



# *Skating With Heart*

## Star 1-3 Event

Saturday, February 8, 2025  
Innisfail Twin Arena  
5804 - 42 Street  
Innisfail, AB T4G 1K7

**Sanction # 3332**



## HOST CLUB INFORMATION

Event Name: Skating With Heart

Event Dates: Saturday, February 8, 2024

Host Club Name: Innisfail Skating Club

Host Club Website: [www.innisfailskatingclub.com](http://www.innisfailskatingclub.com)

Competition Chairperson: Brittany Leveille

Email Address: [innisfailskatingclub@hotmail.com](mailto:innisfailskatingclub@hotmail.com)

### Arena Details:

Name: Innisfail Twin Arena

Address: 5804 – 42 Street, Innisfail AB T4G 1K7

Ice Surface Dimensions: 200' x 85' (both arenas)

Registration Table Times: 8:00 a.m. - 5:30 p.m.

Event Time: 9:00 a.m. – 7:00 p.m.

## GENERAL INFORMATION

1. The Event is being held under the rules of the Star 1-3 Guide
2. CATEGORIES; The following Categories are to be held:
  - ♥ Star 1 Elements Event
  - ♥ Star 2 & 3 Freeskate Program Events
  - ♥ Star 1 – 3 Team Elements Event
  - ♥ Creative Improv 1
3. SYSTEM OF MARKING: The event is following the Star Event Standards for Assessment Guide.
4. SCHEDULE OF EVENTS: Will be emailed by the Club if an email address is provided.
5. ENTRIES: Entrants in Events shall be:
  - a) Skate Canada registrants in good standing.
6. REGISTRATION OF SKATER: This must be through our Uplifter account. Click this link: [Skating With Heart Registration](#) or go to our website <https://www.innisfailskatingclub.com/skating-with-heart-2025/> Registration will open **December 1, 2024, at 9:00 a.m. MST**. **We are only accepting CREDIT CARD PAYMENTS**. Please have your skater's Skate Canada number, and Skater's Music to upload (if entering a program event) on hand when registering.
7. CLOSING DATE OF ENTRIES: All entries must be received no later than **Sunday, January 22, 2025**.

8. ENTRY FEES:

- ♥ All Events.....\$70.00
- ♥ Additional Events.....\$55.00 (Except for the Team Event)
- ♥ Team Events.....\$45.00 (**One payment per team**)

9. STAR 2 & 3 FREESKATE MUSIC SUBMISSION REQUIREMENTS:

- a) Music to be uploaded onto our Uplifter account when registering.
- b) Music must be sent in an MP3 format.
- c) Deadline for music submission is **January 18, 2025**.
- d) **Back Up Music: Only USB memory sticks will be accepted as music back-up. CD's will not be accepted.** Each skater is required to carry a copy of their back-up music and have it available at rink side. Ensure music files are properly labelled.
- e) USB's must be provided in a Ziploc bag and labelled with the skater's name and category. For example: Jane Doe, Star 2.

10. ACCIDENTS: The Association and Committee of the Host Club undertake no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in this event, all competitors and their parents or guardians shall be deemed to agree to assume all risks or injuries to the competitor's person and property resulting from, or caused by, or connected with the conduct and management of the competitions. An agreement must also be deemed to release any and all claims they may have against the officials, the Association, the Host Club, and their officers. Entries shall be accepted only in accordance with these conditions.

11. REFUND OF ENTRY FEES: Entry fees shall be refunded only if the event is not held. There will be no refunds given for any reason, including medical pulls. The only exception is if the category is pulled.

12. ON-SITE REGISTRATION: Skaters must register at least one hour before their scheduled event. Skaters must report to the Ice Captain one hour prior to their scheduled category.

13. AWARDS: The awards ceremony for each flight will be held approximately 20 minutes after each event in the lobby. All skaters are requested to attend the awards ceremony to receive their incentives.

