

Fond du Lac FSC Compete USA 2024

Hosted By:



Saturday, May 4, 2024

9:00 a.m. – 5:00 p.m.

Entry Deadline: April 7, 2024

For questions contact Angie at FDLfigureskatingclub@gmail.com

Blue Line Family Ice Center
550 Fond du Lac Ave.
Fond du Lac, WI 54935

RULES FOR COMPETE USA COMPETITIONS

3100 Rules for Compete USA Competitions

3110 Compete USA Competitions – Approvals

3111 Compete USA competitions may include events for skaters who have passed no higher than the preliminary free skate, pre-bronze pattern dance or adult bronze free skate tests without applying for a U.S. Figure Skating sanction. However, an approval number is required and may be obtained from the appointed Learn to Skate USA representatives. See also rule 3112.

3112 When a Compete USA competition is held in conjunction with a sanctioned nonqualifying competition, approval as required by rule 3111 above must still be obtained.

3120 Compete USA Competitions – Officials

3121 For Compete USA competitions, three judges not related to the competitors are required for each event. Judges may be any official U.S. Figure Skating or Skate Canada judge or any other qualified eligible or ineligible person in skating who is a U.S. Figure Skating member and/or a Learn to Skate USA member.

3122 For Compete USA competitions, the member club or other organization sponsoring and conducting the competition shall approve all judges and officials. All persons serving as judges and officials shall be at least 16 years of age.

3130 Compete USA Competitions – Announcements

3131 For all Compete USA competitions, a copy of the announcement and an approval request shall be sent to the appointed Learn to Skate USA representative for approval and issuance of a Compete USA approval number 30 days prior to the release of the competition announcement to the public. The approval is to be publicly displayed during the competition.

3132 Compete USA competitions will follow the event structure as outlined in the Compete USA Manual. Any registered Learn to Skate USA program may conduct a Compete USA competition.

3133 When Compete USA competitions are held on the home ice of a U.S. Figure Skating member club, the member club shall be designated as the sponsoring club.

3134 Compete USA competitions may be:

- A. “In house” — the competition is available only to those skaters who are members of the club or program conducting the competition, or
- B. “Open” — the competition is available to any registered Learn to Skate USA member or full U.S. Figure Skating member.

3055 Entries

At nonqualifying competitions, if only one eligible competitor/team enters an event, the competitor/team will be offered the option to skate an exhibition, compete in an equivalent event one level above or one level below (as qualified by test level) or, for pre-juvenile and lower singles events, compete in an equivalent event against skaters of the opposite gender.

- A. If said competitor chooses to skate an exhibition, judges will award their marks according to the rules and the applicable judging system used, and the competitor/team will receive first place.
- B. If said competitor chooses to compete in an equivalent event against skaters of the opposite gender, the skater will be entered accordingly.
- C. If said competitor/team chooses not to skate, the entry fee will be refunded, and the event will be canceled

3064 - Skating Accommodations Memorandum (S.A.M.)

A singles skater with a documented physical disability, as defined by the American’s with Disabilities Act (ADA), may request exception from certain technical rules or element requirements or expectations on the basis that such rule or requirement penalizes them in the assessment.

ELIGIBILITY RULES FOR PARTICIPANTS

It is very important to the success of the competition that skaters are placed in the correct divisions. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

Choosing a competitive level that is right for your skater: It is the responsibility of the instructor, coach, or skating director to place the skater at the correct competitive level. This decision should be based upon skill proficiency, athlete development, and fairness. Placing skaters at a level that challenges them appropriately while fostering their ongoing development is key to nurturing their growth.

ELIGIBILITY AND TEST REQUIREMENTS:

The competition is open to ALL skaters who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating (including Aspire). Members of other organizations are eligible to compete but must be a current registered member of Learn to Skate USA or a full member of U.S. Figure Skating. There will be no more than six competitors maximum in an event, and all six should receive an award.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 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 skating skills or individual dances.

Special Olympics events are for skaters with intellectual disabilities. Skate United events are for skaters with physical disabilities. Skate United skaters have the option to compete in the standard track or Skate United track; accommodations may be made upon request. Adaptive events are for skaters with any type of disability. **For Synchronized Skating eligibility and requirements refer to the Synchronized Skating page.**

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

When hosting a Compete USA competition, it is important that you verify the compliance of each coach/instructor who plans to coach onsite at the event.

For credentials at a Compete USA event, coaches/instructors are required to have:

- Learn to Skate USA instructor compliant
- OR
- U.S. Figure Skating coach compliant

If a coach/instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.

All officials and adult volunteers attending Compete USA events must also be SafeSport Trained™



ENTRIES AND FEES

- **\$65.00 for the first event**
- **\$15.00 for each additional event**
- All entries must be postmarked **April 7, 2024**. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers, and will be subject to a **\$20 late fee**.
- **NO refunds after closing date** unless event is canceled by Fond du Lac FSC or with a written medical excuse from your physician.

