



**23rd Annual
ISI
IN-HOUSE COMPETITION
April 13, 2019
Entry deadline: April 1, 2019**



Lakewood ICE
3975 Pixie Ave. Lakewood, CA 90712
562 429-1805 X228 **www.LakewoodIce.com**



THE RINKS LAKEWOOD ICE

23rd Annual ISI In-House Competition

April 13, 2019

Dear Lakewood ICE ISI Members,

The Staff at The Rinks Lakewood ICE would like to encourage all of our skaters to join us April 13, 2019 for our 23rd Annual Spring Competition. We welcome all ages and levels. Our ISI In-House Competition is a great way to begin competing in this great sport of Figure Skating. Competitors from only Lakewood ICE are invited to participate, keeping the atmosphere fun and inviting to all skaters who participate. The skaters will be surrounded by their friends and coaches that they are used to seeing here at Lakewood ICE on a daily basis.

Enclosed, please find all necessary forms and information about our competition. Please turn in applications to The Rinks Lakewood ICE Program Office by the deadline of Monday, April 1, 2019. A competition schedule will be posted on our web site www.LakewoodIce.com no later than April 6, 2019. Professional video by John Hurd and still photography by Bob Young will be available. For your convenience, there is a full-service snack bar and pro-shop. Locker rooms will be available for competitors during the competition.

If you have any questions or need assistance please feel free to contact Jacqui Palmore at jpalmore@the-rinks.com (562) 429-1805 ext 6228.

Please turn in application to the Program Office, mail or fax all entry forms to:

The Rinks Lakewood Ice Program Office
Attention: Jacqui Palmore, Figure Skating Manager
3975 Pixie Ave.
Lakewood, Ca 90712

We look forward to seeing you at the competition!

THE RINKS LAKEWOOD ICE STAFF

Rafael Arutyunyan
Vera Arutyunyan
Mary Beckett
Diana Bosetti
Andrea Brett
Michal Brezina
Bianca Butler
Aimee Cruz
Darlene Gilbert

Ekaterina Gordeeva
Sondra Holmes
Nadia Kanaeva
Skye Koachway
Peter Kongkasem
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Themistocles Leftheris
Garry Mallett
Jami Mitchell

Naomi Nari Nam
Nha Quyen Nguyen
Jacqui Palmore
Lisa Parisi
Denys Petrov
Angel Sarkisova
Michael Villarreal
Laura Wishart

Rules and Competition Information

Events are offered to all ages Tots through Adults

Competition Dates

Saturday, April 13, 2019

Entry Form Deadline

Monday, April 1, 2019. Late entries, if accepted, will be charged an additional \$50 late fee.

Address

The Rinks Lakewood Ice
3975 Pixie Ave
Lakewood, CA 90712

Eligibility

All skaters entering this competition must be current registered individual members of ISI whose membership is current up to and including the date of the competition and have their tests registered at the level in which they wish to compete. ***All competitors must represent a current ISI Administrative member. Skaters are expected to compete at their true ability and to uphold high ethical standards. All entries will be verified at the ISI office. There will be no refunds if found ineligible.***

Rules

The competition will be conducted in accordance with the guidelines contained in the 2018 ISI Handbook, **with current 2018 ISI Competition Revisions (Please see attached rule changes).**

Verification

The information on the entry form must be accurate and complete. Inaccurate and/or incomplete forms will be returned. **There will be a \$10 fee for any changes made to your original entry form.**

Judging

In fairness to the competitors, **all** Professional members (Instructors), with students competing in this competition, must do their part in judging an appropriate number of events. Please see the 2018 ISI Handbook for guidelines. Only coaches who have signed up to judge will be permitted into the Competitor's Staging Area. All Professional Instructor memberships and Judging certifications will be verified by ISI. There will be a hospitality room open to all certified judges.

Registration

All skaters are to check in at the registration desk **at least one hour prior** to their scheduled event. If the competition is running ahead of schedule, an event may begin up to 30 minutes earlier than its scheduled time.

