



2018 North Eastern Ohio (NEO) Elementary School Ice Skating Championships

**HOSTED BY THE MENTOR FIGURE SKATING CLUB & MENTOR CIVIC ARENA
March 10, 2018**

The Northern Eastern Ohio (NEO) Elementary School Ice Skating Championships will be conducted in accordance with the rules and regulations of U.S. Figure Skating and Learn to Skate USA, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating and Learn to Skate USA website.

This competition is open to all elementary age persons and younger, and is a currently registered member of LTS USA or a U.S. Figure Skating member club or an individual member in accordance with the current rulebook.

ELIGIBILITY/TEST LEVEL:

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

All participants must be LTS USA members or full members of U.S. Figure Skating. Competition registration fee will include membership.

For the Pre-Free Skate, Free Skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

Skaters entering beginner-preliminary events will be divided as closely as possible by age should the number of entries warrant more than one group.

ENTRIES: Entry deadline is March 1, 2018. Please mail page 13 and/or page 14 to Sue Clemente at

Sue Clemente
7564 Fairview Ave
Mentor, Ohio 44060 or drop them off at the rink in the identified box.

REFUND POLICY: Entry fees will not be refunded after March 1, 2018 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available through the Mentor Civic Arena and the MFSC Website.

FACILITIES: The competition will be held at the **Mentor Civic Arena**, 8600 Munson Road, Mentor, Ohio 44060
Rink phone (440) 974-5730

The West rink measuring 85' x 200' will be used for all events. There will be skate rentals available for skaters whom do not own skates for free. There will also be male and female lockers for skater use designated.

MUSIC: Competitors must provide music for all events, as appropriate. Competitors MUST bring a copy of their competition music on CD and a backup in case of technical difficulties, and it must be turned in at the competition registration desk at the time of check-in. Only CD's (standard CD-R format only) will be accepted. CD-RW's will NOT be accepted due to compatibility issues. CD's must be clearly marked with the competitor's name, event, and running time. CD's must only have one piece of music per CD. The official competition CD turned in at the arena Registration Desk is reserved for use during the event and may not be retrieved for practice ice use. Please keep additional copies of your music readily available for both practice ice and at rink side during competition events. Music may be picked up at the arena registration desk following each event. Every reasonable care will be taken, but the Mentor FSC cannot be responsible for music left at the end of the competition.

LIABILITY: U.S. Figure Skating, Mentor Figure Skating Club and Mentor Civic Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM:

The 6.0 Majority Judging System will be used for:

- Well Balanced Program free skate events
- Introductory free skate events (beginner, high beginner, no-test)
- All Test Track events

REGISTRATION: Registration desk will be open on Saturday, March 10th an hour before the event starts. The registration table will be located in the lobby of the Civic Center. Please register promptly upon arrival and be checked in 1 hour prior to your event.

AWARDS: Participants will receive medals for 1st through 6th place.

CONTACT INFO: If you have questions, please contact the Competition Chairperson- Sue Clemente at sueclemente@att.net cell 216-978-5072

COMPETITION FEES:

6.0 EVENTS	\$10.00 Per event
LEARN TO SKATE	\$10.00 Per event
SYNCHRO TEAM EVENTS	\$ 5.00 Per team member/event

ADDITIONAL INFORMATION:

The schedule of events and practice ice schedule will be posted the rink and on the Mentor FSC website at www.MentorFSC.com when it becomes available. NO ADMISSION FEE WILL BE CHARGED FOR ANY EVENT

Compete USA Competitions

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

When directed by a judge or referee each skater in sequence will perform the first of the required elements listed below moving on to the next element.

To be skated on 1/2 ice.

- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left



Compete USA Competitions

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

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 full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

EVENT: Pre-Free Skate – Free Skate 6 Compulsory Events

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka (Right and Left) • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump



Compete USA Competitions

EVENT: Pre-Free Skate – Free Skate 6 Program Events

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka (Right and Left) • Waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:40 max	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump • Flip jump
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump



Compete USA Competitions

EVENT: Introductory Levels Compulsory Event

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin - minimum three revolutions • Forward or backward spiral

EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (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 Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (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 Learn to Skate USA free skating badge tests



Compete USA Competitions

EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Solo spin - sit <u>or</u> camel spin - minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Toe Loop jump • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • No single Axels, double jumps or triple jumps • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted • Jump sequences limited to a maximum of 3 single jumps <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed • No double, triple or quadruple jumps allowed • Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels) • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max. 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted. • Jump sequences limited to a maximum of 3 single jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel or Waltz-jump type jump • All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop) • Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed • An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted. • Jump sequences limited to a maximum of 3 single or double jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>



EVENT: 2017-18 Test Track Free Skate continued

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> Jumps with no more than one-half rotation (front to back or back to front). Max. 2 jump sequences Max. 2 of any same jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
High Beginner 1:40 maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> Jumps with no more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. Max. 2 jump combinations or sequences Max. 2 of any same type jump. 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
Pre-Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) Single rotation jumps: Salchow, toe loop and loop only. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p>

HOCKEY EVENTS – HOCKEY 1-4 ELEMENTS AND SKILLS CHALLENGE

- Ages groups: 8 & under, 10 & under, 12 & under.
- Hockey 1 & 2 and Hockey 3 & 4 events may be combined if there is not enough participants in each level.
- Skaters must wear helmets

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform.

- To be skated on 1/2 ice
- All elements must be skated in the order listed
- Time: 1:00 or less

Hockey 1

- Proper basic hockey stance, forward and backward
- March forward across the ice, 8-10 steps
- Two-foot glides and dips from forward marching
- Forward swizzles / double C-cuts (4-6 in a row)
- Stationary Snowplow Stop

Hockey 2

- Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive
- Forward C-cuts: single leg and alternating feet in a straight line
- Backward hustle or march, then glide on two feet
- Backward swizzles / double C-cuts (4 – 6)
- Two-foot moving Snowplow stop

Hockey 3

- Forward C-cuts (1/2 swizzle pumps) on a circle, both directions
- Forward outside edges on half circles, alternating feet on the axis
- Forward inside edges on half circles, alternating feet on the axis
- Backward C-Cuts on a circle, both directions
- Backward snowplow stops, one foot and two feet V-stop

Hockey 4

- Quick starts using forward V-Start
- Backward one-foot glide, right and left
- Forward crossovers on a circle, clockwise and counterclockwise
- Backward crossovers on a circle, clockwise and counterclockwise
- Hockey stops (to right and left, with speed)

Hockey Skills Challenge: Have skaters complete each of the five following skills competitions. Set up each station according to the descriptions below. Skaters earn points upon placement in each station (First place - 5 points, second place - 4 points, third place - 3 points, fourth place - 2 points, fifth place - 1 point). Highest combined total wins. All participants will be required to wear a helmet.

1. Shooting: Using a “shooter tutor,” give each skater 10 pucks to shoot into the five holes. Alternate each shot into the different holes in the tutor. Most number of hits wins.

2. Fastest Skater: Starting at the center red line, have skaters complete one lap around all of the dots and behind the nets. Set up cones on each red dot to outline to course. 2-4 skaters can race at a time at different sides of the red line. Use stop watch. Fastest skater wins.

3. Stick Handling: Place two rows of staggered cones down the length of ice. Have skaters stick handle through the cones down one length and back again. Shortest time wins. A missed cone is a 5-second penalty.

4. Agility: Set up an obstacle course with cones for forward and backward skating, turns and stops. Fastest skater wins.

5. Passing: Set up stationary targets (i.e. cones, bucket, mini-net) 25 feet away from starting line. Give each skater 10 pucks to try to hit each target. Highest number of hits wins.

