

Renfrew Skating Club

is proud to announce the
35th Annual E.O.S. Region 6 Interclub Competition
to be held at the

Mateway Activity Centre
February 6th and 7th, 2010

Sanctioned by Skate Canada, Eastern Ontario Section

Eligibility: The competition is open to all skaters who are members in good standing with Skate Canada for the current season.

Eligible Clubs: Any member that is in good standing with a club located in Region 6 of the Eastern Ontario Section (Arnprior, Barry's Bay, Deep River, Eganville, Pembroke, Petawawa and Renfrew).

Qualifications: Test restrictions will apply as of November 1st, 2009
Age restrictions will apply as of November 1st, 2009

Music: All CDs are to be clearly marked and placed in charge of the Music Committee at the time of registration. **ALL COMPETITORS MUST HAVE A BACK-UP PIECE OF MUSIC.** See accompanying information regarding labeling of music. Series 8 music to be used for all dance events.

Schedule of Events: A schedule of events and times will be sent to all clubs, two weeks prior to the competition.

SKATERS MUST BE PREPARED TO:

1. Arrive at least one hour before their event.
2. ONLY 1 chaperone per skater will be permitted in the dressing room.

Ice Surface: The competition will be held on an ice surface measuring 200' x 100'.

Results: Results will be tabulated using the OBO method. Result sheets will not be available for sale.

Accidents: Skate Canada Rule will apply as per the Event Management Section.

"The Association and the clubs or organizers for any competition undertake no responsibility for damages or injuries suffered by the skaters. As a condition of and in consideration of their entries therein, all competitors and their parent, or guardians, shall be deemed to agree to assume all risks of injury to the competitor's person and property resulting from, caused by or connected with the conduct and management of the competition and to release any and all claims which they may have against the officials, the Association and the clubs or organizers holding the competition and against their officers, and their entries shall only be accepted on this condition".

Rule 7000B(1.11)

SUBJECT TO CHANGE BY COMMITTEE UNTIL DECEMBER 15th, 2009

The Host Committee reserves the right to make changes to this announcement until December 15th, 2009 the closing date for all entries. All participating clubs will be promptly notified of any changes. [Skaters may enter a maximum of 6 events plus showtime.](#)

Entry Fees:

Singles Event	32.00/per entry
Elements Event	22.00/per entry
Improv Event	32.00/per entry
Dance or Pairs Event	42.00/per pair

“One dollar Skate Canada Competition fee per skater included in the cost of the events above”

CanSkate Group Event	41.00/per group
Showtime Group Event	26.00/per group
Team Elements Event	41.00/per team

Cheques: Payable to your Home Club

- Entry forms and cheques must be submitted to your home club representative and then he/she will submit them to Rita Barrette no later than December 15th, 2009.
- Club Representatives must send entry forms and cheques to:
EOS Region 6 Interclub 2010
[c/o Rita Barrette](mailto:barrette@nrtco.net)
[Box 872 Renfrew, Ont.](#)
[K7V 4H3](#)
barrette@nrtco.net

Entry Forms

- Entry forms, including all required supporting documentation, **must be completed in FULL** or they will not be processed and returned.
- All entry forms must be received by **Rita Barrette** with entry fees and supporting documentation where required, no later than **December 15th** regardless of postmark or courier date.
- Faxed or telephone entries will not be accepted.

