules pertaining to specific are found under the descriptions of Individual Events.

## **ISI Judges**

All judges must be certified at one of the following levels: Bronze, Silver, Gold or Synchro.

All professional members who have passed any level of the ISI Judge Certification before Jan 1, 2010 must also pass the 2010 Update Test to maintain their current certification level.

\*All judges must be current professional members

\*No individual will be allowed to judge an event where a relative is a participant.

\*An individual may not be a competitor and judge in the same competition.

\*Each team must follow the participation guidelines or the skaters may not compete.

<u>Number of Events:</u>	<u>Number of Judges</u>	<u>Judging Time</u>
1-10	1	2 Hours Each
11-21	2	2 Hours Each
22-32	3	2 Hours Each
33-44	4	2 Hours Each
45-55	5	2 Hours Each
56-66	6	2 Hours Each
67-77	7	2 Hours Each
78-88	8	2 Hours Each
89-100	9	2 Hours Each

## **Eligibility**

Competition Events are open to any Individual Member of the ISI whose membership is current up to and including the date of the competition.

All competitors must compete at their highest test level passed and registered with the ISI National Office on or before Dec 20, 2009.

Members of other organizations are eligible & welcome to compete in ISI endorsed competitions as long as they are ISI Individual Members and have all their tests passed and registered with the ISI National Office. Skaters are expected to compete at their TRUE ability level and to uphold high ethical standards.

The chart below will help those USFS skaters wishing to participate in an ISI Competition.

<u>USFS Test Passed</u>	<u>May Compete No Lower Than:</u>
Pre Preliminary	Freestyle 3
Preliminary	Freestyle 4
Sub-Juvenile	Freestyle 4
Juvenile	Freestyle 6
Intermediate	Freestyle 6
Novice	Freestyle 7
Junior	Freestyle 8
Senior	Freestyle 8
Adult Bronze	Freestyle 2
Adult Silver	Freestyle 4
Adult Gold	Freestyle 5

**\*\*\*These are minimum requirements. USFS Moves in the Field test levels have no bearing on any ISI Test Levels.**

**NEW: ISI OPEN FREESTYLE EVENTS**

USFS Skaters who have already passed pre preliminary, Adult Pre Bronze or any higher tests and wish to compete in ISI Freestyle events do not need to pass any previous ISI tests. They only must have passed Open Freestyle tests corresponding to their current USFS level.

ISI Freestyle skaters do not have to pass any additional test(s) to skate in the Open Freestyle Events at the corresponding test level below.

<b><u>If: Passed USFS Tests</u></b>	<b><u>If: Passed ISI Tests</u></b>	<b><u>Then: New Open FS Level</u></b>
Pre Preliminary Adult Pre Bronze Adult Bronze	Delta or ISI FS 1-3	Bronze Test Level
Preliminary Pre Juvenile Adult Silver	FS 4-5	Silver Test Level
Juvenile Intermediate Adult Gold	FS 5-6	Gold Test Level
Novice Junior Senior	FS 7-10	Platinum Test Level

## **VERIFICATION & POLICY FOR COMPETITION FORMS**

The skating professional and Team Liaison **must both sign the entry form** to verify that the information on the form is correct and true. The information on the entry form must be accurate, complete, signed and mailed by the Team Liaison. Inaccurate and/or incomplete forms will be returned. Skaters must have an ISI number and the number and expiration date must be listed on the entry form. If the skater has applied for a number and has not yet received it, write “applied for” in the space that requires the skater’s ISI number. All forms must be signed by a current Professional Member. If signed by an expired or non-professional member, the form will be returned to the skater with a letter of explanation. The skater will have 5 days to return the form with the correct signature without incurring a late fee. Team Liaisons must include accurate mailing address, including zip codes, if they want to receive competition information at that address. Any false information provided will result in disqualification.

All entries must be mailed to the Competition Director by the Team Liaison and post marked no later than Dec. 20, 2009.

## **CHECK IN AND REGISTRATION INFORMATION**

All competitors must register no later than 60 minutes prior to the scheduled program event. We reserve the right to hold events up to 30 minutes before their scheduled time.