Music

CDs are to be turned in at the registration desk and clearly labeled with skater's name, age, and event. There should be no more than one program on a tape or CD. Extra music copies should be readily accessible to your skaters' coach in case of music problems. Music left at the end of the competition will be discarded after 10 days. The Rinks Lakewood Ice assumes no responsibility for lost, broken, or poorly recorded CD's.

Rink Size

Ice surface is 200' x 100' with rounded corners.

Awards

All skaters will receive an award. Awards will be presented upon the posting of each individual event. Any competitors who are not present during the awards presentation are welcome to pick up their awards the following week in The Rinks Lakewood Ice Program Office.

Accounting Review

Only ISI Professional Members can make accounting review requests to the Competition Director. Judges' scores are considered final. A review is simply a verification of these scores. There will be a \$50 fee for all reviews. If an error is found, the fee will be refunded. Video tapes will not be permitted to review an event in question.

Schedule of Events

A preliminary schedule of events and Judge's Sign-Up Sheet will be posted on our web site no later than April 24, 2019 at www.lakewoodice.com.

Refunds

No refunds will be granted after the close of entries unless submitted with a doctor's note.

LIST OF ISI EVENTS

Tots	Family Spotlight	Artistic
Pre-Alpha	Solo Compulsories	Solo Spotlight
Alpha	Stroking	Couples Spotlight
Beta	Shoot the Duck	Jump & Spin Team
Gamma	Footwork	Couples
Delta	Interpretive	Synchronized Skating
Freestyle	Production	Synchronized Formation
Open FS Events	Theatre Production	Synchronized Adv. Formation
Figure 8	Rhythmic Skating	Ice Dancing
Pairs	Ensemble	Speed Skating

TOTS 1-4

Tots (skaters age 6 and under as of April 13, 2019) will perform a 1–minute routine with music. They should only perform the required maneuvers from their test level. Additional maneuvers should not be included and will not be judged. 2-foot and/or 1-foot snowplow stops are permitted in Tot events. All Tot competitors must have their test registered with ISI to enter Tot competition events.

PRE-ALPHA THRU DELTA

Skater performs a 1–minute routine to music that emphasizes the required test level maneuvers from Pre-Alpha through Delta. Depending on each test level requirement, specific skating skills must be performed. All skaters must pass the Pre-Alpha – Delta test to compete in this event. Skaters must include one maneuver from Freestyle 1 in their program.

FREESTYLE 1-10

A program performed to music with emphasis on the required test level maneuvers from the skater's current Freestyle level. Various skills are required, depending on the test level. All skaters must pass freestyle test level to compete in this event.

OPEN FREESTYLE – Bronze, Silver, Gold, & Platinum, Gold Short, Platinum Short, Platinum Plus

There are no required maneuvers for the new Open Freestyle events and any spin can be performed at any level, but all skaters and coaches should carefully check the maneuver limitations for all levels. The program should be well-balanced including jumps, spins, connecting moves, gliding maneuvers, etc.

Skaters who have passed the traditional ISI Freestyle 1-10 tests are not required to take any additional test to compete at the equivalent level of Open Freestyle events. Any USFS skaters who have not passed any previous ISI Freestyle tests must take the equivalent Open Freestyle test.

HOCKEY SKATING

Skaters will race one or two at a time skating one forward lap around the rink carrying the puck on the stick. After completing the forward lap, the skater will drop the puck, keep the stick and skate another lap around the rink backwards. Skater with the fastest time wins.

PAIRS 1-10

Together two skaters perform a choreographed routine to music. This program should include all the required maneuvers from their current Pair test level. The event is similar to Couples. However, unlike Couples, Pairs includes pair lifts and pair spins. Both skaters must pass the required Pair Test to compete in this event.