14. FLIGHT SYSTEM: If the number of competitors in a Category warrants it, a flight system will be used.

15. EVENT SPECIFICATIONS: In normal circumstances, each category offered at the competition will be held for men and women separately. It is permissible for events that do not progress skaters onto a subsequent level of Interclub competition to combine events as follows:

- ♥ Combine two or more categories in the same event when each category has fewer than three entries;
- ♥ Combine two or more categories in the same event when one category has insufficient entries to hold the event;
- ♥ or Cancel events when insufficient entries are registered in one to hold the event.

The decision to combine events is at the discretion of the Lead Evaluator and the Host Committee. In any of the above cases, categories may be combined – only with full prior knowledge and agreement of all competitors affected. If a category is not held, due to a lack of competitors, the Host Committee will inform competitors and return entry fees.

16. CANCELLATION OF EVENTS: The host club reserves the right to cancel events.
17. EVENT REGISTRATION: Skaters may enter multiple events.
18. COACH ACCREDITATION: All coaches must be minimally certified NCCP Regional in training and in “Good Standing” with Skate Canada. Coaches must register at the registration desk.
19. WARM-UP TIMES:
- ♥ All Events ..... 4 minutes

## ELIGIBILITY AND CATEGORIES

### Star 1 Element Assessment

Must not have passed any part of the Star 6 freeskate assessment.

Elements assessed to standard.

Skaters may be grouped by age; no age restrictions.

#### Eight elements:

- ♥ Circle Stroking Exercise: Stroking (Crosscuts) in the same direction on a circle (one round forward, one round backward); draw for direction.
- ♥ Waltz Jump
- ♥ Single Salchow
- ♥ Single Toe Loop
- ♥ Forward Upright Spin
- ♥ Backward Upright Spin
- ♥ Forward Spiral Circles: Two Spirals, one on each foot executed on a circle in the same direction; the skater chooses the direction.
- ♥ Creative Expression routine (30 seconds – selection randomly chosen at the competition – each flight to have a different music selection). This is assessed as “completed” or “incomplete” only.

### Star 2 Program

Must not have passed any part of the Star 6 freeskate assessment.

A program to music a maximum of two minutes and 10 seconds in length.

Individual elements plus program components: Presentation and Skating Skills assessed to standard

Skaters may be grouped by age; no age restrictions.

#### Nine elements:

- ♥ Single Salchow
- ♥ Single Toe Loop
- ♥ Waltz Jump + Single Toe Loop combination
- ♥ Single Loop Jump
- ♥ Single Flip or Single Lutz
- ♥ Backward Upright Spin
- ♥ Forward Entry Sit Spin or Camel Spin with no change of foot; no flying entry; no variations of positions; forward Upright Spin is not permitted.
- ♥ Forward Spiral Sequence: a sequence of two forward Spirals; one Spiral on each foot, unsupported position; on either inside or outside Edge.
- ♥ Forward Turn Sequence: forward outside Three-Turn + backward Crosscut + backward inside S step (i.e. step-forward); executed four times on alternating feet.

### Star 3 Program

Must not have passed any part of the Star 6 freeskate assessment.

A Free Skating Program to music of two minutes in length (plus or minus 10 seconds).

Individual elements plus program components: Presentation and Skating Skills assessed to standard  
Skaters may be grouped by age, no age restrictions.

#### Eight elements:

- ♥ Five Jump Elements
  - ♥ All single jumps permitted including single Axel; no double jumps permitted
  - ♥ Must include at least one Axel-type Jump (waltz or single Axel)
  - ♥ Must include at least five different types of single jumps (note: waltz and Axel are considered the same type).
  - ♥ Must include a single loop + single loop Jump Combination
  - ♥ Maximum of one additional Jump Combination; maximum of two jumps in a combination.
  - ♥ No Jump Sequences
  - ♥ No jump may be included more than twice
  - ♥ A repeated jump must be executed as part of a Jump Combination.
  
- ♥ Two Spins
  - ♥ Backward Upright Spin
  - ♥ Combination Spin that has at least one Camel Position and one Sit Position and starts with a forward entry; no flying entry or variations of positions; change of foot optional.
  