Refunds and Withdrawals

- Refunds will be given for any cancelled events or if the entry is withdrawn prior to **December 15th, 2009**
- After **December 15th, 2009**, refunds will be given for medical reasons only, providing the Competition Registrar is notified of the medical withdrawal prior to the start of the event and if the Registrar receives a medical certificate by **February 26th, 2010**

Closing Date: *Entries are to be received by the Host Club no later than December 15th, 2009. Entries will not be accepted after the closing date except at the discretion and terms of the Interclub Host Committee. If an event has no entries, the skater will have one week to enter another event.*

TROPHIES AND THEIR DONORS

Total Elements Points	Ann Young
Total Freestyle Points	Bill's Radio and TV, Pembroke
Total Dance Points	Al Gutz

Total Group Points (Beginners)	C.F.B. Petawawa S. C.
Total Group Points (Overall)	Jack Shelhorn, Petawawa
Total Pairs Points	StarSet Jewelers, Eganville
Total Points Overall	Vic Thompson, Deep River
Total Points Overall (1 st runner up)	Sharon Binzig, Petawawa
Total Points Overall (2 nd runner up)	Gilk's Sign and Trophies, Arnprior
Gold Medalists - Adult Group Event	Scotia Bank, Arnprior, & Royal Bank Pembroke
Total Points Interpretive	Mickey's Sports & Promotion, Renfrew
Best Overall Club Performance	Marini Family

PREPARATION OF CD MUSIC

- A. Skaters must submit two copies of each program clearly labeled "Master" and "Back-Up" respectively **in a proper clear case**. Only one program shall be recorded on each CD. Please ensure Backup is a new recording. No other music/information shall be on the CD.
- B. CDs will be clearly and legibly printed with both the skater's name and his/her Club name and program length, in ink. All music may be + or - 10 seconds.
- C. Renfrew Skating Club will have pre-printed labels ready to apply at the Registration desk. Please have your Master CD's, as well as your Back-Up, **labeled to prevent mix-ups**. Register at least **ONE HOUR PRIOR TO THE EVENT**.

Media Policy

- Individuals wishing to obtain appropriate accreditation should contact:
[Pennu Bergin EOS Region 6 Interclub 2010 Chair](#)
At least two (2) weeks prior to the event.
- Individuals will need prior approval to attend and photograph skaters at all EOS Sanctioned events. Individuals will be given access to the boards near the skaters' entry to the ice. Accredited individuals will not interfere with coach/skater communications during warm-up periods. Pictures of skater and/or coaches will not be allowed prior to or after the performance. Any written complaints of interference will result in the loss of accreditation for future events.
- The following is a guideline for approving accreditation:
 - Individuals from News media must submit appropriate accreditation for review.
 - An individual representing skating club parent must submit written permission from these parents with request
 - Pictures of skaters will not be made available for sale.

CAMERA & VIDEO POLICY:

Ticket holders/spectators are only permitted to use cameras or video cameras at an event for personal use ONLY. The camera's lens must not be larger than 200mm.

STRICTLY PROHIBITED:

Videotaping of complete events

Flash photography

Any resale of photography or videos by ticket holders/spectators

REGION 6 INTERCLUB GUIDELINES

This competition is open to eligible skaters only. (All skaters must be registered with Skate Canada. Test qualifications shall apply as of November 1st, 2009 and age qualifications shall apply as of November 1st, 2009.

In the case of a dance or pair entry representing two Region 6 clubs, any points earned would be split between the two clubs. Only Region 6 skaters will be given points. If the skating partner is from out of Region 6, no points will be allotted for them.

All coaches must be N.C.C.P. certified and be a paid Skate Canada coaching member as of November 1st, 2009. Coaches must have valid photo I.D.

Skaters must clear the ice when requested or face possible disqualification from the event.

Sequins, hairpins, hats and/or any other appendage, which could fall to the surface of the ice and trip skaters, must be used with care.

Costumes for Group and Improv should not interfere with the skater's ability to skate, such as vision impaired by masks or hoods, or agility reduced by props and/or cumbersome clothing. Therefore, **NO PROPS ARE ALLOWED, including hats which are not secured.**

Points are accumulated for the awarding of trophies as follows:

5 points for a First Place, gold medal winner

3 points for a Second Place, silver medal winner

1 point for a Third Place, bronze medal winner.

Skaters must wear appropriate costumes and skates for medal presentation. (Group winners in costume only - NO SKATES)

The Host Club, in consultation with the Technical Representative, reserves the right to combine events.

