

**2012
ADULT MID-WINTER WARMUP OPEN
CHAMPIONSHPS**



February 18, 2012

East West Ice Palace
11446 Artesia Blvd
Artesia, California 90701-3855

Deadline for Entries: January 15, 2012

Sanctioned by U.S. Figure Skating



EAST WEST BANK

Hosted by the Los Angeles Figure Skating Club

**2012 ADULT MID-WINTER WARM-UP
Open Championships
Saturday - February 18, 2012
Sanctioned by US Figure Skating**

GENERAL RULES AND INFORMATION

The Los Angeles Figure Skating Club invites you to the 2012 Adult MID-WINTER WARM-UP Open Championships to be held at the East West Ice Palace, located at 11446 Artesia Blvd., Artesia, California 90701. The competition ice surface is 85 by 200 feet. The rink is fully enclosed. Events are open to all eligible persons registered with US Figure Skating or with a member ISU Federation.

The 2012 Adult MID-WINTER WARM-UP Adult Open Championships will be conducted in accordance with 2011-2012 U.S. Figure Skating rules and standards except as noted in this announcement. Official notices and bulletins will be posted on the official bulletin board at the East West Ice Palace ice arena and on the Los Angeles Figure Skating Club's website (www.lafsc.org). Please remember to check both the official bulletin board at the rink and the club website for any event updates.

Age qualifications and test qualifications for all events will be those specified in the 2011 - 2012 U.S. Figure Skating Rulebook.

EVENTS TO BE SKATED

The 2012 Adult MID-WINTER WARM-UP Open Championships will consist of the following events: Compulsory Moves, Singles Free Skate and Showcase, Pairs Free Skate, Couples and Solo Pattern Dance, Spin and Jump Events. Levels offered will be Pre-Bronze through Masters.

SOUTHERN CALIFORNIA INTER-CLUB INVITATIONAL SERIES

This event is part of the Southern California Inter-Club Invitational Series. Top point scorers at the end of the season will be invited to the Invitational Final. Please see the Southern California Inter-Club Association website at <http://www.socalinterclub.org/> for more information.

REGISTRATION AND ENTRY FEES

CLOSING DATE FOR ENTRIES IS MIDNIGHT January 18, 2012. Registration is online through Entryeeze: <http://comp.entryeeze.com/Home.aspx?cid=261>. Payment is via a secured credit card transaction (Non-refundable processing fee applies - 3.5%). Go to: www.lafsc.org and simply follow the links for the competition information and use the link to register for the competition and pay with a credit card (VISA, MASTERCARD, and DISCOVER only please). At the discretion of the Referee, late entries may be accepted and are subject to an additional \$20 late fee. **No** entry fees will be refunded after the close of entries unless the event is not held (Rule 3047).

ENTRY FEES

First Solo Event \$85.00
Each Subsequent Solo Event \$45.00
First Partnered Event \$100/pair
Each Subsequent Partnered Event \$65/pair

EVENT QUALIFICATION

Competitors must be age 18 years or older as of January 18, 2012. Test levels as of January 18, 2012, will control eligibility for all events. Note: Competitors may enter an event at one higher level than their Free Skating (or Dance) Test, but may only enter at one level in each discipline, i.e., may enter silver free skate and bronze pairs, but not bronze and silver free skate

AGE CATEGORIES

Category age requirements:

Young Adult 18 - 20 years old

Class I 21 - 30 years old

Class II 31 - 40 years old

Class III 41 - 50 years old

Class IV 51 - 60 years old

Class V 61 years and older

At the discretion of the Chief Referee, age groups or events may be combined to allow skaters the chance to compete. For events divided into groups, no final rounds will be skated.

JUDGING

Gold and Masters Singles Free skating categories will be judged using the IJS system. *Skaters must submit a Planned Program Content sheet which is part of this announcement. Please e-mail your sheet to the registrar.* All other categories will be judged using the 6.0 system. However, if entries warrant, Pairs may be judged using the IJS system. You will be informed of the final judging system on the Club Website: <http://www.lafsc.org>.

AWARDS

Awards will be given for First, Second, Third and Fourth places for all Categories.