Music must be turned in at the music registration table. All music must be recorded on cd’s and labeled with the competitor’s name, team name, event and age group on the side that is to be played. Cd’s must contain 1 track per cd only, to be accepted at tape check in. We strongly recommend having a back-up of all music needed in the competition.

## **PRACTICE ICE**

Schwan’s Super Rink ice surfaces are Olympic Size ice sheets (100’ x 200’) Official practice ice will be available on Friday Feb 12, Saturday, Feb 13, and Sunday Feb 14, 2010 for a fee of \$10.00 per 1/2 hour session. Practice ice registration forms with exact times will go out in Team Liaison packet and will also be posted on [www.superrink.org](http://www.superrink.org). click on figure skating once the initial schedule is completed. All practice ice will be sold on a first come first served basis, with a limit of 20 skaters per session.

## **AWARDS**

Individual Awards to 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> will be Trophy or Medal.

Individual Awards to 4<sup>th</sup> & 5<sup>th</sup> will be ribbons

Team Trophy to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> highest total team points.

Team points will be awarded for individual events as follows:

1 <sup>st</sup> Place	5 team points + 1 participation point
2 <sup>nd</sup> Place	4 team points + 1 participation point
3 <sup>rd</sup> Place	3 team points + 1 participation point
4 <sup>th</sup> Place	2 team points + 1 participation point
5 <sup>th</sup> Place	1 team point + 1 participation point
6 <sup>th</sup> Place	1 participation point

Team points will be awarded for team events (Production, Pattern, Kaleidoskate, Team Compulsories and Synchronized Teams) as follows:

1 <sup>st</sup> Place	25 team points + 5 participation points
2 <sup>nd</sup> Place	20 team points + 5 participation points
3 <sup>rd</sup> Place	15 team points + 5 participation points
4 <sup>th</sup> Place	10 team points + 5 participation points
5 <sup>th</sup> Place	5 team points + 5 participation points
6 <sup>th</sup> Place	5 participation points

## **HOTEL ACCOMMODATIONS**

The following accommodations are within 5 miles of Schwan's Super Rink.

Comfort Suites – Blaine  
10580 Baltimore St. NE  
Blaine, MN 55449  
(763) 792-0750

Country Suites by Carlson  
155 Coon Rapids Boulevard  
Coon Rapids, MN 55443  
(763) 780-3797

Holiday Inn Express  
9333 Springbrook Drive  
Coon Rapids, MN 55443  
(763) 792-9292

Blaine Super 8  
9410 Baltimore Street NE  
Blaine, MN 55449  
(763) 786-8888

\*For more hotel information call Visit Minneapolis North at 763-566-7722.

## EVENTS.

### **Pre Alpha - Delta Program:**

Skaters will execute all compulsory moves listed in the ISI Skaters & Coaches Handbook in a one minute program WITH MUSIC.

All skaters in Pre Alpha through Delta must add one additional maneuver from Freestyle 1 to their program. If the skater performs two Freestyle 1 maneuvers a deduction of 2.0 will be given under additional maneuver.

In Delta the skater has a Choice-of-One maneuver listed in the manual. This means that only one maneuver should be performed. In case of misinterpretation of "Choice-of-One", the performance of the first maneuver will be graded.

### **Compulsory Event : Freestyle 1 - 10**

To be in accordance of the ISI World Team Championships FS 1- 5 levels will be skated on half ice and 6 – 10 will be skated on full ice. The elements are the same as will be skated at the ISI World Team Championships. There is NO music used for Compulsory Programs. After the skater has reached starting position on the ice the announcer will say "Skater you may begin" Skaters are no longer required to perform the selected maneuvers in a required order. Additional maneuvers such as any jump, spin, or gliding maneuver from a test level or any uncaptured moves, are not allowed. (This includes but is no limited to: bunny hops, lunges, toe taps, spirals etc) Duration for all levels is 1 minute.

FS 1 -5 will be skated on ½ ice and FS 6-10 will be use full ice for compulsories to remain consistent with the ISI World Team Recreational Championships.

