

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS /
JO WILLIAMS MEMORIAL CHAMPIONSHIPS

PACIFIC NORTHWEST INTERCLUB ASSOCIATION

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PRESENTS THE

2019

**PACIFIC NORTHWEST INTERCLUB SKATING
CHAMPIONSHIPS /
JO WILLIAMS MEMORIAL CHAMPIONSHIPS**

*Compete USA Competition
Non Qualifying Competition
National Solo Dance Series*

*IJS Judging System to be used for
Pre-preliminary thru Senior Singles Freeskate Events
All others will use the 6.0 judging system*



TO BE HELD AT
Eagles Ice Arena
6321 N Addison
Spokane, WA 99208

July 11-13, 2019



SANCTIONED BY THE
U. S. FIGURE SKATING



Entry Deadline: 8 PM PST June 10, 2019

Find current information on the web at: www.lcfsc.org
Registration is ONLINE ONLY @ <http://comp.entryeeze.com>

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS / JO WILLIAMS MEMORIAL CHAMPIONSHIPS

GENERAL COMPETITION INFORMATION

The PNIC Championships/ Jo Williams Memorial Championships, hosted by the Lilac City FSC of Spokane, WA, will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website **and any rule changes adopted at the May 2019 Governing Council and implemented by the deadline of entry.**

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

ELIGIBILITY/TEST LEVEL:

Eligibility for entries is governed by tests passed as of June 10, 2019 and age as of July 11, 2019. Adult event competitors must be age 21 or over. All skaters should be prepared to show proof of age. Skaters may compete at one level higher than the event for which he/she qualifies by test but may not enter more than one level in any one event except for solo dance.

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. **Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level,** except for novice and higher.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 13 years of age (for Girls), or 14 years of age (for Boys) at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 13 years of age (for Ladies) or at least 14 years of age (for Boys) at the close of entries. Skaters entering intermediate free skate events (Well Balanced Program) must be under 18 years of age at the close of entries. Skaters entering open intermediate free skate events (Well Balanced Program), must be at least 18 years of age at the close of entries.

ENTRIES:

The entry process will be by online entry only via Entryeeze, <http://comp.entryeeze.com>. Please see the official competition website at www.lcfsc.org to begin the entry process. Showcase entries must indicate both skater's singles freeskate test level and their pattern dance test level to ensure placement in the correct showcase level in accordance with current US Figure Skating rules.

Deadline for entries is 8 PM, June 10, 2019. Late entries will be accepted at the discretion of the referee and the LOC and will be subject to a \$30 late entry fee. **No entries will be accepted after June 16, 2019.**

REFUND POLICY:

Entry fees will not be refunded after June 10, 2019 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available at www.lcfsc.org or at <http://comp.entryeeze.com>. In any event with a single entry, the skater will be given the option of withdrawing from the event with entry fee refunded or skating as a single entry. This option must be selected in the online only registration at EntryEeze at the time of registration.

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS /
JO WILLIAMS MEMORIAL CHAMPIONSHIPS

FEES -

The entry fee are as follows:

<u>Event/Level</u>	<u>First Event</u>	<u>Additional Events</u>
Compete USA – all levels	\$50	
Singles , including Showcase (all levels) No-Test, Adult events (all 6.0 events) IJS Pre-Preliminary to IJS Juvenile Freeskate IJS Intermediate/Open Intermediate-Senior, Combined Short and Free Skate	\$85 \$100 \$130	\$30 \$30 \$30
Pairs Pre-Juvenile-Intermediate Novice-Senior	\$100 per team \$150 per team	
Dance - Couples (pattern, short, or free dance No-Test – Preliminary (free-dance only) Pre-Juvenile – Novice (Pattern/Free Dance) Junior-Senior (Short/Free Dance)	\$100 per team \$150 per team \$150 per team	
National Solo Pattern Dance \$95.00 National Solo Combined Dance \$115.00 National Solo Shadow Dance \$95.00/team	\$95.00 \$115.00 \$95.00/team	None None None
Production Ensemble Mini ensembles Showcase duets	\$100 plus \$10 per skater	N/A
Practice Ice All levels/events except Production Ensemble Production Ensemble	\$15 /each session \$10/per skater	\$20 after July 10 deadline

NOTE: If a member of a Pair or Dance Team are also competing individually in a Singles event they must pay the same Singles fee structure for the appropriate level.

