

**2018**  
**Cleveland Invitational Championships**  
**A Tri-States Championship Series**

March 16-18, 2018

***Hosted by:***

Euclid Blade and Edge Figure Skating Club

And

Chagrin Valley Figure Skating Club

Sanctioned by:



**SANCTION #** 27574

**Pre-preliminary and Open Juvenile will be judged 6.0**

**Preliminary – Senior will be judged IJS**

**Applications deadline: Received by Midnight February 18,  
2018.**



# 2018 Cleveland Invitational Championships

March 16-18, 2018

Hosted by Euclid Blade & Edge and Chagrin Valley Figure Skating Club

Date: March 16-18, 2018  
Chief Referee: Karen Snoddy  
Chief Acct: Shirley Rego  
Location: The Pond  
9999 Washington Street  
Auburn Twp, Ohio 44023

Purpose: The Cleveland Invitational Championships (CIC's) are held to stimulate interest in figure skating and to afford a competitive experience for skaters. The competition will be conducted according to the current U.S. Figure Skating rules except Junior Short Program, which will follow the 2018-19 competition rules. Skaters may skate only for their Home Club. CIC's is part of the Tri-State Council Championship Series.

Co-Chairs: Cindy Barker [cbarker56@yahoo.com](mailto:cbarker56@yahoo.com)  
Kathy McKendry [kjmckendry@yahoo.com](mailto:kjmckendry@yahoo.com)

Eligibility: CIC's is open to all skaters from any club. Skaters may not compete below their test level as of February 18, 2018. In most cases, skaters may compete at their test level as of February 18, 2018 or at one level higher (but not both within the same category.) 6.0 events with a large number of entries will be divided into smaller groups by birth date. IJS events will be arranged by random draw and will have a Final Round for Preliminary and above Well Balanced Free Skate, except Open Juvenile, as well as Juvenile and above Short Program, except Open Juvenile, if there are more than 24 entries (per rule #2466). Events will be divided into groups by male and female. However, the Local Organizing Committee reserves the right to combine male and female skaters into the same group and/or event if there are fewer than two (2) entries in any event at the Pre-Preliminary levels.

Entry Fees: First IJS Event - \$115  
Or  
First 6.0 Event - \$90  
Second Event - \$40  
Each Additional Events - \$25  
All Dance events after the first event - \$25  
Critiques Juvenile-Senior Short Program, Preliminary & Pre-Juvenile Well Balanced Free Skate and Solo Dance - \$10  
Late Fee - \$25

Other Fees: Please ensure you have selected the correct events when completing your entry on Entryeeze. If you incorrectly choose the wrong event that results in the event needing to be changed, you will be assessed a \$20 fee per changed event after the deadline. Schedules changes will be at the referee's discretion. A \$25 late fee will be assessed if registration is requested after the deadline and if approved by the competition chair and referee.