Skaters may skate up only when there is no event and only at the discretion of the Technical Representative /Host Club.

SCHEDULE OF EVENTS

FREESKATE EVENTS

Skaters may enter only one (1) event from #1 - #7 inclusive.

For CanSkate events the elements listed are compulsory. In the CanSkate category, only jumps of LESS than one revolution may be attempted.

In order to encourage the development of our skaters, and as a deterrent to holding skaters back, non-compliance with this rule will result in a major (0.4 to 0.5) deduction from the judges for those restricted elements that are attempted or completed. This will also apply to the Introductory category.

CANSKATE FREESKATE EVENTS

#1 Stage 4 Skater must not have passed Stage 4
Elements: Walking cross-cuts, backward skating, two foot jump forward to backward, forward spiral.
Solo length: 1.0 minute +/- 10 seconds

#2. Stage 5 Skater must not have passed Stage 5
Elements: Forward to backward 3 turn (edge optional), forward spiral forward power jump, forward one foot spin.
Solo length: 1.0 minute +/- 10 seconds

#3 Stage 6 Skater must not have passed Stage 6
Elements: Turning on a curve forward to backward changing feet (edge optional - mohawk), forward crosscuts, rotating power jump, forward one foot spin.
Solo length: 1.0 minute +/- 10 seconds

Introductory Skater must not have passed any complete Skate Canada test or any part of the Preliminary Freeskate test.
Solo length: 1.0 minute +/- 10 seconds

May include waltz, salchow, and toe loop but no higher jumps of one or more revolutions.

#4..... 9 years old and under
#5..... 10 years old and over

May include waltz, salchow, toe loop, flip and loop jump but no higher jumps of one or more revolutions.

#6..... 9 years old and under
#7 10 years old and over

SIMILAR PAIRS EVENTS

Each skater may enter only one (1) event from # 8 to # 13 inclusive.

Skaters of the same gender perform a pair freeskate program utilizing pair's moves, in unison, to their own music. Skaters are **not permitted to have any lifts or throws in their program.**

Vocal music may be used.

#8	Introductory	Neither partner to have passed any complete Skate Canada test or any part of the Preliminary Freeskate test. Program length: 1.0 minute.
#9	Pre-Preliminary	Neither partner to have passed the complete Preliminary Freeskate test Program length: 1.5 minute.
#10	Preliminary	Neither partner to have passed the complete Junior Bronze Freeskate test. Program length: 1.5 minute.
#11	Junior Bronze	Neither partner to have passed the complete Senior Bronze Freeskate test or any competitive test. Program length: 1.5 minutes.
#12	Senior Bronze	Must have passed the complete Senior Bronze Freeskate test but no higher complete test Program length: 2.0 minutes
#13	Open	No test restrictions. Program length 2.0minutes

SHADOW DANCE EVENTS

Each skater may enter one (1) event from # 14 to #19 inclusive at current level and one (1) event skating up a level.

Two skaters of the same gender skating side by side or one behind the other, with no contact.

#14	Pre-Preliminary	Neither partner to have passed any complete Preliminary Dance test. Canasta Tango
#15	Preliminary	Neither partner to have passed any complete Junior Bronze Dance test Fiesta Tango
#16	Junior Bronze	Neither partner to have passed any complete Senior Bronze Dance test. Fourteen Step
#17	Senior Bronze	Neither partner to have passed any complete Junior Silver Dance test Keats Foxtrot

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|-----|---------------|---|
| #18 | Junior Silver | Neither partner to have passed any complete Senior Silver Dance test.
Killian |
| #19 | Open | No restrictions.
Quickstep |

IMPROV/CREATE-A-SOLO EVENTS

Skaters will be judged on how they interpret the music following the theme of the event. Interpretation, flow, and ice usage will be judged and not the difficulty of movements. Props are not allowed. There may, at no time, be any consultation with coaching staff, parents or other skaters.