REGISTRATION

The registration desk will be in the lobby of the East West Ice Palace rink on the date of the competition and will be manned commencing one hour prior to the start of the event. All competitors should check in at the registration desk at least 45 minutes prior to their scheduled event. The official bulletin board will list any schedule changes or other information needed by competitors. Competitors should be ready to check in with the Ice Monitor 15 minutes before their event is scheduled to start.

SCRATCHES

If you must withdraw from your event, please inform the Registrar and Registration desk immediately.

MUSIC

The Los Angeles Figure Skating Club music system will accommodate CD, CD-RW-CD (CD preferred). For best results, we recommend that program music be recorded on Music Quality CD disks. Additionally, CDs should be formatted so that music will begin to play immediately (no practice CDs for the competition, please). Bring a backup copy of your music.

COACHING

US Figure Skating rules require that all coaches, coaching during the competition or for practice sessions, be members of US Figure Skating and of the Professional Skaters Association. Each Coach must also be current with the CER requirements of the Professional Skaters Association.

VIDEOTAPING AND PHOTOGRAPHY

Contractual commitments with our Videographer and Professional Photographer require that we limit all private videotaping and still photographs to your own skater. **Any spectator seen shooting either video or stills of a skater other than his/her own shall be removed from the arena.**

No flash photography is permitted in the arena at any time.

PRACTICE ICE

We would like to have practice ice on the day of the competition; however, we have limited rink time, so we will inform all skaters of the final schedule by means of our Club Web site. The amount of available practice ice will be set in accordance with requests for practice ice received prior to the application deadline of January 11, 2012. No music will be played during open practice sessions. All Practice Ice sessions are 30 minutes and will be limited to 22 competitors per session. Each session will cost **\$15**, if the Practice Ice application is sent in by January 11, 2012 deadline. Applications received after the January 11, 2012 deadline will cost **\$20.00** per session.

Practice Ice Chair: Michael Cruz cruzmr@aol.com

REGISTRAR: Jan Soo Hoo e:mail: jan@soohoos.org Telephone: 818-952-4103

The Registration Desk will be located in the main lobby of the rink. All skaters and coaches must register upon arrival. **Competitors must check in with the Registrar at least 45 minutes prior to their scheduled events.** At the discretion of the Referee, events may begin before the scheduled time.

INFORMATION:

Chair: Judith Somera-Campbell e-mail: skatemom0213@yahoo.com
 Telephone: 818-296-6544

FREESKATING EVENTS - SINGLES

Age qualifications and test qualifications for these events shall be as set forth in the 2011 - 2012 skating season U.S. FIGURE SKATING Rulebook, except as otherwise specified. Free Skating Events will be skated to music of the skater's choice.

Adult Pre Bronze	Passed no higher than the adult pre-bronze free skate test, the pre-preliminary free skate test, or the ISI freestyle 3 test. Rule 4600.	Program duration - 1:40 max.
Adult Bronze	Must have passed at least one of the following: The adult bronze free skate test, and no higher adult free skate tests. The standard preliminary free skate test, and no higher standard free skate tests. Skaters may have passed the ISI freestyle 4 test, but no higher ISI freestyle tests. Skaters may have passed the 2nd figure test, and no higher, before October 1, 1977. Skaters may have passed any figure tests or moves tests after October 1, 1977. Rule 4590.	Program Duration - 1:50 max.
Adult Silver	Must have passed at least one of the following: The adult silver free skate test, and no higher adult free skate tests. Before October 1, 1994, the standard juvenile free skate test and no higher standard free skate tests. On or after Oct. 1, 1994, the standard pre-juvenile free skate test and no higher free skate tests. Skaters may have passed the ISI Freestyle 5 test, but no higher ISI Freestyle tests. Skaters may have passed the 2nd figure test, and no higher before October 1, 1977. Skaters may have passed any figure tests or moves tests after October 1, 1977. Rule 4580.	Program Duration: 2:10 max.
Adult Gold	Must have passed at least one of the following: The adult gold free skate test; The standard juvenile free skate test, and no higher standard free skate tests. If a skater has passed the standard juvenile free skate test on or after Oct. 1, 1994, and no higher standard free skate tests, the skater must compete in adult gold. Skaters may have passed the ISI freestyle 6 test, but no higher ISI freestyle Tests Skaters may have passed the 2nd figure test, and no higher, before Oct. 1, 1977. any figure tests or moves-in-the-field tests after Oct. 1, 1977. Rule 4570.	Program Duration: 2:40 max
Adult Masters Intermediate	Must have passed at least the standard intermediate free skate test and no higher, or prior to October 1, 1977, the 3rd figure test and no higher. Rule 4560.	Program Duration 3:10 max.
Adult Masters Novice	Must have passed At least the standard intermediate free skate test and no higher than the standard novice free skate test or, prior to Oct. 1, 1977, the 3rd figure test and no higher than the 5th figure test. Rule 4550.	Program Duration: 3:40 max
Adult Masters Junior	At least the standard novice free skate test and no higher than the standard junior free skate test or, prior to Oct. 1, 1977, the 4th figure test and no higher than the 7th figure test. Rule 4530.	Program Duration: 3:40 max
Adult Masters Senior	Open to adults age 21 and older. Must have passed At least the standard junior free skate test, or prior to Oct. 1, 1977, the 6th figure test. Rule 4520.	Program Duration: 3:40 max