**All Skaters will receive a DVD from Ledin Video. The application fee reflects the cost of the video.**

- Deadline:** Online Registration at [www.entryeeze.com](http://www.entryeeze.com) must be received by February 18, 2018.
- Schedule:** The competition schedule will be posted on Entryeeze.
- Refunds:** After February 18, 2018 entry refunds will only be given if the event is not held. There will be no medical refunds given.
- Bulletin Board:** an official bulletin board will be in the lobby of the arena near skater registration. Posting of schedules and announcements there will constitute official notice to competitors, coaches and officials. Check this upon arrival and throughout the competition.
- Practice Ice:** Practice ice will be available after the official schedule is posted. Refer to the practice ice page on Entryeeze when available. No Music will be played during practice ice. Please check in with the ice monitor before taking the ice for practice. Practice ice will be available for sale during the competition and will be on a first come, first serve basis.
- IJS/PPCS:** Competitors in IJS events are required to submit a Planned Program Content Sheet (PPCS). The PPCS is to be completed online with U.S. Figure Skating before March 5, 2018. For those who do not submit a Planned Program Content Sheet online before March 5, a \$20 processing fee per IJS event will be assessed. Once entered, PPCS may be updated online at any time and as often as desired without cost up to March 5. Please go to [www.usfs.org](http://www.usfs.org) and log in to the Members Only section. You will need to U.S. Figure Skating number and password. Go to Event Registration and Online Event Registration, then to Event Manager and program Content and register your forms under Cleveland Invitational Championships.
- Facilities:** One ice surface 85' x 200' will be used for CIC's. The Pond Arena has dressing rooms, concessions and parking. Several vendors will be present as well as a photographer and videographer to capture all those special moments.
- Registration Desk:** On the day of the competition, all skaters must check in at the Registration Desk located in the rink lobby. The Registration Desk will be open throughout the competition. Skaters should be at the rink, checked in, and ready to compete 1 hour prior to the scheduled time of their event.
- Music:** Music will be reproduced through the arena sound system from CDs only, which are furnished by each skater. Skaters are required to deliver their music to the Registration Desk at the time for registration at least one hour before the event warm up time. Maxell brand CDs are NOT preferred. Please use the CD type CD-R music. The LOC will not be held responsible for CDs that do not play properly, so it is recommended that you have back-ups. All skaters should have appropriate backup music with them at rink side during their events. Music should be reclaimed at the Registration Desk following the event. Vocal music is permitted for all levels.
- Awards:** Medals will be awarded 1<sup>st</sup> through 3<sup>rd</sup> place for each event including any final rounds.
- Trophies:** **The Elaine and Charles A. DeMore Memorial Trophy** will be awarded to the skater who wins the Intermediate Ladies Free Skate. If there is more than one group of Intermediate Ladies Free Skate, a Final Round will be held. This is a traveling trophy. All skaters in the event are eligible.

Only Greater Cleveland member clubs are eligible for the following trophies.

**The Bill Coyle Dance Trophy** will be awarded to the club winning the most points in all the dance events. For partnered dance events, with a team or teams representing two different clubs, the points earned will be split evenly between the two clubs. This is a traveling trophy.

**The Joy Cunningham-William Wall Cleveland Invitational Championship Club Trophy** will be awarded to the club winning the most points. Points will be awarded as follows: 1<sup>st</sup> place – 4 points, 2<sup>nd</sup> place – 3 points, 3<sup>rd</sup> place – 2 points, 4<sup>th</sup> place – 1 point with the number of points reduced in events with fewer than 4 skaters. For pair and partnered dance events with a team or teams representing two different clubs, the points earned will be split evenly between the two clubs. Maneuver teams will not be included in the point total. This is a traveling trophy.

**Scoring:** The IJS System will be used for Preliminary through Senior Ladies and Men Free Skating, Adult Silver and Gold FS, Juvenile through Senior Ladies and Men Short Program and Preliminary through Senior Jumps and Spins. 6.0 scoring system will be used for all other entries and open Juvenile events.

**Critiques:** Individual critiques will be offered for each singles IJS Short Program event, Preliminary & Pre-Juvenile Well Balanced Free Skate and all Dance events. Critiques will be \$10 each. Applications for critiques will be available at the registration desk.

**Test Refresh:** Applications for testing paperwork will be available at the Registration Desk.

**Coaches:** Coaches must be in compliance with Rules MR5.11, MR5.12 and MR5.13 in the current U.S. Figure Skating Rulebook. Failure to do so will result in that coach not being allowed at the venue.

#### INFORMATION REGARDING COACHES:

##### U.S. Figure Skating Rule MR5.11 Coach Registration

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 MR5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

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 ID to receive a credential.

If a coach cannot provide a photo ID 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 proper registration 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/Story?id=84040>

Host Hotel: Bertram Inn Hotel  
600 Aurora Rd  
Aurora, Ohio 44202  
330-995-0200  
Thebertramin.com  
\*Please tell the hotel you are with CICs when making the reservation.