LEVEL	Maneuvers	Time Limit
FS 1	Arabesque*2 Foot Spin*Waltz Jump	1 Minute
FS 2	½ Lutz Jump*1-Foot Spin*Dance Step	1 Minute
FS 3	Salchow Jump*Backward Pivot *Toe Loop Jump	1 Minute
FS 4	Loop Jump*Sit Spin*Flip Jump	1 Minute
FS 5	Lutz Jump* Axel * Camel Spin	1 Minute
FS 6	Double Salchow* Jump Combination* Choice of Spin (X foot, Layback or Sit change Sit)	1 Minute
FS 7	2 Walleys in sequence *Double Toe Loop*Flying Camel Spin	1 Minute
FS 8	Flying Sit Spin * Double Flip Jump* Split Lutz	1 Minute
FS 9	Double Lutz jump * Axel Double Loop* Flying Camel Spin into a Jump Sit Spin	1 Minute
FS 10	Double Axel-Dbf Toe combination* Death drop* 3 Arabian or Butterfly Jumps	1 Minute

## **Ice Dance : 1- 10**

Skaters in Solo Ice Dancing events must have the appropriate Ice Dancing tests passed and registered. If a skater has passed a portion of a higher dance test, but not the entire dance test, they must compete at their highest completed level.

Dance 1 and 2 levels have a mandatory pattern. The dances to be skated in competition may be announced just prior to the competition or in the competition materials. No more than seven introductory steps may be used before the dance begins.

For the Dance 1 and 2 sequences the T stops must be performed at the end of the sequence.

The host facility will provide the music for the ice dancing events.

### **2008 Summer Sizzle Dances to be skated at each level:**

Dance 1	Chasse sequence
Dance 2	Dutch Waltz
Dance 3	Rhythm Blues
Dance 4	Cha Cha
Dance 5	Hickory Hoedown
Dance 6	Fourteen Step
Dance 7	Rocker Foxtrot
Dance 8	Kilian
Dance 9	Quickstep
Dance 10	Viennese Waltz

## **Free Dance: 1-10**

Dance teams shall perform a free dance of their own design. Program should express the couple's inspirational and artistic capabilities. Dance teams must enter at their registered ISI dance Free Dance level and provide their own music for this dance event.

## **Freestyle Program: Freestyle 1 –10**

All skaters in Freestyle 1 –10 levels of competition are no longer permitted to perform an additional maneuver from a higher test level. The penalty for doing an illegal additional maneuver will be the grade of 2.0 on the judging sheet for Extra Content. Effective as of 1- 1- 93, skaters will be limited to three attempts per required maneuver during programs, and as always, the best attempt will be judged. If the skater attempts the maneuver a fourth time, it will not be judged.

In Freestyle 3, 6, 7 and 8, certain maneuvers are listed under Choice of One. This means that only one of the maneuvers of the skater's choice may be performed. If more than one is performed, only the first maneuver will be graded.

Uncaptured gliding maneuvers may be performed at any level. Uncaptured jumps and spins may be performed only at the appropriate Freestyle levels as defined in the ISI

Skaters & Coaches Handbook. The penalty for performing and uncaptured jump or spin that is incorrect for the skater's Freestyle level will be a grade of 2.0 under Extra Content.

The edges required in Freestyle 1 must now be performed consecutively: Outside – Outside, then inside – inside or inside – inside, the outside – outside.

The dance step sequences in Freestyle 2, 3, 4, 5, 6, 7, 8 and 9 have a mandatory pattern for all ISI competitions as defined in the ISI Handbook.

### **Footwork: Freestyle 1 – 10**

In footwork events skaters are grouped according to age & ability level and perform a program to music for one minute. The program should contain original footwork sequences. Emphasis should be given to clean edges and turns: the presentation should not resemble a Freestyle Program. One – half rotation jumps and spins less than three revolutions are permitted. (Note: One Half Loop Jump is a full rotation jump) Footwork programs must be different from the suggested dance step sequences found in the Appendix of the ISI Handbook. The penalty for performing an illegal maneuver will result in a grade of 2.0 under Variety of Turns & Edges.

