



**Cardinal Classic 2016
&
Virginia Theatre on Ice Festival
Hosted by the Skating Club of Northern Virginia
Sanctioned by US Figure Skating
April 9-10, 2016**

Register Online by February 26, 2016

www.scnv.org

<http://comp.entryeze.com/Home.aspx?cid=375>

The Cardinal Classic 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.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, who are currently registered members 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.

In conjunction with the Cardinal Classic, **Virginia Theatre on Ice Festival** will be hosted by SCNV's Virginia Ice Theatre of Fairfax. This performance festival is open to Theatre on Ice teams and individual skaters interested in a day-long intensive seminar (on- and off-ice) focused on performance, choreography, composition and interpretation skills. **See page 18 for Festival details.**

ELIGIBILITY/TEST LEVEL:

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 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program) must be at least 14 years of age at the close of entries. Skaters entering intermediate short and free skate events (Well Balanced Program) must be under 18 years of age at the close of entries.

Skaters entering beginner – pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

ENTRIES:

Online entry with secure credit card payment is available at:

<http://comp.entryeeze.com/Home.aspx?cid=375>

Online entries must be completed by midnight on February 26, 2016. No paper entries will be accepted. Late entries may be accepted at the discretion of the competition committee. If accepted, a late fee of \$25 will be assessed. The competition committee reserves the right to limit entries to any event or to cancel an event based upon time restrictions.

Theatre on Ice teams registered for either the Cardinal Classic or the Virginia Theatre on Ice Festival must submit an additional team registration form before the registration deadline. The Team Registration Form is available for download at <http://comp.entryeeze.com/Home.aspx?cid=375>

Entry fees are as follows:

First IJS Event \$130 and Each Additional IJS Event \$75

First Non-IJS Event \$100

Each Additional Non-IJS Event \$55

Jump and Spin Events ONLY \$55

Cardinal Classic ONLY - Theatre on Ice Teams & Production Ensembles \$300 per group and \$10 per skater

Virginia Theatre on Ice Festival ONLY for Theatre on Ice Teams \$500

Cardinal Classic & Virginia Theatre on Ice Festival **Combined Registration** for Theatre on Ice Teams \$550

Virginia Theatre on Ice Festival for Individual Skaters \$50

Late Fee (if sent after February 26) \$25 per event

- Short program and free skate are considered separate events and if both are entered, the fee would include both the First and Additional IJS Event Fees.
- All two-person teams (freestyle pairs, dance couples, duets, shadows, etc.) should make payment arrangements among themselves and provide ONE payment for the entire team and register only once with the other team member in the partner field. The person who registers is the person who receives the benefit of any reduced additional event fee. The person in the partner field does not receive the benefit of any reduced additional event fee.



This event is a standard U.S. Figure Skating Nonqualifying Competition

- Theatre on Ice and Production Teams should choose one person to register and provide ONE payment for the entire team. These fees stand alone and do not affect another registration.
- Theatre on Ice event fees stand alone for individual skaters and do not affect another registration.

REFUND POLICY: Entry fees will not be refunded after February 26, 2016, unless no competition exists or an 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 assessed a \$25.00 fee. Payment of the fee will be required before skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will not be available by phone, email or mail. Skaters' and coaches' schedules will be available via the web at www.scnv.com.

FACILITIES: The competition will be held at Prince William Ice Center, 5180 Dale Blvd, Woodbridge, VA 22193, (703) 730-8423, www.pwice.com. Facilities include two ice surfaces (Olympic 200' x 100' and NHL 200' x 85'), locker rooms and on-site café. The competition and Festival will take place on the Olympic and NHL surfaces.

MUSIC: The official competition music must be turned in at the registration table at the time of check-in. Only CDs will be accepted (CD-R and not CD-RW). CDs must be clearly marked with the skater's name, event and running time. Each CD must have only one (1) track on it. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but SCNV cannot be responsible for CDs left at the end of the competition.