Ohio Lindsay's Law: Skaters, parents and coaches, please review the information at this link:  
<https://www.odh.ohio.gov/en/landing/Lindsays-Law>

Skaters residing outside the state of Ohio need to complete this Lindsay's Law form and submit it to the registration desk at the competition.  
<https://www.odh.ohio.gov/-/media/ODH/ASSETS/Files/chss/Lindsays-Law/Parent-Athlete-Signature-Form.pdf?la=en>

## Competition Events

### Well Balanced Free Skate

General Event Parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest test level passed, or skate up to one level higher.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org), under "Technical Information", then "Singles/Pairs".
- **Pre-Preliminary, Open Juvenile, Adult Pre-Bronze and Bronze will be judged on a 6.0 scale. Preliminary and above (except Open Juvenile) as well as Adult Silver and Gold will be judges IJS denoted by \*.**
- Beginning February 1, 2017, the following changes will take affect: Age requirements as of September 1, prior to the regional championships: Open Juvenile: 13 years of age or older/  
Juvenile: Under 13 years of age.

Pre-Preliminary Well Balanced Free Skate	As stated by the current U.S. Figure Skating Official Rulebook, Rule 4270.
Preliminary Well Balanced Free Skate *	As stated by the current U.S. Figure Skating Official Rulebook, Rule 4260.
Pre-Juvenile Well Balanced Free Skate *	As stated by the current U.S. Figure Skating Official Rulebook, Rule 4250.
Juvenile Well Balanced Free Skate *	As stated by the current U.S. Figure Skating Official Rulebook, Rule 4240.
Open Juvenile Well Balanced Free Skate	As stated by the current U.S. Figure Skating Official Rulebook, Rule 4240.
Intermediate Well Balanced Free Skate *	As stated by the current U.S. Figure Skating Official Rulebook, Rule 4230.
Novice Well Balanced Free Skate *	As stated by the current U.S. Figure Skating Official Rulebook, Rule 4220.
Junior Well Balanced Free Skate *	As stated by the current U.S. Figure Skating Official Rulebook, Rule 4210.
Senior Well Balanced Free Skate *	As stated by the current U.S. Figure Skating Official Rulebook, Rule 4200.

Adult Pre-Bronze	1:40 max. Must be 21 years or older as of February 18, 2018. Skaters must have passed Adult Pre-Bronze Free Skate Test. Rule 4600.
Adult Bronze	1:50 max. Must be 21 years or older as of February 18, 2018. Skaters must have passed Adult Pre-Bronze or Bronze Free Skate Test. Rule 4590.
Adult Silver *	2:10 max. Must be 21 years or older as of February 18, 2018. Skaters must have passed Adult Bronze or Silver Free Skate Test. Rule 4580.
Adult Gold *	2:40 max. Must be 21 years or older as of February 18, 2018. Skaters must have passed Adult Silver or Gold Free Skate Test. Rule 4570.

## Short Program

- Skaters may compete at their current free skate test level or one level higher, but not both.
- Programs are to be skated on full ice.
- \* IJS scoring will be used.
- Beginning February 1, 2017, the following changes will take affect: Age requirements as of September 1, prior to the regional championships: Open Juvenile: 13 years of age or older/ Juvenile: Under 13 years of age.

Juvenile *	As stated by the current U.S. Figure Skating Rulebook, Rule 4230. Please note: same rule number as Intermediate.
Open Juvenile	As stated by the current U.S. Figure Skating Rulebook, Rule 4230. Please note: same rule number as Intermediate.
Intermediate *	As stated by the current U.S. Figure Skating Rulebook, Rule 4230.
Novice *	As stated by the current U.S. Figure Skating Rulebook, Rule 4220.
Junior *	As stated by the current U.S. Figure Skating Rulebook, Rule 4210.
Senior *	As stated by the current U.S. Figure Skating Rulebook, Rule 4200.