FAMILY SPOTLIGHT

Two or more family members can perform an entertaining spotlight routine using costumes & props. If necessary, the event groupings are divided first by number of skaters and then by age groups and/or ability levels. Duration: 1.5 minutes

SOLO COMPULSORIES

Skaters are to perform only the three maneuvers below in any order with a minimum of connecting steps. Each maneuver may only be attempted one time. Additional maneuvers, such as any jump, spin, or gliding maneuver from a test level or any uncaptured move are not allowed. There is a 1-minute time limit for all levels. **SKATERS WILL USE THE FULL ICE SURFACE FOR THEIR COMPULSORY ROUTINES.**

Please Note: There should be no penalty given for the quantity of swizzles, stroking or crossovers in the Pre-Alpha, Alpha and Beta levels. Only the quality of these required maneuvers should be comparatively judged.

Selected Maneuvers

- Tot 1: Fall down & Get Up / Standstill Marching / Marching While Moving
- Tot 2: 2 Ft. Jump / Single Swizzle / Beginning 2 Ft Glide
- Tot 3: Push & Glide Stroking / Dip / Forward Swizzle
- Tot 4: Backward Swizzle / 2 Ft. or 1 Ft. Snowplow Stop / Backward Wiggle
- PRE-ALPHA: Forward Swizzles / 2-Foot Glide / Backward Wiggles
- ALPHA: Forward Stroking / Left Forward Crossovers / 1-Foot Snowplow Stop
- BETA: Back Stroking / Left Backward Crossovers / Left T-Stop
- GAMMA: Rt Forward Inside Mohawk Combo / Left Forward Inside Mohawk Combo / Hockey Stop
- DELTA: Left Forward Inside 3-turn / Right Forward Inside 3-turn / Bunny Hop
- FS 1: Waltz Jump / Forward Spiral / Two-foot Spin
- FS 2: Dance Step / One-foot Spin / ½ Lutz
- FS 3: Toe Loop Jump / Change Foot Spin / Dance Step
- FS 4: Flip Jump / ½ Loop Jump / Sit Spin
- FS 5: Back Spin / Axel Jump / Camel Spin
- FS 6: Double Sal Chow / Choice Spin (Cross-foot/Layback/Sit-Change-Sit) / Split Falling Leaf Jump
- FS 7: Two Walley Jumps / Flying Camel Spin / Double Toe Loop jump
- FS 8: Double Flip Jump / Flying Sit Spin / Split Lutz
- FS 9: Double Lutz Jump / Flying Camel Spin into a Jump Sit spin / Axel-Double Loop jump combination
- FS10: Double Axel-Double Toe Loop jump combination / Death Drop / Three Arabian Cartwheel or Butterfly jumps

STROKING (Pre Alpha—Delta)

Skaters compete together in groups wearing colored numbers for easy identification by the Judges. They do only forward stroking in both directions and are judged on posture and correct stroking technique. Crossovers are optional at the end of the rink, but not required and not judged. This is the very basic skill of skating.

SHOOT-THE-DUCK

This event is considered a “created event” for this competition. The event guidelines and judging criteria will not be found in the ISI Handbook. Skaters will be grouped by approximate age and test level. Timing will begin when the skater’s hips are below knee level. Skaters may come up on two feet. A 20 second penalty will be given for a fall. Skaters are allowed to hold the free foot while performing the shoot the duck.

FOOTWORK - 1—10

Freestyle Skaters perform a one-minute program to music using various turns and connecting steps with limited jumps or spins. Skaters are judged on correct turns & edges as well as flow, variety of moves and choreography. Duration: 1 minute

INTERPRETIVE (Freestyle levels only) *Please report to Ice Captain 30 minutes prior to event.*

Freestyle level skaters will hear a piece of music twice off the ice while they mentally choreograph a skating routine; twice during the group warm up – with no help from friends, parents or coaches. The emphasis is on the skater's ability to choreograph an entertaining skating routine to music and not on the difficulty of the skating maneuvers performed.

