



is proud to announce the
**1st Annual Harvest Skate
High School Competition**
Sunday October 25, 2015
10am - 2pm

The Winchester FSC Harvest Skate High School competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook and High School Skating Competition Handbook and Technical Rulebook document, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. This announcement and the High School Competition Handbook and Technical Rulebook will take precedence if there is a conflict with the U.S. Figure Skating Rulebook.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

HIGH SCHOOL COMPETITION INFORMATION, RULES, ELIGIBILITY AND TEST LEVEL SPECIFICS:

High School competitions are run as U.S. Figure Skating, sanctioned nonqualifying competitions.

Athletes participating in these events are considered to be student-athletes. Their education is of the highest priority, and in all decision making matters, the Program Development Committee and the LOC have a responsibility to minimize the days missed from school. This competition will be run in accordance to the 2015-16 U.S. Figure Skating High School competition Handbook and Technical Rulebook document found on the High School Programs page.

Test level: Athletes must enter at the highest test level passed or may “skate up” one level. Highest test passed is as of October 1, 2015. (It is permissible for an athlete to enter the free skate and short program at different levels if “skating up” qualifies them for both). Competition level is the highest test passed in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

Team maneuver: Athletes may “skate up” to any level they desire, but they may not compete on a team at a lower level than the highest level they have passed.

ENTRIES: Entry fees MUST accompany entry form(s). Schools and High School teams are required to submit one collective check payable to the LOC.

All singles events are \$45.00 for the first event and \$25.00 for additional events.

Team maneuver events are \$60.00 per team.

Checks returned for any reason will carry a \$30.00 handling charge and no refunds will be made unless the event is eliminated by the LOC or chief referee.

The Local Organizing Committee (LOC) reserves the right to limit the number of entries, eliminate events due to insufficient entries, and combine or divide groups as necessary.

All High School Teams participating in high school competitions must register with U.S. Figure Skating by filling out the **School Affiliated Club (SAC) Membership and Team Registration Form** and paying required annual membership dues by October 1. This application can be found on the High School Programs webpage at <http://www.usfigureskating.org/Programs.asp?id=67> and in the High School Competition Handbook. Teams are required to submit a copy of their SAC application or SAC Certificate for proof of membership with their competition application.

REFUND POLICY: Entry fees will not be refunded after October 1, 2015, unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for nonsufficient funds will be issued a \$30 fee. 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 by email and on www.winchesterfsc.com

FACILITIES: The competition will be held at Stoneham Arena, 101 Montvale Ave., Stoneham, MA 02180
www.winchesterfsc.com

MUSIC: CDs are the only acceptable media. Music for free skate may have vocals and should have at least one change of tempo (speed). Music for short program may have vocals. The competitor's program must be the only music on the CD and it must start at the beginning.

Music should be clearly marked with the athlete's name, high school name and event. Music must be turned into the registration desk one hour before the event. Skaters are responsible for bringing a back-up copy.

LIABILITY: U.S. Figure Skating, Winchester Figure Skating Club, and Stoneham 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. This is a USFS sanctioned event: #20641

JUDGING SYSTEM:

The 6.0 Majority judging system will be used for all events and levels at High School competitions. The ISU judging system will not be used.

AWARDS: Medals will be awarded for places 1-3 in each event.

OFFICIAL NOTICES: It is the responsibility of each competitor, parent, team and coach to check the web site frequently for any schedule changes and/or additional information. Skaters and teams are requested to arrive at least 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

CONTACT INFO: If you have questions, please contact Karen Stock of Winchester FSC at KLStock@msn.com

SECTION 2: EVENTS OFFERED:

Team maneuvers: Low, Intermediate and High

Free skate Test Track:

Beginner, high beginner, pre-preliminary, preliminary, prejuvenile, juvenile, intermediate, novice, junior, senior

TEAM COMPETITION RULES, ELIGIBILITY & ENTRY RESTRICTIONS:

Host clubs reserve the right to eliminate events if necessary to accommodate the amount of ice time available. Men's and ladies' events in singles free skating will be separate events.