The procedure for this category is as follows: all skaters will go on the ice for one minute with no music, then music is played for the first time, then 30 seconds without music, music is then played for the second time followed by a further 30 seconds with no music. All skaters will then go into a selected dressing room – except the first skater, who will stand at the boards while the music is played a third time. The first skater skates while the second skater then stands with her/his back to the ice surface, to hear the music for the third time. This procedure continues until the flight is finished.

Boys and girls will be entered in the same flights. Music for this event will remain unknown until the time of the event. Costumes reflecting the theme listed below may be worn.

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| #20 | Canskate | Not passed any complete Skate Canada tests.
Program Length: 45 seconds
Theme: “Pop Stars” |
| #21 | Preliminary | Passed any part of a complete Skate Canada test.
Program Length: 1 minute
Theme: “Circus” |
| #22 | Junior Bronze | Passed any part of the complete Junior Bronze freeskate test.
Program Length: 1 minute
Theme: “The Wild West” |
| #23 | Senior Bronze | Passed any part of the complete Senior Bronze freeskate test.
Program Length: 1 minute
Theme: “A Love Story” |
| #24 | Open | Passed any part of the complete Junior Silver freeskate test or higher. Program length: 1 minute
Theme: “Disco” |

ONE-FOOT UPRIGHT SPIN EVENTS (forwards or backwards)

Consideration will be given to the number of rotations in the correct position. When the free foot touches the ice surface, this indicates the end of the spin; scores will be awarded to the best of 2 tries.

Coaches may work with their skaters during the warm up only.

Boys and girls will be entered in the same flights. Regular skating attire is recommended.

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| #25 | Primary Spin | Must not have passed the complete junior bronze freeskate test. |
| #26 | Intermediate Spin | Must not have passed the complete junior silver freeskate test |
| #27 | Senior Spin | No test restrictions. |

Team Spiral Event

Three (3) to Four (4) skaters perform a spiral as a team. Skaters must be joined together by some kind of hold. Backward spirals are not permitted. Points will be awarded for length of time in spiral position, originality, variety, speed and style. Props are not allowed. No reskates once the position has been obtained. No test or age restrictions.

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| #28 | Canskate | Must not have passed any complete Skate Canada test. |
| #29 | Primary | Must not have passed the complete Junior Bronze freeskate test. |
| #30 | Intermediate | Must not have passed the complete Junior Silver freeskate test. |
| #31 | Senior | No test restrictions. |

GROUP EVENTS

Each skater may enter only one (1) event from #32 to #34 inclusive.

CanSkate Groups - skaters cannot have passed any part of or any complete Skate Canada test. The use of helmets, especially in Event #32, is strongly recommended and encouraged, at the discretion of the Clubs, Coaches and parents.

Please Note: Coach and/or PA only allowed on ice during warm up for event #32 only.
Limit of two (2) groups per Club per event. Vocal music may be used.

#32	CanSkate	Stage 3 and under (1 PA or coach allowed on ice with group during warm-up 4-8 skaters, freeskating as a group Program length: 1.0 minute
#33	CanSkate	Stage 4 and 5 4-8 skaters, freeskating as a group Program length: 1.0 minute
#34	CanSkate	Stage 6 and 7 4 – 8 skaters, freeskating as a group Program length: 1.0 minutes

The **Show Time event** is open to all skaters. Vocal music may be used. Limit of 1 group per club.
Points and Medals will NOT be awarded. There will be no on-ice warm-up for this event.

