



**BEAVER VALLEY FIGURE SKATING CLUB
& MEAFORD SKATING CLUB**
are pleased to host

LUTZ SKATE 2024

To be held at Beaver Valley Community Centre & Arena
58 Alfred Street West, Thornbury, ON
FEBRUARY 17-18, 2024

Sanctioned by Skate Ontario

JOIN US FOR LUTZ SKATE 2024!!

Register at

<https://bvaa.ca/lutz-registration>

REGISTRATION DEADLINE EXTENDED: JANUARY 26/2024 at 11:59pm
One Payment Per Club Submitted to Host Club via
Cheque or E-Transfer

For more information please contact
bvaaskating@gmail.com

This performance and development opportunity will be used as an enhancement tool to help push the level of performance and skill acquisition in skaters of all levels. Perform in front of family and friends without the pressure of competition while having fun! All skaters will receive constructive feedback and evaluation to help prepare for their future skating goals.

CANSKATE AND STARSKATE FUN EVENTS!!

REGISTRATION:

Each participant must complete online registration form to register for each event that the skater wishes to participate in. We ask that your coaches/club provide via email a spreadsheet OR Word document with all registrants and corresponding events entered to bvaaskating@gmail.com. We are asking each club to collect individual skater registration fees and submit ONE payment per club to the BVFSC. Club payment can be made by cheque or by E-transfer to beavervalleyathleticassoc@gmail.com. All registrations must be complete by 11:59 pm on January 26,2024.

We are confirming that this event will be held in accordance with all necessary Public Health, Provincial Government and/or facility protocols and restrictions as related to COVID 19, if applicable.

ACCOMMODATIONS:

We have some hotel and B&B options to help with your planning.

Royal Harbour Resort 519-599-5591

Penny's Motel & Apres 519-599-3909

Beaver Motel 519-599-3054

Georgian Bay Hotel 800-482-7894

Meaford Inn 519-538-5799

Hilltop Motel 519-538-1700

AWARDS:

All skaters will receive feedback and/or assessment (where applicable), ribbon and certificate.

MUSIC:

All music must be emailed to lutzskatemusic@gmail.com. We are requesting that COACHES ONLY send in your skater's music to the above email. Coaches can email music files in mp3 format to the above email with the skater's name and event category in the subject line. All music must be emailed by Friday, January 26, 2024. Please ensure that you have a copy of your music file on a USB stick (on person with your skating coach)

MP3 files must be named using the format below:

First & Last Name – Home Skating Club – Category Program Type

For example, Sally Skater – Beaver Valley FSC – Star 2

PLEASE NOTE: We will not have the ability to play CDS at the event. Skaters are asked to bring a MP3 version back-up of their music on a USB stick, to the event, to be kept ice level with their coach. For skaters competing in more than 1 category, it is HIGHLY recommended that a separate back-up USB drive be available for each piece of music. Alternate electronic items such as cellphones, tablets, MP3 players, etc. will not be accepted.

ADMISSION:

| | |
|--------------------|--------|
| General Admission: | \$5.00 |
| Youth 5-12 | \$2.00 |
| Children Under 5 | free |

PROGRAMS: \$2.00

MEALS AND SNACKS:

The arena canteen will be open throughout the competition.

MEDICAL:

First Aid representatives will be available for the entire event.

VENDORS:

We are working on finalizing our list of vendors for the competition – once we have attendees commitment, we will communicate to clubs before the competition. Be sure to bring cash with you to purchase some fun mementos of the event.

HAIR STYLIST:

Please contact Janelle Shakell from Chic Hair Boutique at 705-888-1232 before the competition to schedule your appointment. Janelle will be available all weekend to assist with your skater's updo!!

RULES & REGULATIONS:

REFUNDS:

Full refunds will be given for any cancelled categories. NO REFUNDS (including medical) will be given after registration close.

WITHDRAWALS PRIOR TO REGISTRATION CLOSE: If an entry is withdrawn prior to the registration closing date, a refund (less an administrative fee of \$30.00 per skater/team) will be granted.

CHANGE OF CATEGORY FEE: There will be a \$30 Change of Category fee applied for each granted change request after an online registration has been submitted.

LATE ENTRIES: Entries received after the closing date will be considered by the Technical Representative for registration. Late entries are subject to a late fee of a 50% surcharge of registration fees for all categories. No late entries will be considered after start orders are posted (two weeks before event start). All late fees are 100% non refundable.

RESTRICTIONS: In the case of a very large entry in any category, the entries will be drawn into groups. All groups are final and cannot be changed.

AGE REQUIREMENTS: As of July 1, 2023.

TEST REQUIREMENTS: As of February 15, 2024.

ON-SITE REGISTRATION: All competitors and Skate Canada registered coaches are required to register upon arrival at the arena. Specific on-site registration instructions will be shared prior to the competition.

COACH ACCREDITATION: To be accredited at any 2023/2024 Skate Ontario Provincial Series event, coaches must be Regional Coach In-Training or higher. Up to two certified coaches per entry will be accredited. Ontario coaches must present their Skate Ontario issued Coach's Accreditation Tag. No other form of identification will be accepted. Out of province coaches must provide proof at that they are a Registered Skate Canada Professional Coach in Good Standing when registering at the Coaches' sign in table.

CANSKATE EVENTS

CANSKATE INDIVIDUAL ELEMENTS \$30 per skater
½ ice event (including warmup area) – elements are completed in a circuit. Skaters must not have passed any part of STARSkate 1-5 skills, freeskate or dance. All skaters will receive feedback, assessment and ribbon.