SYNCRONIZED SKATING- SNOWPLOW SAM SYNCHRO, SYNCHRO SKILLS 1-3

- A. Snowplow Sam Synchro** A team of 5-12 skaters. The majority of the team must be under 7 years old. No skaters may have passed higher than a preliminary test.
Program duration: maximum 2 minutes, 10 seconds.
Rules: <http://www.usfigureskating.org/programs?id=84096&menu=synchronized>
- B. Synchro Skills 1:** A team of 8 to 16 skaters. The majority of the team must be under 9 years old. No skaters may have passed higher than a preliminary test.
Program duration: maximum 2 minutes, 10 seconds.
Rules: <http://www.usfigureskating.org/programs?id=84096&menu=synchronized>
- C. Synchro Skills 2:** A team of 8 to 16 skaters. The majority of the team must be under 12 years old. No skaters may have passed higher than a preliminary test.
Program duration: maximum 2 minutes, 10 seconds.
Rules: <http://www.usfigureskating.org/programs?id=84096&menu=synchronized>
- D. Synchro Skills 3:** A team of 8 to 16 skaters. The majority of the team must be at least 12 years old. No skaters may have passed higher than a preliminary test.
Program duration: maximum 2 minutes, 40 seconds.
Rules: <http://www.usfigureskating.org/programs?id=84096&menu=synchronized>

SPEED SKATING

- Ages groups: 8 & under, 10 & under, 12 & under

Speed Skating 1- Race length of rink from goal line to goal line.

Speed Skating 2- Complete 1 lap around rink. Event will be timed and cones will be set up identifying the race track.

North Eastern Ohio (NEO) Elementary School Ice Skating Championships

March 10, 2018

Last Name _____ First _____
 Address _____ City _____
 State _____ Zip _____ Email Address _____
 Area Code/Phone # _____ Birth Date _____ Age _____
 Highest Level Passed _____ Do you have a LTS USA # _____
 Elementary School Affiliation _____ Grade _____
 School/Team Director's Name _____

Please check the event(s) you are entering:

SKATING EVENTS:

Basic Elements: Basic Free Skate Program:

_____ Snowplow Sam	_____ Snowplow Sam		
_____ Basic 1	_____ Basic 4	_____ Basic 1	_____ Basic 4
_____ Basic 2	_____ Basic 5	_____ Basic 2	_____ Basic 5
_____ Basic 3	_____ Basic 6	_____ Basic 3	_____ Basic 6

Free Skate Elements/Compulsories: Test Track Free Skate Program:

_____ Pre-Free Skate		
_____ Free Skate 1	_____ Beginner	_____ Pre-preliminary Test
_____ Free Skate 2	_____ High Beginner	_____ Preliminary Test
_____ Free Skate 3	_____ No Test	
_____ Free Skate 4	_____ Pre-preliminary	
_____ Free Skate 5	_____ Preliminary	
_____ Free Skate 6		

Well Balanced Free Skate Program: Additional Events:

_____ No Test Free Skate _____ Pre-Preliminary Free Skate _____ Preliminary Free skate

HOCKEY EVENTS:

Hockey Events:

_____ Hockey Event-1	_____ Hockey Event-2
_____ Hockey Event-3	_____ Hockey Event-4
_____ Hockey Skills Challenge	

SPEED SKATING EVENT (Groups based on ages) :

_____ Speed Skating Race-1	_____ Speed Skating Race-2
Length of rink	One lap around rink

SYNCHRONIZED SKATING EVENT:

Please complete separate entry form for synchronized skating teams.

ENTRY FEE IS \$10 PER EVENT _____ Entry fee will include a LTS membership if needed

Total Number of Events _____

Total: \$ _____

Please make checks payable to the: Mentor FSC

North Eastern Ohio (NEO) Elementary School Ice Skating Championships

Synchronized Skating Team Entry Form

ENTRY FORM 2: Team Entry Form

School Name:	Level:
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SKATER NAMES IN ALPHABETICAL ORDER Last name first	Birth date	U.S. Figure Skating #**	LTS Level
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			