ELIGIBILITY TO COMPETE:

1. Athletes must be eligible members in good standing of U.S. Figure Skating, and may be members of the figure skating club of their choice or be individual members of U.S. Figure Skating.

2. Competitors must be currently enrolled in a high school as a full-time student, as defined by the institution that they attend. This includes both traditional and home school students.

3. Athletes may compete either for the high school they are attending, or for area high school team in their district

4. A minimum of two (2) skaters are required to form a team.

WARM-UP GROUPS:

Warm-up groups for events will be posted at the start of the competition, but are subject to change up to 15 minutes prior to the start of an event, due to withdrawals.

RESPONSIBILITY OF THE PARTICIPATING TEAMS:

It is each participating team's responsibility to review the competition schedule for accuracy within 72 hours of receipt, and notify the competition chair of any errors.

GROUP SIZE:

No group will consist of more than 14 skaters. If more than 14 skaters are entered into one level then the skaters will be split as evenly as possible into as many groups as are necessary to keep each group no larger than 14 skaters.

**EVENT: TEAM MANEUVERS EVENT**

General event parameters:

1. Team maneuver events consist of teams of at least 2 athletes (any mix of male and female) from the same high school or combined schools with no one skater performing more than half of the total number of elements.

Note:

> *If a team has one athlete perform more than half of the elements, anything over half of the elements performed by that athlete will receive no credit.*

> *If a competitor performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a Salchow jump and the competitor performs a double Salchow jump, no credit is given for this element.*

2. Each high school may enter only one team in each competitive level.

3. An athlete may compete for only one team. Athletes may "skate up" to any level they desire, but they may not compete on a team at a lower level than the highest test they have passed.

Level	Jumps	Spins	Step or Moves in the Field Sequence
HIGH TEAM (Level A) Junior & Senior (no test restrictions)	a) Single Axel or double Axel b) Double jump – either double loop, double flip or double Lutz c) Combination Jump – consisting of two double jumps or a triple jump and a double jump d) Double or triple Lutz immediately preceded by footwork.	a) Solo spin of choice (min 8 revs in position) b) Camel Spin (min 8 revs) c) Flying Spin – Any entry and may include change of position (minimum 8 revs in position) d) Combination spin – with only 1 change of foot, at least 1 change of position, a minimum 6 revolutions per foot AND 2 revolutions in position	a) Choreographic Sequence – See Rule 4105 for description b) Forward loops (novice MIF) c) Ina bauer or spread eagle d) Junior or Senior Moves in the Field element of choice
INTERMEDIATE TEAM (Level B) Juvenile - Novice Skaters may not have passed higher than novice free skate test)	a) Single Axel b) Single or double loop c) Combination jump - consisting of a double jump and a single jump or two double jumps d) Double loop, flip or Lutz immediately preceded by connecting steps or other free skating movements	a) Solo spin (sit, camel, layback or cross foot spin (min. 5 revs) b) Forward scratch spin (min 5 revs) c) Back spin (min 5 revs) d) Combination spin – with only 1 change of foot, a min. of 1 change of position, a minimum of 5 revolutions per foot AND minimum of 2 revolutions in position	a) Choreographic Step Sequence – See Rule 4105 for description b) Ina bauer or spread eagle c) Juvenile Moves in the Field element of choice d) Novice Moves in the Field element of choice
LOW TEAM (Level C) Beginner – Pre-Juvenile (May not have passed higher than pre-juvenile free skate test)	a) Single Salchow jump b) Single toe loop jump c) Waltz jump-toe loop combination d) Single jump, may include Axel	a) Upright spin (optional free foot position, may change foot, min. 3 revs) b) Sit spin (min 3 revs) c) Back upright spin (min 3 revs) d) Combination spin – camel to sit spin (no change of foot, minimum of 6 revs total)	a) Step Sequence – See Rule 4105 for description b) Forward spiral c) Preliminary Moves in the Field element of choice d) Pre-Juv MIF Moves in the Field element of choice

The event will be judged on a team basis. Athletes will have a general warm-up of STROKING ONLY for 2 minutes. There will also be individual warm-ups for each element for 1 minute. Teams will be assigned a place to line up along the barrier, and must remain on the ice for their entire event. Elements will be skated one-at-a-time, and the announcer will call the representative from each team when it is his or her turn to perform the prescribed element.