## Compulsory Moves

General event parameters:

1. Elements skated on ½ ice
2. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
3. A 0.2 deduction will be taken for each element performed from a higher level.
4. Music is not allowed.
5. Skaters may compete at their test level or one level higher.

Pre-Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Toe Loop jump</li> <li>2. Jump combination: single/single (no Axel)</li> <li>3. Sit spin or camel spin - minimum three revolutions</li> <li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Lutz</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Back upright spin - minimum three revolutions</li> <li>4. Forward inside spiral</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single jump (may include Axel)</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence - circular</li> </ol>

Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in a combination and 3 jumps in a sequence</li> <li>• Forward upright spin (Min. 3 revolutions)</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Waltz jump – toe loop combination jump</li> <li>• Backward Upright Spin – entry optional (Min. 3 revolutions)</li> <li>• Spiral sequence (Min. 2 spirals)</li> </ul>
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> <li>• Single loop</li> <li>• Single/single jump combination</li> <li>• Sit spin (Min. 3 revolutions)</li> <li>• Straight line step sequence</li> </ul>
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Lutz or Axel</li> <li>• Single/single or single/double jump combination</li> <li>• Camel spin (Min. 4 revolutions)</li> <li>• Straight line step sequence</li> </ul>

## Spins Challenge

General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
2. Pre-Preliminary and Open Juvenile events are skated on ½ ice, all other events will be skated on full ice.
3. Minimum number of revolutions are noted in parentheses.
4. Pre-Preliminary and Open Juvenile will be judged 6.0. Preliminary and above (except Open Juvenile) will be judged IJS denoted by \*

Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright back scratch spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Preliminary *	1:30 max.	<ol style="list-style-type: none"> <li>1. Forward scratch to back scratch spin (3)</li> <li>2. Combination spin with no change of foot (4)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Juvenile *	1:30 max.	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Combination spin – camel to sit spin; no change of foot (6)</li> <li>3. Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile * & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>1. Sit spin (4)</li> <li>2. Combination spin – with change of foot; optional change of position (4 per foot)</li> <li>3. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate*	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying camel spin (5)</li> <li>2. Sit spin to backward sit spin (4 per foot)</li> <li>3. Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
Novice*	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of camel, sit or layback spin (6)</li> <li>2. Camel spin to backward camel spin (4 per foot in position)</li> <li>3. Combination spin – change of foot &amp; two changes of position (2 per position &amp; 5 per foot)</li> </ol>
Junior*	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (6)</li> <li>2. Solo spin of choice (6) – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
Senior*	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (6)</li> <li>2. Solo spin of choice (6) – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>

## Jumps Challenge

General event parameters:

1. Each jump may be attempted **ONLY ONCE**.
2. Pre-preliminary and Open Juvenile will be skated ½ ice; all other events will be skated on full ice.
3. Jumps with an "\*" must be preceded with connecting steps (intermediate – senior)
4. Pre-Preliminary and Open Juvenile will be judged on a 6.0 scale. Preliminary and above (except Open Juvenile) will be judged IJS denoted by \*.

Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary *	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>
Pre – Juvenile *	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single or double jump</li> <li>3. Jump combination – single/single (no Axel)</li> </ol>
Juvenile * & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double Salchow</li> <li>3. Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate *	1:30 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double loop*</li> <li>3. Jump combination – double/single (no Axel)</li> </ol>
Novice *	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Double flip*</li> <li>3. Jump combination – double/double (may be double Axel)</li> </ol>
Junior *	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or triple flip*</li> <li>3. Jump combination – double/double (may be double Axel)</li> </ol>
Senior *	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or triple Lutz*</li> <li>3. Jump combination – double/double or triple/double (may be double Axel)</li> </ol>

## Test Track Free Skate

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
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. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
5. 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.
6. All events will be judged on the 6.0 scale.