### **Spotlight Solo Event : Pre – Alpha – Freestyle 10**

The Spotlight Solo event includes Character Solo where the skater portrays a famous, easily recognizable character. Light Entertainment: the skater performs a lighthearted, vaudeville type program using music, dance and skating moves. (A light entertainment routine can portray a character but does not have to be) or Dramatic Solo: an artistic theatrical performance by individual skaters that evokes an emotional response from the judges and audience. The skater's interpretation should create a mood that is enhanced by the style, creativity, costuming and props (optional). The overall impression at the conclusion of the performance should be that it was a dramatic performance, not light hearted as in the light entertainment category. Skaters in these categories will use music, costumes and props (optional). Skaters will be grouped according to age and/or test level.

<u>Category</u>	<u>Levels</u>	<u>Duration</u>	<u>Maneuver Limitations</u>
Low:	Tots - Delta	1 Minute	FS 1 & Below
Medium	FS 1-3/Open Bronze	1 & 1/2 Minutes	FS 4 & Below
Intermediate	FS 4-5/Open Silver	1 & ½ Minutes	FS 6 & Below
High	Fs 6-10/Open Gold	2 Minutes	Any Maneuvers
	Open Platinum	2 Minutes	Any Maneuvers

### **Spotlight Couples Event: Tots – Freestyle 10**

<u>Category</u>	<u>Levels</u>	<u>Duration</u>	<u>Maneuver Limitations</u>
Low:	Tots - Delta	1 Minute	FS 1 & Below
Medium	FS 1-3/Open Bronze	1 & ½ Minutes	FS 4 & Below
Intermediate	FS 4-5/Open Silver	1 & ½ Minutes	FS 6 & Below
High	Fs 6-10/Open Gold	2 Minutes	Any Maneuvers
	Open Platinum	2 Minutes	Any Maneuvers

#### **Please Note: Skaters may enter only 1 couple Spotlight event!!!!**

Two skaters perform a routine that is entertaining, emotional or a portrayal of characters using costumes and props (optional). This event is divided into low and high for partner selections. Groups will be divided as registration warrants.

#### **\*\*ADDITIONAL SPOTLIGHT RULES\*\***

Live props are not permitted. Props may not be flame or smoke oriented or of any substance that will alter the surface of the ice. No dry ice allowed.

The penalty for exceeding prop specifications will be a grade of 2.0 under the skater's Costume and Prop score. Penalties will be given for the following: 1. Altering the ice with any substances such as shaving cream, whipped cream etc. 2. Exceeding the 30 seconds allowed for entering and leaving the ice. 3. Exceeding the prop size guidelines, such as the skater's not being able to hand carry, push or lift the prop onto and off of the ice by themselves. Entrances to the ice vary greatly from rink to rink. Props should be able to easily fit through a 35 inch wide door. 4. Skaters are not permitted to exit the ice surface during their performance, this includes sitting on the surrounding barriers and dasher boards.

### **Stroking Event: Pre Alpha – Freestyle 3**

Skaters will be grouped by age and test level and will perform forward stroking and forward crossovers in both directions to music provided by the Competition Director. This event focuses on cleanness of edges, rhythm, endurance, posture, flex skating knee – flow (lilt), proper push offs (no toe picks) and extension of free leg. Skaters in the same age/level group will perform and be judged at the same time.

**\*There will be No Warm up for stroking events!!**

**\*Coaches may not assist their skater(s) during the stroking event!!**

### **Team Compulsory: Freestyle 1 –10**

This event is open to skaters in Freestyle levels only. No skater at any Freestyle level is permitted to skate below their test level registered with the ISI National Office. Any skater may skate above their registered test level. (i.e: a Freestyle 2 skater may skate on a Freestyle 4 team but not on a Freestyle 1 team).