Levels	Maneuver Limitations
Tots – Delta	FS1 & Below
Freestyle 1-3/Bronze	FS4 & below
Freestyle 4-5/Silver	FS6 & below
Freestyle 6-7/Gold	Any maneuvers
Freestyle 8-10/Platinum	Any maneuvers

PRODUCTION TEAM (All Levels)

This team event is for groups of 8 or more skaters. Team will be judged on the performance value of the program. There are no required maneuvers and no technical score for this event. The group should use music along with elaborate costumes and props to enhance the theme while creating an entertaining performance. Skaters from all levels can participate in this event.

THEATER PRODUCTION

This new production event is for your entire skating team. Skaters of all ages and advanced ability level can participate in this theatrical team event. This is a creative and artistic program usually based on a story or theme, using costumes, props and technical skating to enhance the production performance.

RHYTHMIC SKATING 1-10 Ball / Hoop / Ribbon

This new entertaining event requires the use of one hand-held prop listed below. The program should contain elements that employ the use of the prop throughout the routine. The skater must maintain control of the prop at all times.

The skater chooses only one rhythmic prop per routine (ball, hoop or ribbon) and must maintain control of the prop at all times throughout the program. This means the prop must be used by the skater throughout the routine. It can be thrown, bounced or juggled but control should be maintained. The prop should not be put down on the ice while the skater does jumps & spins. No additional props are permitted. Props are not allowed on the event warm-up. If it is obvious that skater's prop does not meet the following specifications, the panel Referee can determine if any point deduction should be taken.

Choice of One:

1. **Hoop** - Must be made from wood or plastic (from a rigid, non-bending material). The hoop diameter should measure between 2 feet 7 inches - 2 feet 11 inches. The hoop can have colored tap or fabric to match or contrast the skater's costume, but it cannot have any other decoration (i.e. fringe, lights, etc.) on the prop.
2. **Ball** - Must be made of rubber or plastic. The ball diameter should measure approximately 7-3/4 inches.
3. **Ribbon** - Stick must be made of wood, plastic or fiberglass. Stick length should be between 20-30 inches. Ribbon material must be one single piece of satin or a non-starched fabric. Ribbon width should be 2-4 inches wide and between 6 feet to 9 feet long, proportional to the size and ability level of the skater.

Levels	Maneuver Limitations	Duration
Freestyle 1-3/Bronze	FS4 & below	1.5 min.
Freestyle 4-5/Silver	FS6 & below	1.5 min.
Freestyle 6-7/Gold	Any Maneuvers	2 min.
Freestyle 8-10/Platinum	Any maneuvers	2 min.

ENSEMBLE

This event is open to groups of 3-7 skaters of all levels and ages. Skaters will be judged on the performance value of the program. There are no required maneuvers, no maneuver limitations and there is no technical score for this event. The group should use music, costumes & props to enhance the theme while creating an entertaining performance. The costume & prop guidelines are the same as for Solo Spotlight events. Props are not allowed on warm-up. Event groups are divided by number of skaters first and then by age, if necessary. Duration: 3 minutes

ARTISTIC (FS1—FS10)

Skaters perform a program to music with emphasis on strong edges, flow, choreography, innovative moves and musical interpretation. There is no score for technical ability in this event. Event level is based on skater's freestyle test level. **Props are not permitted in this event.**

Levels	Maneuver Limitations	Duration
Freestyle 1-3/Bronze	FS4 and below	1.5 min.
Freestyle 4-5/Silver	FS6 and below	1.5 min.
Freestyle 6-7/Gold	Any maneuvers	2 min.
Freestyle 8-10/Platinum	Any maneuvers	2 min.

SPOTLIGHT: LIGHT ENTERTAINMENT, DRAMATIC, CHARACTER

This is an entertaining & "fun" routine that emphasizes the skater's acting ability and not technical skating skills. There is no score for technical merit in this event. The skater must pass a test for Tots, Pre-Alpha-Delta or Freestyle to determine the spotlight event level. Skaters will be divided into 3 different categories as indicated by the appropriate box on your entry form.

Spotlight events are divided into three categories listed below. Please mark the correct category on your entry form.

- a) CHARACTER – A famous or easily identifiable character.
- b) DRAMATIC - A theatrical performance that sets a mood and evokes an emotional response.
- c) LIGHT ENTERTAINMENT – An entertaining or light-hearted performance.

