

2010 COLORADO GOLD - AUGUST 29, 2010

Part of USFS Skate Colorado Basic Skills Series



Locally Sponsored by

The Colorado Skating Club

South Suburban Ice Arena • 6580 S. Vine Street • Centennial, Colorado 80121

General

Colorado Gold 2010, hosted by the Colorado Skating Club, is a Basic Skills competition and part of the USFS Skate Colorado Basic Skills Series.

Entries/Deadline

Paper competition entries must be received by **Saturday, July 24, 2010**. Online registration will be available until **Sunday, July 25, 2010**. To register online please go to the Colorado SC website at www.coloradoskatingclub.net. Late entries may be accepted at the discretion of the Referee and the Competition Committee and only if accompanied by a \$30.00 late fee.

Note: Online entry system will not be available after **Sunday, July 25, 2010**.

Registration

The registration desk will be open in the lobby of the South Suburban Ice Arena one hour prior to the beginning of the events on Friday. From 7:30 am to 6:00 pm on Saturday, and from 7:30 am to close of events on Sunday.

Awards

Awards will be made as soon as possible after the conclusion of each event. Medals will be given to the top six in all events. We will attempt to secure Local Motion Productions for group and individual photos.

Video

We will attempt to secure Local Motion Productions for videotaping. If you already have your own competition video, bring it with you, and they will add to that tape.

Music

All Competitors must provide their own music on compact disk. CDs should only have one track recorded. Music is to be turned in at least 1 hour before your event at the registration desk/ check-in. A backup copy of the music should be readily available at the actual time of competition. The music committee will take reasonable precautions to safeguard your CDs but will not be responsible for music forgotten after practice ice, after the event, or damaged during play. Cassette tapes will not be accepted.

Official Notices

An Official Bulletin Board will be maintained at South Suburban Ice Arena. Each competitor and coach is expected to check this board for the official times of events and/or changes in schedules. Competitors are asked to check in with the Ice Monitor forty-five (45) minutes prior to the scheduled time of their event. Events may run up to 15 minutes early. Notices posted on the Official Bulletin Board will be considered sufficient notice to all entrants. The CSC website will contain entry information, practice and competition schedules, and any changes. Please check it often www.coloradoskatingclub.net.

Entry Fees

First event is \$48.00 and additional events are \$20.00 per event. A service charge of \$30.00 will be added to any returned checks.

USFS Skate Colorado Basic Skills Series



Sponsored by:

ISC of Ft. Collins, Honnen Ice Arena, Broadmoor SC, Colorado SC, Pueblo FSC, Mountain View SC, Northern Colorado SC & Centennial SC

Events to take place at:

<p>Pueblo Midwinter Invitational Date: February 14, 2010 www.pueblofsc.com 100 North Grand Pueblo, CO 81002 Competition Chair: Dalene Perdue Dperdue2003@yahoo.com or pueblofsc@yahoo.com (719)671-5564 Competition Application Deadline: December 15, 2009</p>	<p>Ft. Collins Classic (EPIC) Date: March 28, 2010 www.iscfc.org 1801 Riverside Fort Collins, CO 80525 Competition Chairman: Linda Hobaugh/Joyce Jobson hobaugh3@aol.com or jmjobs@hotmail.com (970)219-5111 or (970)490-1640 Competition Application Deadline: February 15, 2010</p>
<p>Northern Colorado Skills Challenge Date: May 8, 2010 www.ncfsconline.org 7900 Fairgrounds Ave Fort Collins, CO 80528 Competition Chair: Bobbie Elliot manterborn@hotmail.com (970)223-6531 Competition Application Deadline: March 31, 2010</p>	<p>Colorado College Cup (Honnen Ice Arena) Date: May 29, 2010 www.coloradocollege.edu/athletics/honnen/index.asp 14 Cache La Poudre St. Colorado Springs, CO 80903 Competition Chairmen: Linda Alexander/Karen Kight Linda.alexander@coloradocollege.edu or thekightklan@comcast.net (719) 389-6156 or (719) 632-4349 Competition Application Deadline: April 29, 2010</p>
<p>Broadmoor Open (World Arena) Date: June 20, 2010 www.broadmoorsc.com 3185 Venetucci Blvd Colorado Springs, CO 80906 Competition Chair: Barbara Bradley HoneyB23@aol.com (719) 540-5655 Competition Application Deadline: April 22, 2010</p>	<p>Front Range Invitational (Greeley Ice Haus) Date: July 10, 2010 www.mountainviewskatingclub.com 900 8th Avenue Greeley, CO 80631 Competition Chair: Jaime Roberts/Kristin Hoort (970)371-7185/(970)397-7899 jaimejroberts@yahoo.com or Kristin.hoort@greeleygov.com Competition Application Deadline: June 4, 2010</p>
<p>Colorado Gold (South Suburban) Date: August 29, 2010 www.coloradoskatingclub.org 6580 So. Vine Street Centennial, CO 80121 Competition Chair: Kristin Sannes kasannes@qwest.net (303)734-1544 Competition Application Deadline: July 25, 2010</p>	<p>Colorado Springs Invitational (Sertich Ice Center) Date: September 19, 2010 www.centennialskatingclub.org 1705 Pikes Peak Avenue Colorado Springs, CO 80909 Competition Chair: Lisa Landon Lisa_landon@comcast.net (719) 659-0912 Competition Application Deadline: July 31, 2010 ** All Basic Skills Competition Series awards will be given at this site **</p>