LIABILITY: U.S. Figure Skating, SCNV, Virginia Ice Theatre of Fairfax and Prince William Ice Center accept no responsibility for injury or damage sustained by any participant in this competition or Virginia Theatre on Ice Festival. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM: The International Judging System (IJS) will be used for the following events:

- Well Balanced Program free skate events, juvenile/open juvenile – senior
- Short program events, intermediate – senior
- Adult Gold and Adult Masters events

All competitors skating in these events need to submit the planned program content form online through the EntryEeze portal. The deadline to submit the form is March 18, 2016.

The 6.0 Majority Judging System will be used for all other events.

IJS Critiques: For singles skaters and coaches only. Skaters should line up in the designated area according to skate order.

REGISTRATION: Registration will be open one hour before the first event of each day and run through the last event of the day. The registration table will be located in the lobby at Prince William Ice Center. Check in for all other events should be one hour prior to your event.

PRACTICE ICE: Practice ice for the day of the competition will be available for pre-purchase online during registration. Early morning and mid-day sessions are planned, depending upon availability. Skaters will be able to select the date and time from the published practice ice schedule after the close of registration. As soon as all schedules are finalized you will receive an email with the start date and time for practice ice selection. You will need your US Figure Skating number and your EntryEeze PIN number in order to access your account and make your selection. Additional practice ice will be available for sale online after pre-purchased sessions have been selected. Skaters are reminded to be on time for practice ice sessions. As is customary, coaches are not allowed on the ice during practice ice sessions and no program music will be played. Practice ice fees are non-refundable.

- 1 practice ice session per event is available for pre-purchase at the time you register for the competition - \$15.00 per session
- On-line sales of practice ice after close of registration - \$18.00 per session
- Pick-up practice ice (if available) the day of the event - \$20.00 per session

Skaters seeking additional practice ice on the Friday prior to the competition should check the freestyle schedule at Prince William Ice Center, www.pwice.com/page/show/360790-freestyle.

PHOTOGRAPHY/VIDEOGRAPHY: A professional photographer and videographer will be taking photos and videos for all skaters and all freestyle skating events and team events, which will be available for purchase. Except for the official videographer, only battery-operated cameras will be allowed. Individual videotaping will be permitted in designated areas only. There will be NO flash photography permitted in the ice arena.

DVD recording of each participant in individual events will be available for pre-purchase through EntryEeze for one performance of their choice at the discounted rate of \$24 and for additional events at \$13 per event (regular purchase price is \$35 for first event and \$15 for additional events). For Theatre on Ice team events, the pre-purchase team rate is \$50 per performance (each skater receives a DVD) and \$40 for additional team performances.

AWARDS: Medals will be awarded for First, Second, Third and Fourth place finishers in each group in each event. A championship trophy will be awarded to the winner of the Juvenile Girl Free Skate courtesy of PlumTree Financial, Official Sponsor of SCNV.

OFFICIAL NOTICES: An official bulletin board will be maintained on the Cardinal Classic page of www.scnv.org. 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 45 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 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:

- Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- 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 screening.
- 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.
- Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

The LOC 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



This event is a standard U.S. Figure Skating Nonqualifying Competition

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/Content/Coaching%20Compliance%20Toolkit.pdf>

CONTACT INFO: For competition schedule and questions, contact Melissa Mahle at melissa@scnv.org. For questions about registration, contact Priscilla Totten, registrar@scnv.org.

LODGING: In order to secure the group rate you must identify yourself with the Skating Club of Northern Virginia "Cardinal Classic." A limited number of rooms are available. Please ask about group rates.