Levels	Maneuver Limitations	Duration
Tot - Delta	FS1 & below	1 min.
Freestyle 1-3/Bronze	FS4 & below	1.5 min.
Freestyle 4-5/Silver	FS6 & below	1.5 min.
Freestyle 6-7/Gold	Any maneuvers	2 min.
Freestyle 8-10/Platinum	Any maneuvers	2 min.

COUPLES SPOTLIGHT – Low/Medium/Intermediate/High

Two skaters together perform a routine that is entertaining, emotional, or a portrayal of characters using costumes and props.

Levels		Maneuver Limitations	Duration
Low	Tot & Pre-Alpha-Delta	FS1 & below	1 min.
Bronze	Freestyle 1-3/Bronze	FS4 & below	1.5 min.
Silver	Freestyle 4-5/Silver	FS 6 & below	1.5 min.
Gold	Freestyle 6-7/Gold	Any maneuvers	2 min.
Platinum	Freestyle 8-10/Platinum	Any maneuvers	2 min.

JUMP & SPIN – Low/Bronze/Silver/Gold/Platinum (Discounted Event!)

Two skaters enter the ice as a team. The first skater performs their choice of a required jump 2 times, followed by the second skater performing their choice of a required spin 2 times. Only the best attempt of each required element will be judged. Only the technical accuracy of the required element is judged - the difficulty of the chosen element is not considered during judging. If two skaters from different category levels wish to compete together, the team will be entered in the highest level of the two skaters.

Low	Both skaters Pre-Alpha to Delta levels only.
Bronze	Both skaters Freestyle 1-3 / Bronze levels or below.
Silver	Both skaters Freestyle 4-5 / Silver levels or below.
Gold	Both skaters Freestyle 6-7 / gold Levels or below.
Platinum	Both skaters Freestyle 8-10 / Gold / Platinum levels or below.

If two skaters from different category levels wish to compete together, the team will be entered in the highest level of the two skaters.

Required Elements:

Level	Jump	Spin	
Low	Tots-Delta	2-Foot Hop or Bunny Hop	2-Foot Spin
Bronze	FS1-3/Bronze	½ Flip or Toe Loop	2 or 1-Foot Spin
Silver	FS4-5/Silver	½ Loop or Axel	Sit or Back Spin
Gold	FS6-7/Gold	Dbl. Salchow or Dbl. Toe Loop	Layback or Flying Camel
Platinum	FS8-10/Platinum	Dbl. Loop or Dbl. Lutz	Flying Sit or Camel Jump Camel

COUPLES 1-10 – Similar/Mixed

Two skaters perform their routine to music that requires maneuvers from their current Couples test level. This event is like a Freestyle skating program by two skaters in unison. Both skaters must pass the required Couples Test to compete in this event.

SYNCHRONIZED TEAM – Formation / Skating

This is a group number for 8 or more skaters to perform in unison. They can incorporate various skating formations such as circles, pinwheels, lines, footwork sequences and dance steps. For description of Formation, and Skating categories, please see 2018 edition of ISI Handbook.

DANCE 1-10 – Solo & Partner Dance – Similar / Mixed / Pro Partner

All skaters must pass the required dance tests to compete in these events. Skaters are not required to pass the Delta test to participate in Ice Dance events. *Skaters are no longer required to pass the entire dance test for the next higher level before competing individual dances from that next higher level that have already been passed.* Skaters can choose to compete in any or all dances from their highest completed test level. Professionals and their students can compete together in the Pro Partner dance events at the student's current Ice Dance test level. The Professional must be a current ISI Professional member, but does not have to pay any entry fees for that event. The professional will not receive any award for Pro Partner dance event participation. **A separate event entry fee is required for each dance selected.**

FIGURE 1-10

Regular figures are based on the original "school" figure eights. Skaters perform a required figure pattern 3 times on each foot. Judging is based on the size and shape of the circles, cleanliness of edges and pattern. All skaters must pass the required figure test to compete in these events. Refer to the 2018 ISI Handbook for description of Creative Figure 1-10 & Free Figure 1-10 events.