A Freestyle 1 – 5 team consists of 6 skaters, Freestyle 6 -10 team consists of 7 skaters, any age, male or female. Because unforeseen circumstances can leave a team one member short, it is strongly advised that all teams have an alternate skater on hand at all times. Teams may skate one member short however, only one maneuver can be performed per skater, thus a team will automatically receive a score of 0 for the omitted maneuver. Individual skaters may participate on more than one team at different FS levels. (See new rules Mandatory Jan 1, 2008)

The team must perform to music: suggested time is 3 minutes, with a maximum of 3 & 1/2 minutes. Teams that perform a required maneuver out of order will receive a grade of 2.0 under correctness. NEW RULE: Moves from a higher test level are NOT permitted. Penalty is 2.0 below the point range under correctness.

### **Interpretive Event: Freestyle 1 – 10**

Skaters are **NOT ALLOWED** to be coached by instructors, parents or anyone else during this event. The emphasis of this event is on the skater's ability to choreograph and skate to music they have heard only three times. The emphasis is not on the difficulty of the maneuvers performed.

#### Test Levels

Pre Alpha – Delta  
FS 1-3/OpenBronze  
FS 4-5/Open Silver  
FS6-10/Opme Gold/Platinum

#### Maneuver Limitations

FS 1 & Below  
FS 4 & Below  
FS 6 & Below  
Any Maneuvers

### **Jump & Spin Event: Pre Alpha – FS 10**

This event can be a lot of fun because it can be done with a friend who may not be the same test level and it can be done without a lot of preparation.

A team of 2 skaters where first skater performs required jump twice while skater 2 stands still. After skater 1 is finished with both attempts and stops, skater 2 begins and performs their required spin 2 times. After skater 2 has finished and stopped, the skaters exit the ice together.

## LEVELS:

A Jump & Spin team consists of any 2 skaters competing in the same category level but they do not have to be on the same test level. (See below) Category entered must be at the higher of the 2 skaters test levels. Only the technical accuracy of the maneuver is scored – not the difficulty level of the maneuver.

Levels & Manuever Options:	Skater 1	Skater 2
Low (Pre Alpha – Delta)	2 foot hop OR Bunny hop	Two foot Spin (no other choice)
Medium (FS 1-3)	1/2 flip OR Toe Loop	Two Foot Spin OR 1 Foot Spin
Intermediate (FS 4-5)	1/2 Loop OR Axel	Sit Spin OR Back Spin
High (FS 6-10)	Dbl Salchow OR Dbl Loop	Flying Camel OR Flying Sit

ADDITIONAL MANEUVERS OR CHOREOGRAPHY IS NOT ALLOWED – ONLY YHE REQUIRED MANEUVERS ARE JUDGED. Skaters may use only preparation or set up steps.

No music is required for the team. Low, Medium and Intermediate events will use only HALF ICE. The High Category will use a FULL Sheet of ice.

## Rhythmic Skating:

Rhythmic skating events will be offered for skaters in FS 1- 10. This entertaining routine requires the use of one of the hand props listed below. The program should contain elements that employ the use of these props throughout the program. The skater must maintain control of their prop at all times. Spotlight entrance and exit rules apply. Props will not be allowed on the warm up.

Judges Criteria will be: Judges Appeal, Music Choreography, Costume, Duration and use of prop

Prop - Choice of one: Hoop – Wood or plastic it must be rigid, non bending material. Diameter 2'7" – 2'11".

Ball – Rubber or plastic – Diameter 7 ¾"

Ribbon Stick – wood, plastic or fiberglass. Length 20" – 30"

Material - Satin or a non-starched length of fabric. Width 2" – 4", Length minimum of 2 yards, maximum 4 yards.

<u>Test Levels</u>	<u>Duration</u>	<u>Maneuver Limitations</u>
FS 1-3/Open Bronze	1 & 1/2 Minutes	FS 4 & Below
FS 4-5/Open Silver	1 & ½ Minutes	FS 6 & Below
FS 6-10/Open Gold	2 Minutes	Any Maneuvers
Open Platinum	2 Minutes	Any Maneuvers

## Synchro Events:

Please refer to the most current rules for all Synchro events.