Courtyard by Marriott Potomac Mills
14300 Crossing Place
Woodbridge, VA 22192
www.marriott.com/hotels/travel/waswb-courtyard-potomac-mills-woodbridge/
703-491-4525

ADDITIONAL INFORMATION:

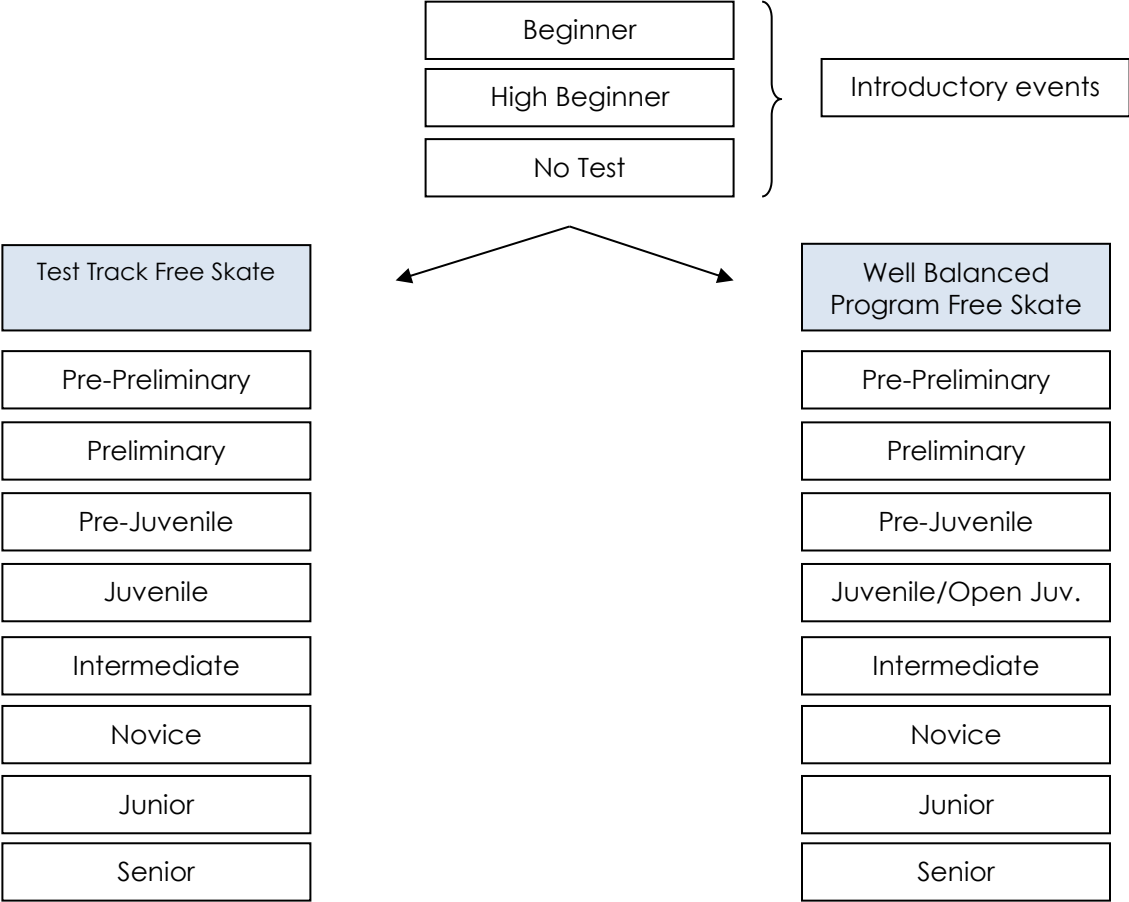
The Cardinal Classic events will all take place on April 9, 2016. A tentative schedule, subject to change, will be available through the EntryEeze portal and the club website (www.scnv.org) no later than two weeks before the competition.



SINGLES FREE SKATING EVENTS

See current rulebook or click [here](#) for current rules and requirements.

Illustration of Singles Free Skating Events:



EVENT: Introductory Levels Free Skate Program: Beginner, High Beginner and No Test Levels

General event parameters:

Skaters will skate to the music of their choice. Vocal music is permitted at all levels.

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.

Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) • No single Axels, double jumps or triple jumps 	Max. 2 spins: <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. • Spins must be of a different character (For definition see rule 4103E) 	<ul style="list-style-type: none"> • Step sequence • Must use one-half the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements. • Jumps may be included in the step sequence 	Skaters may not have passed free skating tests higher than U.S. Figure Skating Basic Skills free skating badge tests

EVENT: Test Track 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 nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 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.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- 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.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	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.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	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.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	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

Test Track Free Skate (continued)

Level	Jumps	Spins	Step Sequences	Qualifications
Juvenile 2:15 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). 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) Only solo spin may fly 	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 2:30 +/- 10 sec.	<i>Maximum of 6 jump elements:</i> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), 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). 	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
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<i>Maximum of 7 jump elements for men and 6 for ladies:</i> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 3 spins, of a different nature:</i> <ul style="list-style-type: none"> 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) The other spins are the option of the skater (min 6 revolutions per foot) All spins may fly 	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	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

Test Track Free Skate (continued)

Level	Jumps	Spins	Step Sequences	Qualifications
<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"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<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"> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<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 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

EVENT: Well Balanced Program 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 nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 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.
- All relevant and appropriate IJS rules will be used in events Juvenile through Senior and Adult Gold and Adult Masters. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org under "Technical Information," then "Singles/Pairs."

Please consult the current rules for requirements under the IJS system of judging. Intermediate-Senior short and Free skate programs are individual events – please be sure to register separately for each segment.

	Requirements	Time
Pre-Preliminary Rule 4270	Pre-Preliminary Free Skate Test, single jumps only, Axel is permitted. Maximum 5 jump elements, 2 spins, 1 step sequence.	1:40 max
Preliminary Rule 4260	Preliminary Free Skate Test, Axel, 2 different Double jumps (limited to double Salchow, double toe loop and double loop). Maximum 5 jump elements, 2 spins, 1 step sequence.	1:30 +/- 10 sec
Pre-Juvenile Rule 4250	Pre-Juvenile Free Skate Test. Maximum 5 jump elements, maximum 2 spins, 1 step sequence.	2:00 +/- 10 sec
Juvenile/Open Juvenile Free Skate Rule 4240	Juvenile Free Skate test. (Refer to Age Requirements on Page 2). Maximum of 5 jump elements, 2 spins, 1 choreographic step sequence.	2:15 +/- 10 sec
Intermediate Short Rule 4230	Intermediate Free Skate Test. Under age 18 as of February 26, 2016	2:00 maximum
Intermediate Free Skate Rule 4230	Intermediate Free Skate Test. Under age 18 as of February 26, 2016.	2:30 +/-10 sec
Novice Short Rule 4220	Novice Free Skate Test.	2:30 maximum
Novice Free Skate Rule 4220	Novice Free Skate Test.	Ladies: 3:00 +/- 10 sec Men: 3:30 +/- 10 sec
Junior Short Rule 4210	Junior Free Skate Test. Either 2015-2016 or 2016-2017 elements will be allowed.	2:50 maximum
Junior Free Skate Rule 4210	Junior Free Skate Test.	Ladies: 3:30 +/- 10 sec Men: 4:00 +/- 10 sec
Senior Short Rule 4200	Senior Free Skate Test.	2:50 Maximum
Senior Free Skate Rule 4200	Senior Free Skate Test.	Ladies: 4:00 +/- 10 sec Men: 4:30 +/- 10 sec

Well Balance Program (continued)

	Requirements	Time
Adult Pre-Bronze Free Skate Rule 4600	21 years and over – Adult Pre-Bronze Free Skate Test No Lutz, Axel or Double jumps, or flying spins	1:40 maximum
Adult Bronze Free Skate Rule 4590	21 years and over – Adult Bronze Free Skate Test No Axel or Double jumps	1:50 maximum
Adult Silver Free Skate Rule 4580	21 and over – Adult Silver Free Skate Test Axel allowed, NO double jumps, ONLY 2 spins allowed	2:10 maximum
Adult Gold Free Skate Rule 4570	21 and over – Adult Gold Free Skate test Double Salchow, and double toe loop allowed	2:40 maximum
Masters Intermediate & Masters Novice Free Skate Rule 4540	See Rule 2552 for age requirements See Rule 4540 for test requirements Double flip, double Lutz and double Axel are not permitted	3:10 maximum
Masters Junior & Masters Senior Free Skate Rule 4510	See Rule 2552 for age requirements See Rule 4510 for test requirements	3:40 maximum