#35	Show Time	6-20 skaters, no age limit, freeskating as a group Program length: 2.0 to 3.0 minutes
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STARSKATE TEAM ELEMENTS EVENTS

Requirements:

- ❑ For this event a team must consist of a minimum of 3 to a maximum of 5 members from the same club
- ❑ Teams may consist of males and females
- ❑ There will be 5 elements to be performed
- ❑ All team members must attempt at least one element with no team member attempting more than 2 elements
- ❑ Team members can only skate in one category and only on one team
- ❑ Two teams per event per club
- ❑ Coaches may work with skaters during warm-up only
- ❑ This event will be judged with one team representing each club on the ice at the same time. Each element will be skated by each team until all 5 elements have been performed

- #36 Pre-Preliminary Team Elements Skaters must not have passed the complete Preliminary freeskate test.
- 1 – salchow
 - 2 – loop jump
 - 3 – toe loop/toe loop jump combination
 - 4 – camel spin
 - 5 – forward inside or outside spiral
- #37 Preliminary Team Elements Skaters must not have passed the complete Junior Bronze freeskate test.
- 1 – lutz
 - 2 – flip/loop jump combination
 - 3 – combination spin; min 2 positions optional change of foot
 - 4 – Back corkscrew spin
 - 5 – Back outside or inside spiral (no knee holding)
- #38 Junior Bronze Team Elements Skaters must not have passed the complete Senior Bronze freeskate test.
- 1 – axel
 - 2 – lutz/double toe loop jump combination
 - 3 – layback spin
 - 4 – Combination spin; min. 2 positions and a change of foot.
 - 5 – A sequence of 2 field movements
- #39 Senior Bronze Team Elements Skaters must not have passed the complete Junior silver freeskate test.
- 1 – Combination jump (single/double)
 - 2 – sit change sit
 - 3 – 2 field movements
 - 4 – straight line step sequence
 - 5 – double salchow

#40 Open Team Elements

Skaters must have passed the complete Junior Silver freeskate test or higher.

- 1 – double lutz
- 2 – camel change camel spin
- 3 – double/double jump combination
- 4 – Flying sit spin, optional change of foot
- 5 – straight line step sequence

CANSKATE INDIVIDUAL ELEMENTS EVENTS

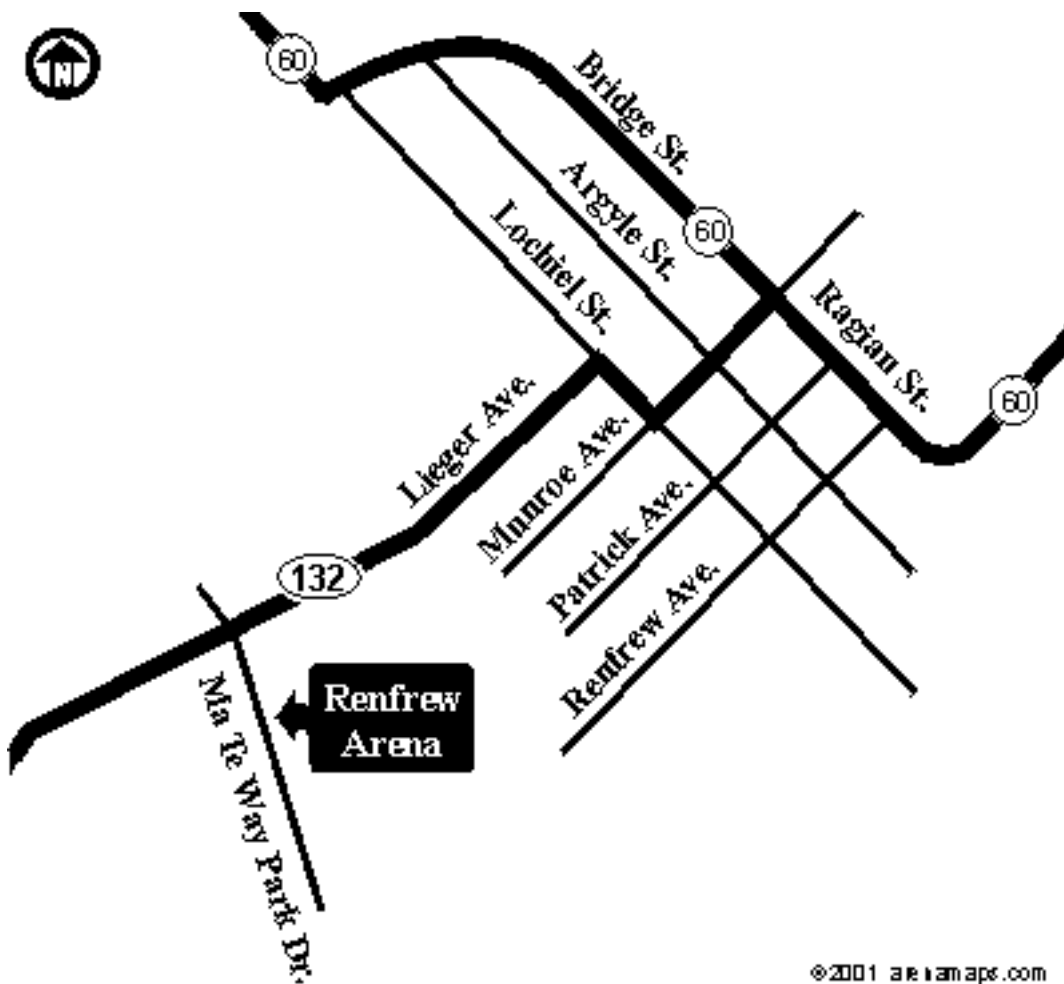
Each skater may enter only one (1) event from #41 to # 46 inclusive.