Pre-Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>Single rotation jumps: Salchow, toe loop and loop only.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	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
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	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
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	One step sequence fully utilizing ice surface	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
Juvenile 2:20 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>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)</li> <li><i>Only solo spin may fly</i></li> </ul>	One step sequence fully utilizing ice surface	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
Intermediate 2:40 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions).</li> <li>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).</li> </ul>	One step sequence fully utilizing ice surface	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>Novice</p> <p>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"> <li>• Any single jumps.</li> <li>• Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>• 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)</li> <li>• The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>• <i>All spins may fly</i></li> </ul>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 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</p> <p>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"> <li>• Any single jumps.</li> <li>• Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position (Min. 6 revolutions)</li> <li>• One flying spin (Min. 6 revolutions)</li> <li>• One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>	<p>One step sequence fully utilizing ice surface</p> <p>(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. 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"> <li>• Any single jumps.</li> <li>• Must include at least four different double jumps, one must be a double Lutz.</li> <li>• Triple jumps are not permitted</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position (Min. 6 revolutions)</li> <li>• One flying spin (Min. 6 revolutions)</li> <li>• One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 &amp; 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

## Solo Pattern Dance Events

The Cleveland Invitational Championships is **not** part of the 2018 Solo Dance Series.

### Dance events being offered:

**Solo Pattern Dance Event:** The solo pattern dance event is comprised of two dances at each level. This event is being offered at the preliminary, pre-bronze, bronze, pre-silver, silver, pre-gold, gold and international levels.

**Solo Pattern Open Dance Event:** The solo pattern open dance event is offered at the preliminary, pre-bronze, bronze, pre-silver, silver, pre-gold, gold and international levels. Skaters may enter events at their level and/or any level(s) higher.

Level	Dances	Open Dances
Preliminary	Dutch Waltz Canasta Tango	Rhythm Blues
Pre-Bronze	Swing Cha Cha	Fiesta Tango
Bronze	Hickory Hoedown Willow Waltz	Ten Fox
'Pre-Silver	Fourteenstep European Waltz	Foxtrot
Silver	American Waltz Tango	Rocker Foxtrot
Pre-Gold	Kilian Blues	Starlight Waltz
Gold	Argentine Tango Viennese Waltz	Quickstep
International	Cha Cha Congelado Silver Samba	Rhumba

**Critiques will be offered for all dance events.**

## Couples Dance Events

Couples may enter events at their current test level and/or one level higher. Each partner must meet the required minimal test level. Each dance is considered an event and judged separately. These events will be performed on full ice.

Adult	Cha-Cha Ten-Fox	Both skaters must be at least 21 years of age
Generation Gap	Ten-Fox Willow Waltz Rocker Foxtrot	Minimum of 20 years age difference between partners.
Open Blues	Blues	Must have passed at least one silver dance test.
Open Fourteenstep	Fourteenstep	Must have passed at least one bronze dance test.

\*Additional couples dance events may be added at the discretion of the referee if enough interest is generated and at least two couples are entered in the event. If only once couple enters an added event, the added event will not be held.

## Showcase

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed, as listed in the table below. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.
4. Only **ONE** event will be held at each level, combining light and dramatic entertainment events.

Event	Must meet requirements*	Must not have passed	Age	Time
Pre-Preliminary (does not qualify for National)	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max

Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	<b>Must not have passed</b> Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	<b>Age</b>	<b>Time</b>
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

## Maneuver Team

A figure skating club may enter two teams in each level for a maximum of eight teams per club. Skaters may only skate for their home club. Both boys and girls may skate on one team. There are three to five members per team with one maneuver being performed by each skater and no skater should perform more than two maneuvers. Should a skater be unable to compete due to illness or injury, a teammate may do his maneuver with proper notice to the referee of this event. There must be a minimum of three skaters to compete as a team. A skate may skate on one team only. No award points will be given for maneuver team events.