Please consult the current rules (Pairs Rules 5000 – 5109) for requirements. Pairs short and free skate programs are individual events – please be sure to register separately for each segment. 6.0 judging system to be used.

	Requirements	Time
Pre-Juvenile Pairs Free Skate Rule 5250	Age requirements as of February 26, 2016: Under 14 years of age	2:00 +/- 10 seconds
Juvenile Pairs Free Skate Rule 5240	Age requirements as of February 26, 2016: Under 16 years of age	2:30 +/- 10 seconds
Intermediate Pairs Short Rule 5230	Age requirements as of February 26, 2016: Under 18 years of age	2:30 maximum
Intermediate Pairs Free Skate Rule 5230	Age requirements as of February 26, 2016: Under 18 years of age	3:00 +/- 10 seconds
Novice Pairs Short Rule 5220	No age requirement	2:50 maximum
Novice Pairs Free Skate Rule 5220	No age requirement	3:30 +/- 10 seconds
Junior Pairs Short Rule 5210	No age requirement	2:50 maximum
Junior Pairs Free Skate Rule 5210	No age requirement	4:00 +/- 10 seconds
Senior Pairs Short Rule 5200	No age requirement	2:50 maximum
Senior Pairs Free Skate Rule 5200	No age requirement	4:30 +/- 10 seconds

EVENT: Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Pre-juvenile and lower will be skated on half of the ice; Juvenile – senior will be skated on full ice
- Jumps with an "*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:15 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:15 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:15 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)
Level	Time	Skating rules / standards
Adult Beginner	1:00	<ol style="list-style-type: none"> 1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> 1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:00	<ol style="list-style-type: none"> 1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none"> 1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none"> 1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)

EVENT: Spin Challenge

General event parameters:

- 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.
- All events are skated on half of the ice.
- Minimum number of revolutions are noted in parentheses.

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

(Spin Challenge continued)

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Pivot 2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30	<ol style="list-style-type: none"> 1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot)

EVENT: Theatre on Ice (TOI) Events – Choreographic Exercise (CE) and Free Skate

Format: Theatre on Ice consists of two programs, the free skate and the Choreographic Exercise (CE), which is similar to a short program in singles skating. These two events are judged separately. All levels will be judged on both programs for a combined score at the Theatre on Ice National competition.

A Theatre on Ice team may have no fewer than eight (8) members, all of whom must skate at some point during the visible portion of the performance. A team may have only 4 alternates but no more than 24 may skate in a competition. Open-level teams are limited to a maximum of twenty (20) skaters on a team. The same skaters must skate both CE and Free Skate in combined events. Curtain: There will not be any curtain used for the Theatre on Ice events, except at the National Theatre on Ice competition.

Current guidelines and procedures for Theatre on Ice Choreographic Exercise (CE) and Free Skate can be found at <http://www.usfsa.org/content/2016%20TOI%20Guidelines%20Final.pdf>.

Theatre on Ice is a creation using all aspects of figure skating, incorporating a theme, emotion or story, enhanced by music. It is a package that includes five dimensions:

- Theme
- Music/Sound
- Choreography/Skating movements
- Performance/The rapport between the skaters and/or sub-groups of skaters
- Costuming, props and/or scenery

THEATRE ON ICE CHOREOGRAPHIC EXERCISE (CE)

All team members must wear all black. The focus must be on the three elements described.

Teams create a program based on three elements for the 2015-2016 season. All three should be present and integrated into the entire program. Development of the elements in a variety ways will be rewarded. Elimination of an element will be reflected in the score.