FREE SKATING EVENTS - PAIRS

Age restrictions and test qualifications for these events shall be as set forth in the 2011-2012 skating season U.S. FIGURE SKATING Rulebook, except as otherwise specified. Pairs can skate up one level above their pair test level. Pairs free Skating Events will be skated to music of the skaters' choice. No vocal music with lyrics will be permitted.

<p>Adult Bronze Pairs</p>	<p>Each partner in the adult bronze pairs event must have passed one of the following tests: The adult bronze pair test and no higher adult pair test, the adult bronze free skate test but no higher adult free skate test (see exception below), the standard preliminary pair test and/or standard pre-juvenile pair test, the standard preliminary free skate test but no higher than the standard pre-juvenile free skate test. <i>Exception:</i> Teams in which at least one member has passed the adult bronze pair test or the standard preliminary or pre-juvenile pair test may choose to compete in the adult bronze pairs event even if one or both partners have passed the next level adult or standard free skate test (that is, the adult silver free skate test and/or the standard pre-juvenile free skate test, but no higher adult or standard free skate test). Rule 5550</p>	<p align="center">Program Duration 2:10 max</p>
<p>Adult Silver Pairs</p>	<p>One partner in the adult silver pairs event must have passed one of the following: the adult silver pair test and no higher adult pair test, the adult silver free skate test but no higher adult free skate test (see exception below), the standard pre-juvenile free skate test but no higher standard free skate test (see exception below), the other partner must meet the requirements for this level or must have passed no more than one level lower than the first partner (that is, the adult bronze pair test, adult bronze free skate test, and/or standard preliminary free skate test). Either member of an adult silver pair team may have passed the standard preliminary pair test and/or the standard pre-juvenile pair test but no higher standard pair test. <i>Exception:</i> Teams in which at least one member has passed the adult silver pair test may choose to compete at the adult silver pair level, even if one or both members of the team have passed the next level adult or standard free skate test (i.e. adult gold free skate test and/or standard juvenile free skate test, but no higher standard free skate test.) Rule 5540.</p>	<p align="center">Program Duration 2:40 max</p>
<p>Adult Gold Pairs</p>	<p>One partner in the adult gold pairs event must have passed one of the following tests: the adult gold pair test but not the standard intermediate pair test, the adult gold free skate test, the standard juvenile pair test and no higher standard pair test, the standard juvenile free skate test but no higher standard free skate test (see exception). The other partner must meet the requirements for this level or must have passed no more than one level lower than the first partner (that is, adult silver pair test, adult silver free skate test, standard preliminary pair test and/or standard juvenile free skate test). <i>Exception:</i> Pair teams in which at least one member has passed the standard juvenile pair test or the adult gold pair test may choose to compete in the adult gold pairs event even if one or both members of the team have passed a standard free skate test at the intermediate level or higher. Rule 5530.</p>	<p align="center">Program Duration 3:40 max</p>
<p>Adult Masters Pairs</p>	<p>The first partner of a team in the adult masters pairs event must have passed at least one of the following tests: any standard pair test at the intermediate level or higher, any standard free skate test at the intermediate level or higher. The second partner must meet the requirements for this level or must have passed no more than one level lower than the first partner (that is, the adult gold pair test, adult gold free skate test, standard juvenile pair test, or standard juvenile free skate test). For purposes of these requirements, the adult gold pair and free skate tests are considered to be one level lower than the standard intermediate pair and free skate tests. Rule 5520.</p>	<p align="center">Program Duration 3:40 max</p>