Preliminary Team	Juvenile Team	Intermediate Team	Novice/Junior/Senior Team
<p>May not have passed higher than the Preliminary Free Skating test.</p> <ol style="list-style-type: none"> <li>1. Axel</li> <li>2. Any Combination Jump; Two Single Jumps</li> <li>3. Any Combination Spin with One Change of Foot; No Change of Position 3 rev. per Foot</li> <li>4. Sit Spin</li> <li>5. Straight Line Footwork</li> </ol>	<p>May not have passed higher than Juvenile Free Skating test.</p> <ol style="list-style-type: none"> <li>1. Axel</li> <li>2. Any Combination Jump consisting of One Double and One Single Jump</li> <li>3. Camel Spin</li> <li>4. Sit-Change-Sit Spin</li> <li>5. Circular Footwork</li> </ol>	<p>May not have passed higher than Intermediate Free Skating test.</p> <ol style="list-style-type: none"> <li>1. Double Flip</li> <li>2. Combination Jump; at Least One Double Jump</li> <li>3. Combination Spin with One Change of Foot and Two Changes of Position</li> <li>4. Any Flying/ Jump Spin</li> <li>5. Serpentine Step Footwork</li> </ol>	<p>Must have passed the Intermediate Free Skating test or higher.</p> <ol style="list-style-type: none"> <li>1. Double Axel</li> <li>2. Combination Jump Consisting of Two Double Jumps</li> <li>3. Double Lutz</li> <li>4. Combination Spin with One Change of Foot and Two Changes of Position</li> <li>5. Spiral Step Sequence as defined in 3643</li> </ol>

Each team is to name a Team Leader through whom any communication with the team may be handled. Each team must have a sign which includes the Club name and Team name.

# Ohio Department of Health Concussion Information Sheet

## For Youth Sports Organizations

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

### What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

### Signs and Symptoms of a Concussion

Athletes do not have to be "knocked out" to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child's health at risk!

### Signs Observed by Parents or Guardians

- *Appears dazed or stunned.*
- *Is confused about assignment or position.*
- *Forgets plays.*
- *Is unsure of game, score or opponent.*
- *Moves clumsily.*
- *Answers questions slowly.*
- *Loses consciousness (even briefly).*
- *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- *Can't recall events before or after hit or fall.*

### Symptoms Reported by Athlete

- *Any headache or "pressure" in head. (How badly it hurts does not matter.)*
- *Nausea or vomiting.*
- *Balance problems or dizziness.*
- *Double or blurry vision.*
- *Sensitivity to light and/or noise.*
- *Feeling sluggish, hazy, foggy or groggy.*
- *Concentration or memory problems.*
- *Confusion.*
- *Does not "feel right."*
- *Trouble falling asleep.*
- *Sleeping more or less than usual.*

### Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

### Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- *No athlete should return to activity on the same day he/she gets a concussion.*
- *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- *Parents and coaches should never pressure any athlete to return to play.*

### The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

### Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.



[www.healthyohiprogram.org/concussion](http://www.healthyohiprogram.org/concussion)

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### Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

### Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
  - a. Increased problems paying attention.
  - b. Increased problems remembering or learning new information.
  - c. Longer time needed to complete tasks or assignments.
  - d. Greater irritability and decreased ability to cope with stress.
  - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.

#### Resources

ODH Violence and Injury Prevention Program  
[www.healthyohiprogram.org/vipp/injury.aspx](http://www.healthyohiprogram.org/vipp/injury.aspx)

Centers for Disease Control and Prevention  
[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

National Federation of State High School Associations  
[www.nfhs.org](http://www.nfhs.org)

Brain Injury Association of America  
[www.biausa.org/](http://www.biausa.org/)

### Returning to Play

1. Returning to play is specific for each person, depending on the sport. Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.
5. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.\*

#### Sample Activity Progression\*

**Step 1:** Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

**Step 2:** Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

**Step 3:** Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

**Step 4:** Full contact in controlled practice or scrimmage.

**Step 5:** Full contact in game play.

\*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.



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