- ♥ Forward Spiral Sequence: a sequence of two forward Spirals; one Spiral on each foot, unsupported position; on either inside or outside edge.

### Individual Showcase (Spin, Spiral, Jump Event) Star 1 Level

This is a one-minute program to be skated on the full ice surface. Program must include **ONLY** 1 spin, 1 spiral sequence, and 3 jumps. A beginning and ending pose as well as connecting steps should be included. **\*MUSIC PROVIDED BY HOST CLUB.** This will be assessed to standard; two program components: Presentation and Skating Skills.

Skaters must be working on STAR 1 Freeskate. Program must include:

- ♥ One forward OR backward upright spin
- ♥ Waltz jump, toe loop, and salchow
- ♥ One spiral sequence consisting of one forward spiral done on each foot on either inside or outside edges

## Team Elements

Team Element events are an opportunity for groups of skaters to perform together in a fun atmosphere. Skaters each perform a free skate element to contribute to an overall team assessment. Team Element events consist of progressive levels. Entry for Team Element events is consistent with Freeskate Events and teams may skate up one level if they choose.

Procedures for Team Elements Events: Team Elements will perform the same elements as listed in the Individual Elements events:

- ♥ Star 2 - 3 assessed to standard
- ♥ Teams must be comprised of a minimum of two and a maximum of four skaters
- ♥ More than 50% of the team must have passed the required assessment for entry (i.e. two of three, or three of four).
- ♥ Each skater will perform one element
- ♥ If a team consists of fewer than four skaters, no skater may perform more than two elements.
- ♥ Elements will be skated in the order listed
- ♥ The first element will be performed by every team in the Event before the second element is performed, and so on,
- ♥ Each element may only be attempted once.
- ♥ Spins will not be assigned levels and will be assessed on quality only.

### Star 2 Elements

Assess to standard

- ♥ Element #1 Single Loop Jump
- ♥ Element #2 Waltz Jump + Single Toe Loop Jump Combination
- ♥ Element #3 Backward Upright Spin; minimum three revolutions
- ♥ Element #4 Forward Spiral Sequence – two forward Spirals, one on each foot performed on either outside or inside edges; no more than eight steps between; both Spirals must be unassisted.

### Star 3 Elements

Assess to standard

- ♥ Element #1 Single Flip Jump
- ♥ Element #2 Single Loop + Single Loop Jump Combination
- ♥ Element #3 Combination Spin – forward entry only; must include at least one Camel. Position and one Sit Position; change of foot optional; no flying entry; no difficult variations; minimum of four revolutions or a minimum of three revolutions on each foot if executing change of foot.
- ♥ Element #4 Forward Spiral Sequence – two forward Spirals, one on each foot performed on either outside or inside edges; no more than four steps between; both Spirals must be unassisted.

## Creative Improv

Creative Improv programs are designed only by the skater with minimal preparation. Creative Improv tests the skater's ability to quickly interpret a given piece of music and entertain the audience. There is no coaching permitted for these events.

Program content, rules and event procedures are the same for all levels:

- ♥ Skaters will listen to the music twice on-ice during the warm-up period.
- ♥ Each flight will receive a different piece of music.
- ♥ All skaters in the event will perform to the same musical selection in each flight.
- ♥ After warm up skaters are to be in the dressing room or hallway until it is their turn to perform. They are not allowed to watch the previous skaters in the flight.
- ♥ Simple skating attire is required.
- ♥ Skaters will perform a creative routine on the ice to the music selected by the Host Club.
- ♥ All single jumps are permitted; jumps of any higher rotation will be subject to an illegal element violation if included.
- ♥ Skaters will be categorized by age and level.

### Creative Improv Level 1 & 2

- ♥ Assessment: Must have passed a Star 1 assessment in any discipline but no higher than the Star 3 freeskate assessment.
- ♥ One program to music for a maximum of 45 seconds.
- ♥ Two Program Components will be assessed to standard: Presentation and Skating Skills.

# *COME SKATE WITH HEART*