- **Theme: Wind**
- **Choreographic Process: Call and Response (Echo):** A sequence of body movement vocabulary performed by an individual or group that is echoed or responded to by another individual or group.
- **Gesture: Acceleration:** Gradually moving faster and faster

Theatre on Ice Events and Levels Offered For Competition

Level	Program Duration	Test, Team Size and Age Requirements
Senior	CE 2:30 +/- 10 seconds	<ul style="list-style-type: none"> • Test qualifications as of February 26, 2016 • Minimum of 8 skaters on a team -- maximum of 24 skaters • More than 50 percent* of the team must have passed the juvenile or adult gold free skate test
	Free skate 5:30 +/- 15 seconds	<ul style="list-style-type: none"> • Team members may have passed any higher tests including senior moves in the field, senior freestyle, senior pair test, senior and/or international dance tests • All team members must have must have passed the preliminary or adult pre-bronze moves in the field test • No age restrictions

* The only exception to this requirement is if a rostered skater who has passed the juvenile freestyle test (or higher) is injured, and can produce a doctor's note, the corresponding skater of a lower level may skate.



Level	Program Duration	Test, Team Size and Age Requirements
Junior	CE 2:30 +/- 10 seconds Free skate 5:00 +/- 15 seconds	<ul style="list-style-type: none"> • Test qualifications as of February 26, 2016 • Minimum of 8 skaters on a team—maximum of 24 skaters • No more than 50 percent** of the team may have passed the intermediate or adult gold freestyle test or higher with the exception of 2 skaters who can have passed no higher than a novice freestyle test • All team members must have must have passed the preliminary or adult pre-bronze moves in the field test • No age restrictions
Novice	CE 2:30 +/- 10 seconds Free skate 4:30 +/- 15 seconds	<ul style="list-style-type: none"> • Test qualifications as of February 26, 2016 • Minimum of 8 skaters on a team—maximum of 24 skaters • All team members must have must have passed the pre-preliminary moves in the field test • No team members may have passed the intermediate freestyle test or higher with the exception of two skaters who can have passed no higher than a novice freestyle test • 80 percent of the team must be under the age of 15 as of December 1 of the competition year • No skater may have reached age 19 as of December 1, 2015
Preliminary	CE 2:00 +/- 10 seconds Free skate 2:30 +/- 10 seconds	<ul style="list-style-type: none"> • Test qualifications as of February 26, 2016 • Minimum of 8 skaters on a team—maximum of 24 skaters • All team members must have passed the pre-preliminary moves in the field test or mastered the skills of the Basic Skills free skate 1 test and may not have passed any test higher than preliminary moves in the field test and/or preliminary free style test with the exception of two skaters who may have passed no higher than pre-juvenile moves in the field test and/or pre-juvenile free style test • Age requirement as of December 1, 2015: Skaters must be 15 years of age or under • Handheld props are allowed • Scenery is not allowed
Adult	CE 2:30 +/- 10 seconds Free skate 5:30 +/- 15 seconds	<ul style="list-style-type: none"> • Test qualifications as of February 26, 2016 • Minimum of 8 skaters on a team—maximum of 24 skaters • All team members must have passed at least one U.S. Figure Skating moves in the field, free skate, ice dance or pairs test (not including Basic Skills) • Requirements as of December 1, 2015: Skaters who are 18 years of age or older
Open	CE 2:30 +/- 10 seconds Free skate 4:30 +/- 15 seconds	<ul style="list-style-type: none"> • Test qualifications as of February 26, 2016 • Minimum of 8 skaters on a team—maximum of 24 skaters • All team members must have passed at least one U.S. Figure Skating moves in the field, free skate, ice dance or pairs test (not including Basic Skills) • No age restrictions

**The only exception to this requirement is if a rostered skater who has not passed the intermediate moves in the field test is injured, and can produce a doctor's note, the corresponding skater of a higher level may skate.