A fee of \$30 will be charged for any checks returned for non-sufficient funds (NSF). Skaters will not be allowed to skate until all outstanding fees have been paid. Any outstanding fees must be paid at the time of check-in at the competition. Online processing fees are not included in the entry fee and will be charged separately at checkout. Entry fees are in U.S. Dollars.

FACILITIES:

The competition will be held at Eagles Ice Arena, 6321 N Addison, Spokane, WA 99208. You can contact the arena by calling (509) 489-9303. The both rinks are large oval surface measuring 200' x 85' with slightly rounded corners and will be used for the competition and practice ice. There are dressing rooms available for skaters use. The arena seating area is a comfortable temperature for viewers.

MUSIC:

All competitors shall upload their music into EntryEeze at the time of entry- entry will not be accepted without music upload. ALL competitors are to have at rink side a backup music **CDs only (NO CD-RWs, DVDs, mp3s, or cell phones).** **Music must be recorded in MP3 format. All other formats will not play on the official music equipment.** No music will be played during practice ice sessions.

LIABILITY:

U.S. Figure Skating, Pacific Northwest Interclub, Lilac City Figure Skating Club, and Eagles Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM

IJS Events: The ISU Judging System (IJS) will be used for Pre-Preliminary – Senior level, Short Program and Freeskate events. **Skaters entering these events are required to submit a Planned Program Content (PPC) sheet for each IJS event entered.** PPC sheets must be submitted online via EntryEeze no later than 8 p.m. Pacific Time, June 10, 2019. Registration will not finalize in EntryEeze without the PPC form or Music submitted. **Late Entries will be charged an additional \$30 late fee for manual entry PPC forms.**

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS / JO WILLIAMS MEMORIAL CHAMPIONSHIPS

6.0 Events: All other events will be judged using the 6.0 Judging System.

REGISTRATION:

Online registration will end on June 10 at 8 PM. The official registration desk will be open one hour before the first event and run through the last event of the day. The registration table will be located in the front lobby of the Eagles Ice Arena. Please register promptly upon arrival.

LOCKER ROOMS AND CHANGING AREAS:

This event will be following the Locker Rooms and Changing Area policy required in the SafeSport Handbook.

PRACTICE ICE:

Practice Ice must be purchased at time of registration. Practice ice is limited to one session per entered event. For skaters Intermediate-Senior levels, please be sure to request 2 practice sessions if you want a short program and freeskate practice. The practice ice sessions will be \$15 for 20 minutes prior to entry deadline of June 10 and \$20 after June 10 deadline. Practice ice will be available for Production Ensemble Teams at a cost of \$10/per skater for a 15 minute session. **Production Ensemble Coaches only** wanting a practice session need to contact the online Registrar to arrange. Skaters must check in with the ice monitor prior to taking the ice. No refunds will be given to those who do not attend their reserved practice ice. Practice ice for Intermediate to Senior will be limited to 14 skaters. All other levels will be limited to 20. **NO PROPS WILL BE ALLOW ON PRACTICE ICE SESSIONS for the safety of all skaters.**

ADMISSION: No admission will be charged. All events are open to spectators.

PHOTOGRAPHY/VIDEOGRAPHY:

A professional video company and photographer will be at the rink. Any other professional photography/videography is prohibited. ALL award winners are strongly encouraged to pose for the group picture, even if you do not plan to purchase a picture. All other videotaping and photography is restricted to hand-held battery-operated equipment, without tripod. No videotaping or photography from rink side. **Videotaping or photography of any skater other than your own is strictly prohibited.** Please be courteous to those viewing the event. Solicitation by any photographer or agent of anyone to be the subject of still or video photography is not permitted. For safety reasons, **no flash photography is allowed during the event.**

AWARDS:

Awards will be presented to all Compete USA competitors, Compete USA events will be limited to no more than six entrants in a group. No-Test - Senior events will receive medals for 1st through 4th at the awards/photography area in the side party rooms immediately following the official posting of each event. Award photos will be taken of all events. ***We request that all award winners pose for the group pictures even if you do not plan to purchase a picture.***

Artistic Award– This award will be presented to three skaters from the Pre-Preliminary through Senior Level, who the judges feel presented the most artistic freestyle performance.

