



**St Paul Figure Skating Club  
Hosts**



**Twinkling Stars  
CANSKATE – FUNMEET  
&  
STAR 1 – 3 INTERCLUB**



**Date: March 1 & 2, 2025**

**Location: Clancy Richard Arena**



**SKATE CANADA: Canskate/Star 1-3 Sanction Number 3347**





## EVENT CHAIRPERSONS

Name: Bonnie Smyl & Céleste Bilodeau

Email : [stpaul.funmeet@gmail.com](mailto:stpaul.funmeet@gmail.com)

### 1. ARENA DETAILS

Name : Clancy Richard Arena

Address: 5314-48 Ave, St Paul, AB

### 2. ENTRIES

Entrants in Events shall be:

- a. Eligible persons as defined in Skate Canada Rule Book Section 2100
- b. Be Associate members in good standing of the Association. Registration forms **must be completed in FULL** or they may not be processed.

The St. Paul figure Skating Club reserves the right to limit the number of skaters / entries.

#### Registration Links:

[CanSkate – Event Registration](#)

[CanSkate – Team Registration](#)

[StarSkate – Event Registration](#)

[StarSkate – Team Registration](#)

### 3. CATEGORIES:

The following CanSkate Categories are to be held:

CanSkate Stage 1 Elements	Spin Spiral Jump Stage 5
CanSkate Stage 2 Elements	Spin Spiral Jump Stage 6
CanSkate Stage 3 Elements	CanSkate Team Element Event
CanSkate Stage 4 Elements	Stage 5 Creative improv
CanSkate Stage 5 Elements	Stage 6 Creative improv
CanSkate Stage 6 Elements	

The following STAR 1-3 Categories are to be held:

Star 1 Elements	Star 1/2 Team Element Event
Star 2 Elements	Star 3 Team Element Event
Star 3 Elements	Star 2/3 Pattern Dance Solo – Dutch Waltz
Star 2 Freeskate Event	Star 2/3 Pattern Dance Solo – Canasta Tango
Star 3 Freeskate Event	Star 2/3 Pattern Dance Solo – Baby Blues
Creative Improv 1: Star 1, Star 2, or Star 3	

#### 4. ENTRY FEES

CanSkate First Event = \$45.00  
CanSkate Additional Event = \$20.00  
CanSkate Team Event = \$10.00 per Skater

Star 1-3 First Event = \$50.00  
Star 1-3 Additional Events = \$25.00 each  
Star 1-3 Team Event = \$10.00 per Skater

##### Cheques should be made payable to

ST PAUL FIGURE SKATING CLUB  
BOX 1767  
ST PAUL, AB T0A 3A0

##### E-transfers are to be sent to

[stpaul.skating@gmail.com](mailto:stpaul.skating@gmail.com)

(Please ensure to indicate skater name(s) in the message section)

Cheques postdated after the close of entries will be returned and registration will not be processed. There will be a \$30.00 charge for any NSF cheques received

\*Please note: **Only ONE payment per team please.** Please include the skater names and the level in the message for the e-transfer.

#### 5. CLOSING DATE OF ENTRIES

All entries must be received by no later than **February 12, 2025**. Schedule will be emailed to the club contact indicated on the entry form. (**1 contact person per club please**). Skater may skate up a level.

#### 6. 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 these Events, all skaters 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 events. 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.

#### 7. REFUND OF ENTRY FEES:

Entry fees shall be refunded only if the event is not held or if the entry is withdrawn before the date of close of entries (**Skate Canada Rule 7000-1.5(2)**).

#### 8. REGISTRATION

- Skaters must be in their assigned dressing rooms **30 minutes before their event**.
- Please check in at the registration desk a minimum of **1 hour** prior to the start of your event.
- Warm up time is 4 minutes for all events
- Star 2-3 Freeskate and Dance Events will be on full ice.
- The Fun Meet will take place between the hours of **9:00 am – 7:00 pm**. To accommodate our entries, we may require some Star 1-3 events to be on Sunday.

**9. CANCELLATIONS OF EVENTS**

The host club reserves the right to cancel events. The St. Paul Figure Skating Club reserves the right to limit the number of registrations per event due to time restrictions.

**10. AWARDS**

Awards will be ongoing all day long and will be available approximately 30 minutes following each event and a podium will be available for photographs. Everyone goes home a winner!

**11. PICTURES & VIDEOS**

Persons wishing to take photographs of on ice performances are reminded that flash photography is forbidden. The use of video cameras must be restricted to areas that do not hamper the skaters.

**NOTE: You may only take pictures or videos of your own skater.** No parents will be allowed in the player's box area.

## CanSkate Categories – Technical Information

Each skater will complete each of his/her elements before the next skater begins. Elements will be done in circuits from stages 1 – 4 and one at a time (not in a routine) for stages 5 – 6.