AWARDS – Results will be posted in the lobby area after skaters have skated their event. It may take anywhere from 15-30 minutes to post the results. Everyone will receive an award. All events will be final rounds.

SCHEDULE OF EVENTS – Skaters names and event times will be emailed one week prior to the competition. All skaters should arrive at the rink 45 minutes prior to their scheduled event. All competitors must check in at the registration desk, which will be in the lobby area.

MUSIC - The music for all free skating programs must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Only one piece of music per CD. Competition music is to be turned in at the time of registration. Please remember to pick up your music, FDLFSC will not return any music left at the rink.

Note: This is a Compete USA Competition set up under the guidelines of the 2023-2024 Compete USA Competition Manual. Some judges will not be Official U.S. Figure Skating Judges. *The Competition may use qualified skaters and/or instructors who are 16 years of age or older and/or persons who are trial judging for appointments. This should be an unbiased group. See 2023-2024 Compete USA*

Events Offered and Requirements

<i>COMPETE USA EVENTS</i>	<i>Requirements</i>
Snowplow Sam - Basic 6 Elements	Online - Program Requirements U.S. Figure Skating
Snowplow Sam - Basic 6 Program w/ Music	Online - Program Requirements U.S. Figure Skating
***Basic Skills Jumps Event	See Attached – Jumps Event
***Basic Skills Spins Event	See Attached – Spins Event
Aspire 1-4 Compulsory Moves	Online - Program Requirements U.S. Figure Skating
Aspire 1-4 Program w/ Music	Online - Program Requirements U.S. Figure Skating
Excel Pre-Preliminary – Preliminary+ Compulsory	Online - Program Requirements U.S. Figure Skating
Excel Pre-Preliminary – Preliminary+ Free Skate	Online - Program Requirements U.S. Figure Skating
Well Balanced Pre-Preliminary and Preliminary Free Skate	Online - Program Requirements U.S. Figure Skating
Well Balanced Pre-Preliminary and Preliminary Compulsory	Online - Program Requirements U.S. Figure Skating
Jumps Challenge	See Attached – Jumps Event
Spins Challenge	See Attached – Spins Event
***Balance Moves Challenge	See Attached – Balance Moves Event
Compete USA – Team Compulsory	Online - Program Requirements U.S. Figure Skating
Compete USA - Theatre On Ice	Online - Program Requirements U.S. Figure Skating
Compete USA – Showcase	Online - Program Requirements U.S. Figure Skating
Compete USA – Interpretive	Online - Program Requirements U.S. Figure Skating

JUMPS EVENT

- Each skater will perform each element when directed by a judge or referee OR perform the jumps in a simple jump program. May use connecting steps. No additional elements allowed.
- Each skater will be allowed **two attempts** at each jump. The judges will select the better of the two jumps.
- To be skated on 1/2 ice
- No music
- All elements must be skated in the order listed

Jumps 1

Side toe hop Right

Side toe hop Left

Bunny hop

Jumps 2

Bunny Hop

Mazurka

Waltz Jump from standstill

Jumps 3 (Aspire Low)

Waltz jump (from backward crossovers)

Half flip or half Lutz

Single Salchow

Jumps 4 (Aspire High)

Waltz jump (from backward crossovers)

Single Salchow

Jump combination: waltz jump-toe loop

Jumps 5 (Pre-Preliminary)

Single toe loop

Single flip

Jump combination: Any two half or single revolution jumps (no Axel)

Jumps 6 (Preliminary)

Single flip

Single Lutz

Jump combination: Any single jump + single loop (single Axle is permitted)

SPINS EVENT

- Each skater will perform each element when directed by a judge or referee OR perform the spins in a simple spin program. May use connecting steps. No additional elements allowed.
- To be skated on 1/2 ice
- No music
- Each skater will be allowed 1 attempt for each spin

Spins 1 (Basic Skills 1-6)

Forward pivot- either foot

Two foot spin

Spins 2 (Pre-Free Skate)

Forward pivot- either foot

Two foot spin

Forward one foot spin (free leg held at side of spinning leg)

Spins 3 (Aspire Low)

One foot upright spin (Min 3 revs)

One foot upright back spin (Min 3 revs)

Sit spin (Min 3 revs)

Spins 4 (Aspire High)

One foot upright spin (Min 4 revs)

Upright spin with change of foot (Min 3 revs each foot)

Sit spin (Min 3 revs) (May not change feet)

Spins 5 (Pre-Preliminary)

Spin combo without change of foot – All 3 basic spin positions required (Min 3 revs)

Backward sit spin (Min 3 revs) (May not change feet)

Camel spin (Min 4 revs) (May not change feet)