2019 DANCE INSPIRATION AWARD - \$250 scholarship award given to the most inspirational performance by a solo ice dancer or ice dance team in the Pattern Dance, Free Dance, or Short Dance events conducted during the PNIC Championships/Jo Williams Memorial Championships. Recipient will be selected by the judges that officiate during the events listed above. In the case that the recipient is a dance team, the award will be split 50/50 between the two members of the team

TEAM TROPHY - A Team Trophy will be awarded to the guest club with the most points at the end of the competition, using a scoring system for each event as follows: 1st place=5 points / 2nd place=3 points / 3rd place=1 point. No points will be given for the Team Event.

OFFICIAL NOTICES:

An official bulletin board will be maintained near registration. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive at minimum 60 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS / JO WILLIAMS MEMORIAL CHAMPIONSHIPS

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 MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Compete USA ONLY coaches - Any person, 18 and older, instructing in a Compete USA Program must have successfully passed the annual background screen and be registered as a Compete USA instructor member.

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 I.D. to receive a credential.

If a coach cannot provide a photo I.D. 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 compliance 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/Content/Coaching%20Compliance%20Toolkit.pdf>

OFFICIALS:

Competition officials will be selected in accordance with Rule 3030, except that officials for LTS events will be selected in accordance with Rule 3120.

REFEREE:

The decision of the Referee on all matters will be final. The Referee, along with the LOC, shall have the right to exclude any person(s) whose behavior is unruly or unsportsmanlike.

CONTACT INFO: If you have questions, please contact Local Organizing Committee Co-Chairs Jessica James, yessicajames@yahoo.com, Wayne Gamber, lcfscpresident@gmail.com, or Pam Dawson, pnic-comp@charter.net.

For further information regarding this announcement, please contact:

Co-Chairs:

Jessica James

yessicajames@yahoo.com

Wayne Gamber

lcfscpresident@gmail.com

Chief Referee – Michael Bauer

mikengineersk8@comcast.net

Registrar/Entryeze Registration:

Eric jurasin

ejurasin@gmail.com

Chief Accountant – Dotti Medalia

purplez71@yahoo.com

2019
PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS /
JO WILLIAMS MEMORIAL CHAMPIONSHIPS

EVENT QUALIFICATIONS & SPECIFICATIONS

EVENT DEFINITIONS

GROUP SPLITS & SEEDING

Events with large numbers of entries may be split into multiple groups. Events will be split by age for Compete USA levels through Pre-Juvenile and Adult, and by draw for Juvenile through Senior. Open Juvenile and Juvenile events, and Intermediate and Open Intermediate events, may be combined in the case of insufficient entrants.

QUALIFYING AND FINAL ROUNDS

Qualifying and final rounds will be held in accordance with the current U.S. Figure Skating rulebook with the following exceptions:

- For Senior, Junior, Novice and Intermediate Singles the qualifying rounds will consist of the Short program and Free Skate, the combined results of which will determine the qualifiers and the final round will consist of only the Free Skate. For events with no qualifying rounds, the final round will consist of both short program and free skate.
- If there is more than one Juvenile Singles or Pair group, or Intermediate Pair group, a final round consisting of the Free Skate will be skated.
- The group size for the final rounds will be determined by the Referee.

Well Balanced Program Free Skate Events

All charts have been updated with changes from the U.S. Figure Skating Governing Council that went into effect July 1, 2019. **For the 2019-2020 Season Requirements, please review the charts available here: <http://www.usfigureskating.org/story?id=84109>.**

- A. Well Balanced Program Free Skate for *No-Test through Senior*.
- B. Well Balanced Program Free Skate for *Open Intermediate*. Rules and requirements for Open Intermediate are the same as Intermediate freeskate. However, skaters must be age 18 or older *before* close of registration.