EVENT: Free Skate Event

General event parameters:

1. High School competitions will follow the 2014-15 nonqualifying competition “test track” format, where jump elements are restricted based on the required elements in the equivalent U.S. Figure Skating free skating test.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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.
4. The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10	<p><i>Maximum 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front) • <i>Max 2 jump sequences</i> • <i>Max 2 of any same jump</i> 	<p><i>Maximum 2 spins:</i></p> <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 Basic Skills free skating badge tests
High Beginner 1:30 +/- 10	<p><i>Max 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only • <i>Max 2 jump combinations or sequences</i> • <i>Max 2 of any same type jump</i> 	<p><i>Maximum 2 spins:</i></p> <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 Basic Skills free skating badge tests
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) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test

<p>Preliminary 1:30 +/- 10 sec.</p>	<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>
<p>Pre-Juvenile 2:00 +/- 10 sec.</p>	<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 (Min. 3 revolutions) •One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p>Juvenile 2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> •Any single jumps, including Axel, are permitted. •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 solo spin in one position, no change of foot (Min. 4 revolutions). •One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) <p>•Only solo spin may fly</p>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>

<p>Intermediate 2:30 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> •Any single jumps. •Double jumps permitted: double Salchow and double toe loop. •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> •One must be a flying spin (min 5 revolutions), •One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> •Any single jumps. •Double jumps permitted: double Salchow, double toe loop and double loop. •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> •One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) •The other spins are the option of the skater (min 6 revolutions per foot) •All spins may fly 	<p>One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> •Any single jumps. •Double jumps permitted: double Salchow, double toe loop, double loop and double flip •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<p>One step sequence fully utilizing ice surface (See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>

<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec.</p> <p>Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Must include at least four different double jumps, one must be a double Lutz. • Triple jumps are not permitted • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p><i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

CONTACT INFORMATION

Winchester FSC, Karen-Lee Stock, KLStock@msn.com

Chief Referee: Kathaleen Cutone, cutone@msn.com

**National Vice Chair for School Programs:
Dorothy Tank, email: datank7@gmail.com**

Entry Form
Winchester Figure Skating Club
Stoneham Arena, 101 Montvale Ave., Stoneham, MA
1st Annual Harvest Skate High School Competition
Sunday October 25, 2015 10am-2pm

Last Name: _____ FirstName: _____

Circle: M F Address : _____ City: _____

State: _____ Zip: _____ Email: _____ Phone: _____

BirthDate: _____ HighSchool: _____

USFS Membership#: _____ School Affiliated Number: _____

Highest USFS tests passed: MIF _____ FreeSkate: _____

Coach: _____ Phone: _____ Email: _____

Team A Maneuvers:

Team Members Names/USFSA #s:

____ Low
____ Intermediate
____ High

Team B Maneuvers:

Team Members Names/USFSA #s:

____ Low
____ Intermediate
____ High

Test Tract Free Skate Program *Please note: individual free skate and team events must be on separate entry forms.

____ Beginner ____ Juvenile
____ High Beginner ____ Intermediate
____ Pre-preliminary ____ Novice
____ Preliminary ____ Junior
____ Pre-juvenile ____ Senior

Entry fees: 1st event: \$45.00. Additional event(s): \$25.00. Team maneuver events: \$60.00

The completed entry form with appropriate signatures and fees must be postmarked no later than October 1, 2015.

Make check payable to Winchester FSC and mail to: Winchester FSC Competition, PO Box 1093, Burlington, MA 01803.

For additional information, please contact Karen Stock at KLStock@msn.com

Checks returned for any reason will carry a \$30.00 handling charge and no refunds will be made unless the event is eliminated by the LOC or chief referee.

USFS Sanction #:20641

Certification of Competitor: The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds Winchester Figure Skating Club harmless from any and all liability either during practice or competition, or from any and all liability for damages to or loss of property.

Parent Guardian signature _____ Date _____

Coach's signature _____ Date _____

***Remember to fill out School Affiliated Club (SAC) Membership and Team Registration**