SHOWCASE EVENTS

Artistic interpretive events shall consist of a variety of skating moves and elements selected for their value in enhancing the skater's interpretation of the music. Vocal music with lyrics is allowed. Costumes that enhance the performance by appropriately reflecting the character of the music and theme will be considered in the judging. Axels are allowed at Gold & Masters levels. Program duration for all events is 1:40 max. with no penalty for shorter programs. **SHOWCASE EVENTS MAY QUALIFY FOR THE 2012 NATIONAL SHOWCASE. CONTACT: Paula Wegener, National Vice Chair for National Showcase: paulawagener58@gmail.com.**

Skaters may enter ONE or BOTH categories of Showcase skating, but at only one level. All attempts will be made to not combine categories, unless necessary to fill an event. Light entertainment/comedy and artistic/dramatic events will be offered.

LIGHT ENTERTAINMENT: A program designed to be light-hearted, entertaining, upbeat, clever, and comedic. **DRAMATIC:** A program of serious, emotional artistic presentation that is designed to interpret the music and incorporates an emotion other than humor.

BASIS OF JUDGING:

- a. Performances will be judged for theatrical and artistic qualities, from an entertainment standpoint.
- b. Technical skating skill and difficulty will not be rewarded as such; however, skating must be the major element of the performance and of sufficient quality to support the theatrical elements chosen.
- c. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestants' marks.
- d. Jump difficulty will be not rewarded, therefore jumps, if choreographed, should be those performed with style, flow and confidence. Jumps should not be used except as the choreography requires.
- e. Theatrical elements evaluated will include: Energy, poise, acting, pantomime, eye contact, choreography, form, extension and the use of costumes, ice and props.
- f. The 6.0 scoring system will be assigned each performance by each judge. Any overtime penalties will be posted with the results.

EVENTS: Singles skaters, once qualified for a level, may enter any or all events for which they meet age and test requirements. Singles need not qualify separately for multiple events.

- a. Singles Events will be:
 - i. Dramatic Entertainment: A serious, emotional, artistic interpretation.
 - ii. Light Entertainment: Any performance not serious enough to be considered dramatic.
 - iii. Skaters may enter any or all of these single events at the level for which they are qualified.
- b. Contestants may enter events only at their ages and test levels as of January 11, 2012. There will be no limit on use of props, except that skaters who use special effects that are deemed unsafe by the Referee will be disqualified. (examples are: water, fire, pyrotechnics, dry ice, loud noises) Skaters who perform illegal elements (for example: Axels below Gold level, and/or double jumps) will be disqualified.

Adult Pre-Bronze Artistic	Skaters need not have passed any tests, but may not have passed the adult bronze free skating test, the pre-bronze dance test, the preliminary tests, nor above ISI freestyle 3.	
Adult Bronze Artistic	Must meet the requirements for the adult bronze free skate event, have passed the adult bronze pair test or have passed at least the complete pre-bronze dance test but no pre-silver dance tests (see rules 4700 & 4740)	
Adult Silver Artistic	Must meet the requirements for the adult silver free skate event, have passed the adult silver pair test or have passed at least one pre-silver dance test but no pre-gold dance tests (see rules 4700 & 4730).	
Adult Gold Artistic	Must meet the requirements for the adult gold free skate event, any masters pairs event or have passed at least one pre-gold dance test but not the complete pre-gold dance test (see rules 4700 & 4720).	
Adult Masters Artistic	Must meet the requirements for at least the masters intermediate free skate event, any masters pairs event or have passed at least the complete pre-gold dance test (see rules 4700 & 4710)	

DANCE EVENTS

Adult dance events are open to skaters who have met the test criteria and are at least 21 years of age at the close of entries, with the exception of Centennial Dance. Adult Centennial Dance events are open to skaters who have met the test criteria and both partners must be 50 years of age or older at the close of entries. Adult dance events are open to couples, each partner of which is an eligible person or reinstated person. Skaters may enter different events with different partners as long as the test qualifications are met.