SINGLES SHORT PROGRAM EVENTS

All charts have been updated with changes from the U.S. Figure Skating Governing Council that went into effect July 1, 2019. Please follow the links to the charts. The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. See the 2019-20 Singles Short Program Requirements:

<http://www.usfigureskating.org/story?id=84109>.

- A. Intermediate/Open Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200

PAIRS EVENTS

Pairs free skating events: All charts have been updated with changes from the U.S. Figure Skating Governing Council and ISU Congress that go into effect July 1, 2019. Please follow the links to the charts. Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. Pre-juvenile – senior. See 2019-20 Pairs Free Skate Requirements here:

<http://www.usfigureskating.org/story?id=84109>.

Pairs short program events: Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. See 2019-20 Pairs Short Program Requirements here: <http://www.usfigureskating.org/story?id=84109>.

- B. Novice short program – Rule 5220
- C. Junior short program – Rule 5210
- D. Senior short program – Rule 5200

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS / JO WILLIAMS MEMORIAL CHAMPIONSHIPS

COUPLES DANCE

Couples Ice Dance events will consist of an initial and final round based upon their level. All requirements correspond to the 2019-2020 Season. All technical requirements for Ice Dance, available here: <http://www.usfsa.org/story?id=84110>

<u>Levels</u>	<u>Pattern Dance / Short Dance</u>	<u>Free Dance</u>
No Test	N/A	1:30 maximum
Preliminary	N/A	1:30 maximum
Pre Juvenile <i>Rule book 6250</i>	Rhythm Blues (3 patterns) Canasta Tango (3 patterns)	2:00
Juvenile <i>Rule book 6240</i>	Willow Waltz(3 patterns) Fiesta Tango (3 patterns)	2:15
Intermediate <i>Rule book 6230</i>	Rocker Foxtrot(4 patterns) European Waltz (2 patterns ISU)	2:30
Novice <i>Rule book 6220</i>	Starlight Waltz (2 patterns) Paso Doble (3 patterns)	3:00
Junior <i>Rule book 6210</i>	Short Dance 2:50 (rhythm requirements as specified by ISU for 2019-20 Season)	3:30
Senior <i>Rule book 6200</i>	Short Dance 2:50 (rhythm requirements as specified by ISU for 2019-20 Season)	4:00

SHOWCASE PERFORMACE INFORMATION

Showcase will be conducted in the same manner as National Showcase. Show curtains will be set up at one end of the ice and the skaters will warm-up behind the curtain. An ice monitor will restrict the number of competitors warming up at any given time to a maximum of 4. As skaters move out to the ice the next skater will be allowed to take the ice to warm up.

Showcase: Showcase events consist of two categories – Light Entertainment Showcase and Dramatic Showcase. Except as otherwise specified in this announcement, Light Entertainment showcase and Dramatic showcase events will be conducted in accordance with the Non-qualifying Showcase Competition Guidelines as published by US Figure Skating and posted under the National Showcase Program category on the US Figure Skating website: <http://www.usfsa.org/shell?id=59260>

Placement Pre-Requisite to participate at National Showcase 2019, hosted by Wenatchee Figure Skating Club: Singles competitors, Preliminary through Senior, Adult Bronze through Adult Masters, may compete at National Showcase, if they placed first, second, third or fourth (1) in a contested non-qualifying showcase/theatrical/interpretive skating event held in the United States from the close of entries for National Showcase in the current skating year back to the close of entries for National Showcase in the preceding year; or (2) in the immediately preceding National Showcase. Lower levels are not eligible to compete in National Showcase. Competitors who have entered a competition subsequently cancelled for lack of other entries may substitute a testimonial letter from the chair or the registrar to get a bye to National Showcase.

Light Entertainment Showcase is defined as skating skills choreographed to express comic, casually entertaining, or serious dramatic themes. Props are not required but are allowed in accordance with the Non-qualifying Showcase Competition Guidelines cited above, including restrictions on type, set-up and removal.

Dramatic Showcase is defined as skating skills choreographed to emotionally express the skater's chosen theme. Props are not required but are allowed in accordance with the Non-qualifying Showcase Competition Guidelines cited above, including restrictions on type, set-up and removal.