MISSION STATEMENT: Give Colorado skaters a chance to develop their USFS Basic Skills in a fun, competitive environment.

AWARDS: During the competition season, skaters will have the chance to compete at eight different arenas and earn points for a final standing. *Trophies will be awarded at the conclusion of the CSI Basic Skills competition to the skaters with the highest point totals who compete in at least FOUR of the EIGHT scheduled competitions.*

Free skate and Elements/Compulsory Program Series Point System

A skater must enter **BOTH** Free skating **AND** the Compulsory/Elements event in each of at least four of the eight registered Series Basic Skills Competitions to be eligible for accumulating points. Each event will have a maximum of six skaters. **Both youth and adults may accumulate points!**

The system for scoring points for the trophies will be as follows:

1 st place	6 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1 point

** A skater will earn three points toward their overall standing each time the skaters enters a level that is higher than the level competed in at the previous competition throughout the duration of the series. In order to keep the extra three points he/she must compete in that level or higher in all subsequent competitions. The points for skaters moving up will be awarded each time the skater competes at a level higher than in their previous competition.*

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters. In this case, those skaters will be allowed to move back to their original level to compete at the next competition.

If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points.

In case of a tie, the total number of skaters that the competitor has skated against throughout the series will be the tie breaker.

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group.

Trophies will be awarded 1-3 place in each level from Snowplow Sam through Free skate 6. The trophies will be awarded to the skaters at their level as of the last competition in the series.

Please note: Spin, Dance, Pair, Theater on Ice, Synchronized team, and Showcase events will not be counted in the final standings. No-Test to Preliminary and Test Track Limited Beginner – Preliminary events will not be counted in the Free skate and Elements/Compulsory Program series.

Rules and Format:

COMPETITION ANNOUNCEMENT

The **U.S. Figure Skating Skate Colorado Basic Skills Competition Series** is sponsored equally by the eight participating ice rinks and/or USFS member clubs. Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

ELIGIBILITY RULES FOR PARTICIPANTS

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. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For Free skate 1-6, eligibility will be based only upon highest free skate test level passed (MIF test level will not determine skater's competitive level). All FREE SKATE 1-6 SKATERS are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition

It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee discovers that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

Elements Event – Basic Skills Curriculum and Adults 1-4

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

Free skate Compulsory Event – Free skate Curriculum

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
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Basic Programs with Music

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
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

Free skate Programs 1-6 with music and Adults

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Required Element Descriptions for Elements and Compulsory Programs