Elements are to be skated in isolation (not as a program) in order shown - without music, one attempt, and no retries. Coaches may work with their skaters during the warm-up only.

Event #	Event Name	Description
41	Stage 2 Individual Elements Must not have passed Stage 2.	<ol style="list-style-type: none">1. Forward two-foot sculling2. Forward snowplow stop or forward half-snowplow stop3. Forward two-foot spin4. Two-foot forward jump while gliding forward
42	Stage 3 Individual Elements Must not have passed Stage 3.	<ol style="list-style-type: none">1. Two-foot spin picking up alternating feet2. Two foot backward jump gliding backward3. Backward two-foot sculling4. Two-foot turn forward to backward
43	Stage 4 Individual Elements Must not have passed Stage 4.	<ol style="list-style-type: none">1. Two-foot jump forward to backward on a curve2. Two foot sit spin3. Backward glide on a curve (two feet to one-foot)4. One-foot turn forward to backward (forward outside three turn)
44	Stage 5 Individual Elements Must not have passed Stage 5.	<ol style="list-style-type: none">1. Forward power jump (bunny hop)2. Forward one-foot spin (more than 1 rev.)3. Forward spiral4. Turning on a curve backward to forward changing feet (LBO-RFO or RBO-LFO, backward Mohawk)
45	Stage 6 Individual Elements Must not have passed Stage 6.	<ol style="list-style-type: none">1. Turning on a curve forward to backward changing feet (forward Mohawk)2. One foot backspin3. Rotating power jump (Waltz jump)4. Backward cross-cuts in a figure 8 pattern
46	Introductory Individual Elements Must not have passed any complete Skate Canada Test or any part of the Preliminary Free Skate Test.	<ol style="list-style-type: none">1. Salchow2. Backward outside full edges3. Backward Spiral4. Forward one-foot spin with backward crosscut entry (minimum two (2) rotations).

DIRECTIONS to the RINK:

Take Hwy 17
Turn on O'Brien Rd towards Renfrew
This becomes Coumbes St.
Turn Right onto Raglan St.
Turn Left onto Munroe Ave.
Take 2nd Right onto Lochiel St.
Take 1st Left onto Lisgar Ave
Turn Left onto Ma-Te-Way Park Dr



Renfrew Hotels & Motels

Renfrew Best Western
760 Gibbons Rd
Renfrew, Ont
613-432-8109

The Rocky Mountain House
409 Stewart St
Renfrew, Ont
613-432-5801