Ladies and men will compete against one another in showcase events. Showcase events of different levels may be combined at the discretion of the Referee. Jumps are not restricted because technical difficulty is not evaluated. However, unintended falls, poorly

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS / JO WILLIAMS MEMORIAL CHAMPIONSHIPS

executed skating elements and obvious loss of control will be detrimental to the evaluation of the performance. Music may be instrumental or vocal. The costume restrictions of Rule 4030 do not necessarily apply, provided that the Non-qualifying Showcase Competition Guidelines cited above are fully adhered to.

Showcase events will be judged in accordance with the Non-qualifying Showcase Competition Guidelines cited above. Each judge will award one mark to each skater for Program Components.

Duet Events

Duets are theatrical or artistic performances by any competitors. Props and scenery ARE permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. 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

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org , under "Programs" on the National Showcase page.

Mini production ensemble events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting

- o NOTE: Skaters may enter only one duet, mini production AND production event each.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Production Ensemble: Production Ensemble events will be conducted in accordance with the Non-qualifying Showcase Competition Guidelines as published by US Figure Skating and posted under the National Showcase Program category on the US Figure Skating website: <http://www.usfsa.org/shell?id=59260>

NATIONAL SOLO DANCE SERIES EVENTS (open to all skaters)

Events that qualify as NSDS events will only be offered as series events. Non-series skaters are welcome to compete in the solo series events. Points are awarded on final placement, *regardless of other competitors*. If there is a skater in an event who is not entered in the series, the points for their placement will simply not be awarded.

For all rules and requirements, please reference the 2019 NSDS Skater Handbook, available here: <http://www.usfigureskating.org/programs?id=84172>. As a reminder, please be sure to register as a NSDS participant here by 4/1/19: <https://fs12.formsite.com/USFSAIT/y709wz6zzx/index.html>

Please note: It is the responsibility of the coach and skater to check with the USFS website for all rule updates and changes. The above links were in use at the time of publication. Should links be unavailable, please use the USFS website search bar for the appropriate event elements or rules. [Click here for USFS website](#) .

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS / JO WILLIAMS MEMORIAL CHAMPIONSHIPS

Solo Pattern Dance Event

The solo pattern dance event is comprised of two pattern dances at each level. The results from both dances will be combined to create a final score and overall result. Points will be awarded to each skater based on the skaters' combined overall placement of the two pattern dances.

Level	Pattern dances drawn for Solo Pattern Dance events. Music for each pattern dance will be provided by the Dance Referee as prescribed for the National Solo Dance Series by US Figure Skating.
Preliminary	Dutch Waltz and Rhythm Blues
Pre-Bronze	Cha Cha and Fiesta Tango
Bronze	Hickory Hoedown and Willow Waltz
Pre-Silver	Foxtrot and European Waltz
Silver	American Waltz and Tango
Pre-Gold	Blues and Starlight Waltz
Gold	Argentine Tango and Viennese Waltz
International	Cha Cha Congelado and Silver Samba

Combined Event

The combined dance event is comprised of the following two events (as applicable by level):

- **For Juvenile, Intermediate and Novice:** one of two solo pattern dances posted at the competition from the two designated solo pattern dances selected by U.S. Figure Skating, as listed in the [2019 NSDS Skater Handbook](#).
- **For Junior and Senior:** one solo rhythm dance
- **For Juvenile through Senior:** one solo free dance

The pattern dances competed in the combined dance event are separate from those in the solo pattern dance event and the results will not count toward the solo pattern dance event or results. This event is offered at the Juvenile through Senior levels.

The points awarded in the combined event will be based upon the skaters' combined overall point total from the pattern or short dance (depending on the level entered) and the free dance.

Shadow Dance Event

The shadow pattern dance event is comprised of one pattern dance at each level selected by US Figure Skating, as listed in the [2019 NSDS Skater Handbook](#).

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS / JO WILLIAMS MEMORIAL CHAMPIONSHIPS

ADULT SKATING EVENTS

All charts have been updated with changes from the U.S. Figure Skating Governing Council that go into effect July 1, 2019. Please follow the links to the charts.