Speed Skating - Skaters will have the option to compete in two events. A relay event and a short track race will be offered.

Lakewood ICE
23rd Annual ISI In House Competition
Program Advertising and Skater "Good Luck" Ads

Name _____ Company _____
 Address _____ Phone () _____
 City _____
 State _____ Zip _____

The Lakewood ICE 23rd Annual I.S.I. Open Competition Program finished size will be 8 ½ x 5 ½. Please check the size of your advertisement to make certain your ad fits within the specific measurements listed below. All advertisements will be printed in black and white. All advertisements must be camera ready and accompany this completed form. Deadline for submitting ads is Monday, April 1, 2019.

Outside Back Cover	8" h x 5" w	\$130.00
Inside Front Cover	8" h x 5" w	\$110.00
Inside Back Cover	8" h x 5" w	\$ 80.00
Full Page	8" h x 5" w	\$ 50.00
Half Page	4" h x 5" w	\$ 35.00
Quarter Page (Business Card)	2" h x 5" w	\$ 20.00
Personal "Good Luck"	2 Lines (Max. 50 Characters Per Line)...	\$ 5.00

Please print or type clearly!

Line 1 _____

Line 2 _____

i.e.

SK8 Great Jamie!
 Mom, Dad and Tim are so proud of you.
 * * *

Good luck to all competitors.
 John's Sporting Goods of Anaheim.
 * * *

Good Luck Emily Smith.
 Love Mom, Dad, Grandma & Grandpa.

DEADLINE FOR ADS IS April 1, 2019!!
 (No Refunds, returned check fee \$30.00)

Make checks payable to and mail to: **Lakewood ICE**
 Lakewood ICE Program Ad
 Attn: Jacqui Palmore
 3975 Pixie Ave.
 Lakewood, CA 90712



**THE RINKS LAKEWOOD ICE
23rd ANNUAL ISI IN-HOUSE COMPETITION**

April 13, 2019

Group / Team Entry Form – DEADLINE Monday, April 1, 2019

Name of Team _____

Coach _____ Phone # () _____

Please check the event, team category & age group:

- () Synchronized Skating* () Synchronized Formation* () Production
 () Family Spotlight (3 or more) () Synchronized Adv. Formation* () Theatre Production
 () Ensemble

Does your Synchro team compete in USFS competitions? If so, what level? _____

- *Age Group (Majority): () Tot (6 & Under) () Youth (9-11) () Teen (14-19)
 () Jr. Youth (8 & under) () Senior Youth (12-14) () Adult (20 -39)
 () Collegiate (18-25) () Master (40 & over)

√ Indicate any team member who has competed at or above the Novice level at any USFS National Championship within the last two years							
Name	√ USFS	Birthdate & Age on 7-1-18	ISI #	Name	√ USFS	Birthdate & Age on 7-1-18	ISI #
1				12			
2				13			
3				14			
4				15			
5				16			
6				17			
7				18			
8				19			
9				20			
10				21			
11				22			

***USE ADDITIONAL SHEETS FOR LARGER GROUPS — I (We) skate this competition at my (our) own risk.**

Name of Group/Team: _____ ISI Reg. # _____

Name of Coach: _____ Phone: _____

Signature of Coach: _____ Date: _____

Coach's Email: _____ Certification Level: _____

Total # of Skaters _____ @\$15 each _____ Total Enclosed \$ _____

Make checks payable to: **The Rinks Lakewood Ice** Deadline: **Wednesday, April 1, 2019**

Late entries, if accepted, must pay \$50 late fee — **NO REFUNDS** — Returned check fee \$30

Please turn into **The Rinks Lakewood Ice Program Office**

Attn: **Jacqui Palmore, Figure Skating Manager**
 3975 Pixie Ave. Lakewood, CA 90712

(562)429-1805 x 6228
 www.LakewoodIce.com