**NOTE: Skills are integrated; if a skater has passed Stage 1 they would enter Stage 2**

### **Stage 1:**

- Forward push/glide sequence
- Backward 2-foot skating
- Forward 2-foot jump

### **Stage 2:**

- Forward 2-foot sculling
- Backward 2-foot to 1-foot glide
- Forward-Backward 2-foot turn / Backward-Forward 2-foot turn

### **Stage 3:**

- Forward circle thrusts
- Backward 2-foot sculling
- Backward 2-foot jump

### **Stage 4:**

- Forward crosscuts
- Backward circle thrusts or pumps
- Forward 1-foot turn
- Forward-Backward 2-foot jump / Backward-Forward 2-foot jump

### **Stage 5:**

- Forward inside edges
- Forward 2-foot side stop
- Backward push/glide sequence
- Forward power jump

### **Stage 6:**

- Forward outside edges
- Forward 1-foot side stop
- Backward perimeter skating with crosscuts
- Forward-backward c-steps

## **SPIN SPIRAL JUMP REQUIREMENTS**

This is a one-minute program to be skated on ½ of the ice surface. Program must include ONLY 1 spin, ONLY 1 spiral and ONLY 1 jump (in any order). A beginning and ending pose as well as connecting steps may be included. **NO MUSIC.** Skaters must be working on CanSkate Stage 5 or 6.

Must include: Any forward upright spin  
Waltz jump or Toe loop  
One foot spiral (skater's choice)

## **STAGE 5/6 CREATIVE IMPROV**

Skaters will hear a piece of music selected by the host club twice in warm-up. They will perform a creative routine on the ice to the music selection. Program length should not exceed one minute. Skaters will be categorized by age and level. Skaters must have passed Stage 4 Canskate. **\*No coaching permitted during this event**

## **CANSKATE TEAM ELEMENT EVENT**

Each team will consist of 2 to 4 skaters. Each skater will complete one skill from his/her team stages. In the event that a team only consists of 3 skaters, one skater will complete 2 skills. Skills will be chosen from the above stages. Coaches may assist their skaters, as there will not be use of circuits for this event. Skaters may skate up a stage.

\*depending on time/scheduling, team bows may or may not be allowed

### **Stage 1/2:**

- Forward push/glide sequence
- Forward 2-foot jump
- Forward 2-foot sculling
- Backward 2-foot to 1-foot glide

### **Stage 3/4:**

- Forward circle thrusts
- Backward 2-foot sculling
- Backward circle thrusts or pumps
- Forward 1-foot turn

### **Stage 5/6:**

- Forward 2-foot side stop
- Backward push/glide sequence
- Forward 1-foot side stop
- Forward outside edges

## Star 1 – 3 Event Categories – Technical Information

### Star 1-3 Event Categories for Elements

Technical Information Star 1-3 Element Events Individual element event. Each skater will perform each element in isolation and skaters will take turns within their group. Skaters must have passed Stage 6 CanSkate but must not have passed Star Level 3.

#### **Star 1 Elements:**

Stroking Exercise  
Waltz Jump  
Salchow Jump  
Toe Loop  
Upright Spin (fwd)  
Backward Upright Spin  
Forward Spiral Circles  
Creative Expression Routine

#### **Star 2 Elements:**

Waltz + Toe Loop  
Loop  
Backward Upright Spin  
Forward Spiral Sequence

#### **Star 3 Elements:**

Flip  
Loop + Loop Combo  
Combo Spin  
Forward Spiral Sequence

### Star 2-3 Event Categories for Freeskate

Skaters must have passed Stage 6 CanSkate but must not have passed Star Level 3.

**Star 2 Freeskate Program Event** (please email skater music to [stpaul.funmeet@gmail.com](mailto:stpaul.funmeet@gmail.com) and include the Skaters name and level in the Subject Line)

Skaters will perform their trained Star 2 Program with their music and be assessed on the following criteria:

Jumps in Program	Skating Skills
Spins in Program	Performance and Execution
Spiral Sequence	Interpretation

**Star 3 Freeskate Program Event** (please email skater music to [stpaul.funmeet@gmail.com](mailto:stpaul.funmeet@gmail.com) and include the Skaters name and level in the Subject Line)

Skaters will perform their trained Star 3 Program with their music and be assessed on the following criteria:

Jumps in Program	Skating Skills
Spins in Program	Performance and Execution
Spiral Sequence	Interpretation

### **Star 1-3 Team Event**

Each team will consist of two to four members. Each member will perform one or two element(s) in isolation. Please fill out a separate registration form for the team event.

**Star 1/2 Team Elements** (Star 1 skaters can also register here):

Single loop jump  
Waltz/Single Toe Loop Combination  
Backward Upright Spin  
Forward Spiral Sequence

**Star 3 Team Elements:**

Single Flip Jump  
Single Loop/Single Loop Combination  
Combination Spin  
Forward Spiral Sequence

**Star 1- 3 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. **NO COACHING PERMITTED DURING THIS EVENT.**

Creative Improv 1 (skaters must have passed the Star 1 Assessment in any discipline):

Flight – Star 1  
Flight – Star 2  
Flight – Star 3

Program content requirements and event procedures for all levels are as follows:

- Skaters will hear a piece of music selected by the host club twice in warm-up
- Program time is a maximum of 45 seconds in length
- A different music selection will be used for each flight
- All skaters in the flight for that event will perform to the same musical selection
- After warmup, skaters will be in the hallway or face the boards until it is their turn to perform
- 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
- Two program components will be assessed to standard: Presentation and Skating Skills

**Star 2-3 Event Categories for Pattern Dance Solo**

- Skaters must have passed the Star 1 Dance Assessment
- Assessed to standard
- Skaters will perform 2 full sequences of the dance (one round of ice surface)
- Skate Canada Series 8 music will be used for all dance events, and it will be used during the warmup. If skaters/coaches choose to skate to another piece of music from the list of approved contemporary music, they must email their chosen music to the St Paul Fun Meet email (listed above in the freeski section)

**Option A:**  
Dutch Waltz

**Option B:**  
Canasta Tango

**Option C:**  
Baby Blues