- Pre-Bronze - Gold Well Balanced Free Skate. See the 2019-20 Adult Singles Elements requirements [here](#).
- Masters Intermediate – Senior Well Balance Free Skate. See the 2019-20 Adult Singles Elements requirements [here](#).
- Pre-Bronze – Gold Showcase – Follows the same requirements as standard tracklisted in the Showcase Events section
- Masters Intermediate – Senior Showcase – Follows the same requirements as standard track listed in the Showcase Events section
- Adults Pairs, Elements can be found [here](#).
- Adult Solo Dance event requirements can be found [here](#).
- Adult Partnered Dance event requirements can be found [here](#).

Jumps are not restricted because technical difficulty is not evaluated. However, unintended falls, poorly executed skating elements and obvious loss of control will be detrimental to the evaluation of the performance. Music may be instrumental or vocal. The costume restrictions of Rule 4030 do not necessarily apply, provided that the Non-Qualifying Showcase Competition Guidelines cited above are fully adhered to.

Showcase events will be judged in accordance with the Non-Qualifying Showcase Competition Guidelines cited above. Each judge will award one mark to each skater for Program Components.

- Dramatic Entertainment requirements [here](#).
- Light Entertainment requirements [here](#).
- Interpretative requirements [here](#).
- Duets requirements [here](#).
- Mini Production Ensemble (7 or less skaters) requirements [here](#).
- Production Ensemble (8 or more skaters) requirements [here](#).

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS / JO WILLIAMS MEMORIAL CHAMPIONSHIPS



General Information

Facility

The competition will be held at Eagles Ice Arena, 6321 N Addison, Spokane, WA, 99208. You can contact the arena by calling (509) 489-9303. The ice dimensions of rink are 85' X 200' with slightly rounded corners. There are dressing rooms available for skaters use. The arena seating area is a comfortable temperature for viewers. .

Entries

The entry process will be by online entry only via Entryeeze, <http://comp.entryeeze.com>. Please see the official competition website at www.lcfs.org to begin the entry process. Showcase entries must indicate both skater's singles freeskiing test level and their pattern dance test level to ensure placement in the correct showcase level in accordance with current US Figure Skating rules.

Deadline for entries is 8 PM, June 10, 2019. Late entries will be accepted at the discretion of the referee and the LOC and will be subject to a \$30 late entry fee. No entries will be accepted after June 16, 2019.

Privacy Policy

Personal information provided to the host club on the entry form will not be sold or distributed for commercial use.

Fees - The entry fee is \$50 for the first event and \$30 for each additional event entered.

Officials - Competition officials will be selected in accordance with Rule 3120.

Awards - All participants will receive awards.

Eligibility

This competition is open to **ALL** skaters who are current eligible (ER 1.00) members of either the Compete USA program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Compete USA program/club or any other Compete USA program/club.

- Eligibility will be based on skill level as of closing date of entries. All Compete USA skaters through Basic 6 must skate at highest level passed or one level higher, and **NO** official U.S. Figure Skating Tests may have been passed, including MITF or individual dance.
- Skaters in Pre-Free Skate to Free Skate 6 may skate at highest level passed OR one level higher, BUT not both levels in the same event during the same competition, and may have passed pre-preliminary moves in the field test only.
- Boys and girls, adult men and women may be combined to compete in the same event, at the discretion of the Referee and LOC.
- Events with large numbers of entries may be split into multiple, equal sized groups by age at the discretion of the Referee and LOC. There will be no more than six participants per competition group and all participants will receive an award. Events may be combined for warmup with more than 6 skaters on the ice at one time.

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS /
JO WILLIAMS MEMORIAL CHAMPIONSHIPS

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, maximum 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, maximum 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

2019

PACIFIC NORTHWEST INTERCLUB SKATING CHAMPIONSHIPS /
JO WILLIAMS MEMORIAL CHAMPIONSHIPS

PRE-FREE SKATE – FREE SKATE 6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • 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 • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:40 max	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump • Flip jump
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Beginning Axel jump