Level	Description
Snowplow Sam	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 1. Forward outside edge on a circle- clockwise or counterclockwise 2. Forward crossovers- 6-8 consecutive- both directions 3. Forward outside 3-turn - R and L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L
Basic 5	<ol style="list-style-type: none"> 1. Backward outside edge on a circle- clockwise or counterclockwise 2. Backward crossovers – 6-8 consecutive- both directions 3. One-foot Upright spin - minimum of 3 revolutions 4. Hockey Stop 5. Side Toe hop - either direction
Basic 6	<ol style="list-style-type: none"> 1. Forward inside 3-turn - R and 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	<ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet jump - either direction 3. Backward crossovers to a backward outside edge landing position, clockwise and counterclockwise 4. Forward inside pivot
Basic 8	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns - R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counterclockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. One-foot upright spin, optional free foot position
Free skate 1	<ol style="list-style-type: none"> 1. Advanced forward stroking – 4-6 consecutive strokes 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside edges 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump
Free skate 2	<ol style="list-style-type: none"> 1. Forward outside spiral - R or L, and a forward inside spiral - R or L 2. Waltz Three's- R or L 3. Beginning back spin- entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump
Free skate 3	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls - 4-6 consecutive 3. Back spin 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop
Free skate 4	<ol style="list-style-type: none"> 1. Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise 2. Forward power 3's, 2-3 consecutive sets - R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump

Free skate 5	<ol style="list-style-type: none"> 1. Spiral Sequence, FO Spiral, forward outside 3 turn, one backward crossover, backward inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
Free skate 6	<ol style="list-style-type: none"> 1. Five step Mohawk sequence – 1 set alternating pattern 2. Camel, sit spin combination - minimum of 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, 1/2 loop, salchow combination 5. Lutz jump
Adult 1	<ol style="list-style-type: none"> 1. Forward Swizzles 4-6 in a row 2. Backward Swizzles 4-6 in a row 3. Forward 1-foot glide R&L 4. Two foot turn in place 5. Snowplow stop
Adult 2	<ol style="list-style-type: none"> 1. Forward Crossovers, clockwise and counter clockwise 2. Moving 2-foot turn on a curve both directions 3. Backward 1-foot glide R or L 4. Forward Pivot
Adult 3	<ol style="list-style-type: none"> 1. Inside Mohawk either direction 2. Backward crossovers, clockwise and counter clockwise 3. Basic forward outside and forward inside edges – 4-6 consecutive 4. Two-foot spin – entry optional
Adult 4	<ol style="list-style-type: none"> 1. Forward Outside 3-Turns R&L 2. Forward Inside 3-Turns R&L 3. Perimeter stroking with crossover end pattern 4. Power 3-turns one direction only, set of 3

**** Please Note: For all Snowplow Sam 1- Basic 8 Elements events, the elements MUST be skated in the order listed.**

Required Element Descriptions for Programs with Music

Snowplow Sam through Basic 8 and Adult 1-4 are the same elements as in the Elements/Compulsory Programs event – Freeskiate 1 through Freeskiate 6 are as below

Level	Description
Free skate 1	<ol style="list-style-type: none"> 1. Advanced forward stroking – 4-6 consecutive strokes 2. Scratch spin from backward crossovers 3. Waltz jump from backward crossovers 4. Half flip jump
Free skate 2	<ol style="list-style-type: none"> 1. Forward outside spiral - R or L 2. Beginning back spin- entry optional 3. Waltz jump, side toe hop, waltz jump series 4. Toe loop jump
Free skate 3	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin 3. Salchow jump 4. Waltz jump/toe loop or Salchow/toe loop
Free skate 4	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets - R or L 2. Sit spin 3. Loop jump 4. Waltz jump/loop jump
Free skate 5	<ol style="list-style-type: none"> 1. Camel spin 2. Forward upright spin to back upright spin 3. Loop/loop jump 4. Flip jump
Free skate 6	<ol style="list-style-type: none"> 1. Camel, sit spin combination - minimum of 4 revolutions total 2. Split jump or stag jump 3. Waltz jump, 1/2 loop, salchow combination 4. Lutz jump

REGISTER ONLINE FOR

The Colorado Gold

Payment via a Secured Credit Card Transaction

(processing fee applies – 3.5%)

www.coloradoskatingclub.net

Simply follow the links for competition information and use the link to register for the competition and pay with a credit card (VISA, MASTERCARD, and DISCOVER accepted)

Special Notes:

1. Secure Online Registration and credit card payment available at www.coloradoskatingclub.net.
2. Skaters and Coaches schedules will be posted on the web at: www.coloradoskatingclub.net.
3. Skaters will be able to choose their own practice ice sessions online after the schedule is posted. Additional practice will be available for sale online after those that pre-register for their sessions have chosen them. A PIN will be emailed to you following the close of registration and you will use this to check and schedule your practice Ice sessions.

Paper entry forms are also available online at www.coloradoskatingclub.net