SPECIAL EVENT: Virginia Theatre on Ice Festival, Sunday, April 10, 2016



Virginia Theatre on Ice Festival is back for a second season by popular demand. This day-long program has been expanded to provide more ice time, a first-class panel of national-level Theatre on Ice judges and an expanded choreography intensive with our expert faculty.

The morning session is exhibition style, giving theatre teams the opportunity to perform in front of a live audience and national-level U.S. Figure Skating Theatre on Ice judges to prepare for Nationals. Teams will skate both short and long programs. For teams who also participate in the Cardinal Classic Theatre events, the judges will have had multiple opportunities to view the programs. Judges will provide critiques and feedback to the coaches and skaters in a group environment providing a collaborative experience.

The mid-day and afternoon sessions will focus on choreography. Skating is not all jumps and spins. Individual skaters will join team skaters for a choreographic music interpretation seminar with a nationally recognized choreographer. This experience will provide insight to the world of show skating, blending the exhibition of solo elements and skating with others in a theatrical performance. This seminar will sharpen the skills key to achieving higher marks in program component scores by focusing on choreography, composition and interpretation. The seminar will have both off-ice and on-ice components.

Come develop the dramatic side of your skating

Register early; space is limited.

Morning Session: 8:00am – 10:30am Exhibitions (Ice Theatre Teams Only)

Mid-Day Sessions: 10:30am – 1:30pm Critiques & Off-Ice Choreography (Ice Theatre Teams and Individual Skaters – Specific Schedules TBD)

Afternoon Session: 1:30pm – 4:30pm On-Ice Choreography (All Skaters)

This event is a standard U.S. Figure Skating Nonqualifying Competition



Lunch will be provided. Teams should check in by 7:00am. Individual skaters should check in at 10:00am. For the choreography intensive, teams and individual skaters should wear all black athletic or dance-appropriate attire (pants recommended). Participants should also wear suitable athletic shoes.

Individual Skater Registration: \$50 TOI Team Registration Options

**Cardinal Classic
Only**

Sat. April 9, 2016
Competition

\$300 per team, plus \$10 per skater

**VA Theatre on Ice
Festival Only**

Sun. April 10, 2016
Exhibition – both programs
Critiques by National Level Judges
Choreography Seminar

\$500 per team

**Combined Registration
Competition & Festival**

Sat. & Sun. April 9-10
Competition
Exhibition – both programs
Critiques by National Level Judges
Choreography Seminar

\$550 per team (Best Value!)

Virginia Theatre on Ice Festival is hosted by Virginia Ice Theatre of Fairfax. For questions, please contact Tim Adams at ryan.adams@gmail.com





Program Advertising Form

We invite you to show your support or promote your products and/or services by placing an ad in the 2016 Cardinal Classic & Virginia Theatre on Ice Festival program book. This event runs from April 9-10, 2016. The program will have a color cover (both sides) and the interior will be black and white.

Business Name: _____

Contact Name: _____

Phone Number: _____

Email: _____

Address: _____

Website: _____

Check which ad you would like to run:

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| <input type="checkbox"/> Outside Back Cover (Color) | (4 3/8" X 7") | \$150.00 |
| <input type="checkbox"/> Inside Front Cover (Color) | (4 3/8" X 7") | \$150.00 |
| <input type="checkbox"/> Inside back Cover (Color) | (4 3/8" X 7") | \$100.00 |
| <input type="checkbox"/> Full Page (B&W) | (4 3/8" X 7") | \$ 75.00 |
| <input type="checkbox"/> Half Page (B&W) | (4 3/8" x 3 3/8") | \$ 40.00 |
| <input type="checkbox"/> Personal Message Ad (limit 20 words): | | \$ 5.00 |

DEADLINE: February 26, 2016

MAIL TO: Melissa Mahle, Skating Club of Northern Virginia | P.O. Box 1537 | Fairfax, VA 22038
All checks and money orders are payable to SCNV.