No final round will be skated. The skating order shall remain the same for each dance. Music for Pattern Dances will be provided by the LOC. Only Pattern Dance sections will be included in the Dance events. There will be no Free Dance sections for any Dance Event. All dance events will be judge under the 6.0 system.

Adult Centennial Dance	Open to those couples where both Partners have passed one standard, adult or masters partnered pre-silver dance test with no maximum limit on tests passed. Rule 6600.	Two dances will be skated. The dances will be the following dances drawn for the 2011-2012 season. Rule 6081. Dances: Fourteenstep, American Waltz
Adult Pre-Bronze Dance	Both partners must have completed the standard, adult or masters partnered pre-bronze dance test but no higher than the standard, adult or masters partnered bronze dance test. Rule 6590.	Two dances will be skated. The dances will be the following dances drawn for the 2011- 2012 season. Rule 6081. Dances: Dutch Waltz, Cha Cha
Adult Bronze Dance	Both partners must have passed at least one standard, adult or masters partnered pre-silver dance. Neither partner may have passed more than one standard, adult or masters partnered silver dance. Rule 6580.	Two dances will be skated. The dances will be the following dances drawn for the 2011-2012 season. Rule 6081. Dances: Cha Cha, Ten-Fox
Adult Pre-Silver Dance	Both partners must have passed at Least one standard, adult or masters partnered pre-silver dance. Neither partner may have passed more than one standard, adult or masters partnered silver dance. Rule 6570.	Two dances will be skated. The dances will be the following dances drawn for the 2011-2012 season. Rule 6081. Dances: Willow Waltz, Foxtrot
Adult Silver Dance	One partner must have passed at least one standard, adult or masters partnered silver dance; the other partner must have passed at least one standard, adult or masters partnered pre-silver dance. Neither partner may have passed more than one standard, adult or masters partnered pre-gold dance. Rule 6560.	Two dances will be skated. The dances will be the following dances drawn for the 2011-2012 season. Rule 6081. Dances: European Waltz, Tango

Adult Pre-Gold Dance	One partner must have passed at least one standard, adult or masters partnered pre-gold dance; the other partner must have passed at least one standard, adult or masters partnered silver dance. Neither partner may have completed the standard, adult or masters gold dance test. Rule 6530.	Only Pattern Dances will be skated. No Free dances will be skated. The dances will be the following dances drawn for the 2011-2012 season. Rule 6081 Dances: American Waltz Paso Doble. Rule 6081.
Adult Gold Dance	One partner must have passed at least one standard, adult or masters partnered gold dance; the other partner must have passed at least one standard, adult or masters partnered pre-gold dance. Any skater who has competed in any standard track qualifying dance event at sectionals or higher will be ineligible to compete in this event. Rule 6520.	Only Pattern Dances will be skated. No Free dances will be skated. The dances will be the following dances drawn for the 2011-2012 season. Rule 6521. Dances: Kilian, Starlight Waltz. Rule 6081.
Masters Open Dance	One partner must have passed at least one standard, adult or masters partnered gold dance; the other partner must have passed at least one standard, adult or masters partnered pre-gold dance. Rule 6540.	Only Pattern Dances will be skated. No Free dances will be skated. The dances will be the following dances drawn for the 2011-2012 season. Dances: Starlight Waltz, Cha Cha Congelado. Rule 6081.

SOLO DANCE EVENTS

Genders will be combined in these events (i.e. men and ladies will compete against one another). Respective gender specific steps will be skated by each gender (i.e. men will skate the male dance pattern and women will skate the female dance pattern). Competitors may only enter ONE skill level (i.e. they cannot enter bronze and silver).