Spins 6 (Preliminary)

Spin combination with 1 change of foot - All 3 basic positions required. (Min 3 revs each foot)

Sit spin with change of foot (Min 3. each foot)

One position spin, skater's choice (upright, sit or camel) (min 4 revs.) (May not change feet)

BALANCE MOVE EVENT

- Each skater will perform balance moves when directed by a judge or referee, or perform balance moves in a program. (no additional elements allowed)
- Each skater will be allowed two attempts for each balance move. The judges will select the better of the two.
- To be skated on 1/2
- No music
- Skaters must compete at the same level as their free skate event
- This event will combine levels pending number of entries. Example: skaters registered in Aspire 1 may be grouped with skaters in Aspire 2.

Balance Move 1

Forward spiral

2 Balance move of skater's choice

Balance Move 2

Backward spiral

2 Balance move of skater's choice

FDLFSC Compete USA Registration Form

- All entries must be postmarked by **April 7, 2024**. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers, and will be subject to a **\$20 late fee**.
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- For questions regarding rules and events contact Angie at FDLfigureskatingclub@gmail.com

Name _____ Age _____ Sex _____
 Last First City
 Address _____
 State Zip Email Address _____
 Phone # _____ Birth date _____
 USFSA# _____ Highest Level Passed _____
 Program/Club Affiliation _____
 CoachName _____ USFSA# _____
 Coach Email Address _____ Coach Phone# _____

Please check the event(s) you are entering:

Basic Skills Elements:

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

Basic Program:

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

Aspire Compulsory:

- Aspire 1
- Aspire 2
- Aspire 3
- Aspire 4

Aspire Program:

- Aspire 1
- Aspire 2
- Aspire 3
- Aspire 4

Excel Compulsory:

- Excel Pre-Preliminary
- Excel Preliminary/Plus

Excel Program:

- Excel Pre-Preliminary
- Excel Preliminary
- Excel Preliminary Plus

WB Compulsory:

- Pre-Preliminary
- Preliminary

WB Program:

- Pre-Preliminary
- Preliminary

Showcase: Please an X by the level and circle the type of showcase event

Name / Notes:

- | | | | |
|---|------|------|------------|
| <input type="checkbox"/> Basic 1-6 | Solo | Duet | Production |
| <input type="checkbox"/> Pre FS-6 / Beginner / High Beg | Solo | Duet | Production |
| <input type="checkbox"/> No Test | Solo | Duet | Production |
| <input type="checkbox"/> Pre-Preliminary | Solo | Duet | Production |
| <input type="checkbox"/> Adult Pre-Bronze | Solo | Duet | Production |
| <input type="checkbox"/> Preliminary / Adult Bronze | Solo | Duet | Production |

Team Elements:

Team Name:

Team Members:

- Snowplow Sam, Basic 1-3
- Basic 4-6
- Aspire 1-4

Spins:

- Spins 1
- Spins 2
- Spins 3
- Spins 4
- Spins 5
- Spins 6

Jumps:

- Jumps 1
- Jumps 2
- Jumps 3
- Jumps 4
- Jumps 5
- Jumps 6

Balance Move:

- Balance 1
- Balance 2

Interpretive:

- Groups will be by age and skating level

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and the family holds the Fond du Lac FSC and the Blue Line Family Center harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____ Date _____

Instructor/Coach Signature _____ Date _____

Program Director/Club Officer _____ Date _____

The Competition will be on Rink A

Practice ice on Rink A is **\$10.00 for non FDL FSC** members and **\$5.00 for FDL FSC** members per 20min session 8:00-8:20 and 8:20-8:40.

Practice ice will also be available on Rink C (our studio rink). Skaters can pay a one-time fee of **\$10.00 for non FDL FSC** members and **\$5.00 for FDL FSC** and use the ice anytime between 9am-5pm.

ENTRY FEE IS \$65.00 PER EVENT, \$15.00 PER EACH ADDITIONAL EVENT

\$ 65 First Event (\$65)
\$ _____ Additional Events (\$15 each)
\$ _____ 8:00am Practice Ice Rink A **FDLFSC member** (\$5)
\$ _____ 8:00am Practice Ice Rink A **Non Member** (\$10)
\$ _____ 8:20am Practice Ice Rink A **FDLFSC member** (\$5)
\$ _____ 8:20am Practice Ice Rink A **Non Member** (\$10)
\$ _____ 9am-5pm Practice Ice Rink C **FDLFSC member** (\$5)
\$ _____ 9am-5pm Practice Ice Rink C **Non Member** (\$10)
\$ _____ Total

Make check or money order payable to **FDL FSC** and mail to:

**Angie Dowidat c/o FDL FSC
971 Mequon Ave
Fond du Lac, WI 54935**

Good Luck Skaters!