Two patterns for each dance are required, except Kilian and Fourteenstep, where three patterns are required. ALL adult solo dance events/levels will be judged under the 6.0 system. Music for solo dances will be provided by the LOC

Adult Bronze Solo Dance	Skater needs not have passed any dance test and must not have passed more than one standard, adult or masters pre-silver dance.	Two dances shall be skated. The following dances have been drawn for the competition. The dances will be skated in the order listed. Dances: Cha Cha, Hickory Hoedown. Rule 6681.
Adult Silver Solo Dance	Skater must have passed the complete standard, adult or masters dance test and not passed more than one standard, adult or masters pre-gold dance.	Two dances shall be skated. The following dances have been drawn for the competition. The dances will be skated in the order listed. Dances: Foxtrot, Tango. Rule 6661.
Adult Gold Solo Dance	Skater must have passed the complete standard, adult or masters silver dance test.	Two dances shall be skated. The following dances have been drawn for the competition. The dances will be skated in the order listed. Dances: Starlight Waltz, Argentine Tango. Rule 6621.

COMPULSORY SKATING EVENTS

All compulsory skating events will be skated with no music. Minimal connecting moves, steps and edges throughout the program are allowed. Elements may be skated in any order and no additional elements are permitted. Elements may not be repeated. Program duration for all levels is max. 1:30.

<p>Adult Pre-Bronze</p>	<ol style="list-style-type: none"> 1. Forward crossovers, 5 each direction 2. Forward spiral, straight line or outside edge, or lunge 3. Waltz jump 4. Two-foot spin (min. 3 revolutions in position) 	<p>To be skated on ½ ice</p>
<p>Adult Bronze</p>	<ol style="list-style-type: none"> 1. Salchow jump 2. Jump combination of a waltz jump and a toe loop 3. One-foot upright spin (min. 3 revolutions in position) 4. Adult Bronze Moves Pattern 5 (Five-step mohawk sequence) 	<p>To be skated on ½ ice</p>
<p>Adult Silver</p>	<ol style="list-style-type: none"> 1. Flip jump 2. Jump combination of Salchow and loop 3. Sit spin (min. 3 revolutions in position) 4. Adult Silver Moves Pattern 1 (Eight-step mohawk sequence), one direction only 	<p>To be Skated on ½ ice</p>
<p>Adult Gold</p>	<ol style="list-style-type: none"> 1. Lutz jump 2. Flip-loop combination jump (no turn or change of foot) 3. Camel spin (min. 3 revolutions in position) Adult Gold Moves Pattern 3 (Forward outside double three-turns on one foot, forward inside double three turns on the other foot. 	<p>To be Skated on full ice</p>
<p>Adult Masters Intermediate and Novice</p>	<ol style="list-style-type: none"> 1. Single Axel jump 2. Jump combination of Lutz jump and loop 3. Spin combination consisting of at least one change of foot and at least one change of position (min. 4 revolutions on each foot) 4. Intermediate Moves Pattern 5 (Inside slide chassé pattern) 	<p>To be skated on full ice</p>
<p>Adult Masters Junior and Senior</p>	<ol style="list-style-type: none"> 1. Double Salchow jump 2. Jump combination of Axel jump and double toe loop 3. Spin combination consisting all three positions and one change of foot (min. 2 revolutions in each position and min. 5 revolutions on each foot. 4. Junior Moves Pattern 4 (Choctaw sequence), one diagonal Only 	<p>To be skated on full ice</p>

SPIN EVENTS

Three spins, with the exception of pre-bronze event, will be skated once each in a program format on half ice without music. Two spins will be skated at pre-bronze event. The required spins may be skated in any order. Each element may be attempted only once. Connecting steps are allowed but will not be judged. Only the required spins as described for each level may be performed.

Emphasis will be placed on the overall performance of each spin. Skaters will be given one mark for technical merit from each judge. Men and ladies may compete against each other. Program duration for all levels is max, 1:30.

Adult Pre-Bronze	<ol style="list-style-type: none"> 1. One-foot upright spin (min. 3 revolutions in position) 2. Two-foot upright spin (min. 3 revolutions in position)
Adult Bronze	<ol style="list-style-type: none"> 1. One-foot upright spin (min. 4 revolutions in position) 2. One-foot backspin, entry optional (min. 3 revolutions in position) 3. Combination spin with only one change of position and no change of foot (min. 3 revolutions in position)
Adult Silver	<ol style="list-style-type: none"> 1. Sit spin (min. 3 revolutions in position) 2. One spin from layback, attitude, or camel (min. 4 revolutions in position) 3. Combination spin with only one change of position - change of foot is optional (min. 4 revolutions on each foot)
Adult Gold	<ol style="list-style-type: none"> 1. Camel spin (min. 4 revolutions in position) 2. Flying spin (min. 4 revolutions in position) 3. Combination spin consisting of only one change of foot and at least one change of position (min. 4 revolutions on each foot)
Adult Masters Intermediate and Novice	<ol style="list-style-type: none"> 1. Spin in one position with a change of foot (min. 4 revolutions in position, 4 revolutions on each foot) 2. Flying spin (min. 5 revolutions in position) 3. Spin combination consisting of at least one change of foot and at least one change of position (min. 4 revolutions on each foot)
Adult Masters Junior and Senior	<ol style="list-style-type: none"> 1. Flying spin (min. 6 revolutions in position) 2. Spin in one position (min. 6 revolutions in position) 3. Spin combination consisting of all three positions and one change of foot (min. 2 revolutions in each position and min. 5 revolutions on each foot and a min. of 10 revolutions total)

JUMP EVENTS

<p>Adult Pre-Bronze</p>	<ol style="list-style-type: none"> 1. Waltz jump 2. ½flip or ½Lutz or any single jump (no Lutz or Axel) 3. Jump combination of a waltz jump and a toe loop (no turn or change of foot between jumps) 	<p>To be skated on ½ ice</p>
<p>Adult Bronze</p>	<ol style="list-style-type: none"> 1. Salchow 2. Toe loop 3. Jump combination of any single jump with loop jump (no turn or change of foot between jumps) no Axel permitted 	<p>To be skated on ½ ice</p>
<p>Adult Silver</p>	<ol style="list-style-type: none"> 1. Loop jump 2. Flip jump 3. Jump combination of any two single jumps except flip (no turn or change of foot between jumps). Axel permitted, no double jumps permitted 	<p>To be skated on ½ ice</p>
<p>Adult Gold</p>	<ol style="list-style-type: none"> 1. Lutz jump 2. Any single jump (Axel permitted) 3. Jump sequence consisting of at least one of the following (split, stag, falling leaf, half loop) and any two singles, or a double toe or double Salchow with a single jump not already performed in #1 or #2. 	<p>To be skated on full ice</p>
<p>Masters Intermediate and Novice</p>	<ol style="list-style-type: none"> 1. Single Axel jump 2. Double Salchow or double toe loop 3. Jump combination of one single and one double jump not already performed in #1 or #2 (no turn or change of foot between jumps) Double flip, double Lutz and double Axel not permitted. 	<p>To be skated on full ice</p>
<p>Masters Junior and Senior</p>	<ol style="list-style-type: none"> 1. Single or double Axel 2. Any double or triple jump 3. Jump combination of two doubles or one double and one triple (no turn or change of foot between jumps). May not repeat any jump in #1 or #2, but may do two of the same jump in combination (i.e., double loop-double loop). 	<p>To be skated on full ice</p>

ADULT MID-WINTER WARMUP OPEN CHAMPIONSHIPS

Planned Program Content Form

Name of Competitor: _____ Home Club _____

Event entered: _____

Men: _____ Ladies: _____ Pairs: _____ Ice Dancing: _____

Elements in Order of Skating

Elements SP / OD

Elements FS / FD

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NEARBY HOTEL ACCOMMODATIONS:

Best Western

16905 S Pioneer Blvd, Artesia, CA (0.55 miles away)

562-402-2202

Travelodge

11854 Artesia Blvd, Artesia, CA (0.52 miles away)

562-402-0070

Ramona Inn

17510 Pioneer Blvd, Artesia, CA (0.45 miles away)

562-924-6700

Norwalk Marriott

13111 Sycamore Drive, Norwalk, CA (3.58 miles away)

562-863-5555