YELLOW Must be working on Stage 2 but no higher than Stage 3

1. Forward Sculling
2. Forward 2 foot to 1 foot glide
3. Forward 2 foot jump moving
4. Forward 2 foot turn
5. Forward Stop

GREEN Must be working on Stage 3 but no higher than Stage 4

1. Backward Sculling
2. Forward Circle Thrusts (CW and CCW)
3. Backward Skating with 1 Foot Glide
4. Forward Stops (L, R and Snowplow)
5. Forward 2 Foot to 1 Foot Glide on a Curve

BLUE Must be working on Stage 4 but no higher than Stage 5

1. Forward Crossovers (CW and CCW)
2. Forward Inside Edges
3. Forward Spiral
4. Backward Circle Thrusts (CW and CCW)
5. 2 Foot Spin

RED Must be working on Stage 5 but not higher than Stage 6

1. Backward Crossovers (CW and CCW)
2. Inside Spread Eagles
3. Forward Power Jump
4. Forward 1 Foot Turn (one of each -- FI and FO)
5. Forward 1 Foot Spin

PURPLE Must be working on OR passed Stage 6 but have not performed any STAR 1-5 assessments.

1. Figure 8 Forward Power Crossovers
2. Figure 8 Backward Power Crossovers
3. Forward Inside Mohawks – RI and LI
4. Forward Power Rotating Jump
5. Forward 1 Foot Spin with spiralling entry edge

STARSKATE EVENTS: All skaters will receive feedback, assessment and ribbon.

STAR 1 INDIVIDUAL ELEMENTS: \$40 per skater
If performing STAR 2-4 Freeskate Program, you may not participate in this event.

1. Circle Stroking Exercise – Stroking (crosscuts) in same direction on a circle (1 round forward, 1 round backward). Draw for direction.
2. Three Jumps:
 - a. Waltz Jump
 - b. Salchow Jump
 - c. Toe Loop Jump
3. Two Spins:
 - a. Forward Upright Spin
 - b. Backward Upright Spin
4. Forward Spiral Circles: Two Spirals , one on each foot executed on a circle in the same direction. Skater chooses direction.
5. Creative Expression Routine: (30 seconds – music provided by the host clubs and randomly chosen – each flight to have a different music selection) Note: This is assessed as “completed” or “incomplete” only.

FREESKATE PROGRAMS: \$45 per skater

STARSkate levels 2-4

All skaters will receive feedback, assessment and ribbon as based on current Skate Canada Star program requirements

OPEN Class – STARskate levels 5-6 \$45 per skater

All skaters will receive feedback, assessment and ribbon as based on current Skate Canada Star program requirements.

STAR 5 ARTISTIC PROGRAM: \$45 per skater
Must have passed at least the STAR 4 Skills assessment. All skaters will receive feedback, assessment and ribbon as based on current Skate Canada Star program requirements.

1. One Choreographic Step Sequence
2. One Artistic Spin
3. One Field Move Sequence or One Spiral Sequence

Simple attire is recommended to ensure the focus is on the skater's performance, moves and interpretation to the music.

SUPPLEMENTARY EVENTS:

SHOWCASES – Showcase programs are designed by the skaters and/or coach and focus on the skater's ability to entertain an audience through theatrics or artistic abilities. Programs may tell a story, create a mood, or have an obvious theme. Costumes and props are permitted within the restrictions.

- Theatrical costumes and hand props are permitted. Feathers and boas of any type are not permitted
- Vocal music is permitted
- A maximum of one minute will be permitted prior to each performance for the skater(s) to warmup and set up any props as necessary
- All single jumps are permitted. Jumps of higher rotation will be subject to violation
- All participants must wear skates
- Group showcases should not resemble a synchronized skating routine
- Lifts and throws are not permitted

All skaters will receive feedback, assessment and a ribbon.

INDIVIDUAL SHOWCASE 1 \$30 per skater
For Advanced Canskaters and STAR 1 level skaters.
One program maximum of 1:00 minute in length

INDIVIDUAL SHOWCASE 2 \$30 per skater
For STAR 2-4 level skaters.
One program maximum of 1:30 minutes in length.

INDIVIDUAL SHOWCASE OPEN CLASS \$30 per skater
For skaters that have passed a STAR 5 assessment in any discipline.
One program maximum of 2 minutes in length.

GROUP SHOWCASE 1 \$40 per group
For Advanced Canskaters and STAR 1 level skaters.
Group consists of 2 – 6 skaters.
All participants must wear skates.
One program maximum of 1:00 minute in length.
*Only one participant to register for entire group please

GROUP SHOWCASE 2 \$40 per group
For STAR 2-4 level skaters.
Group consists of 2-6 skaters.
All participants must wear skates.
One program maximum of 1:30 minutes in length.
*Only one participant to register for entire group please

GROUP SHOWCASE OPEN CLASS \$40 per group
For skaters that have passed a STAR 5 assessment in any discipline.
Group consists of 2-6 skaters.
All participants must wear skates.
One program maximum of 2:00 minutes in length.
*Only one participant to register for entire group please

DANCES: All skaters will receive feedback, assessment and ribbon.

FAMILY DANCE: \$30 per couple
CANASTA TANGO
Must consist of a skater plus a family member over the age of 18.
Family member must be a registered member of Skate Canada and provide SC number at registration.
Each couple must perform male/female steps together in proper dance hold and complete 2 full patterns of dance.

TEAM DANCE: \$30 per couple
DUTCH WALTZ
Each couple must perform male/female steps together in proper dance hold and complete 2 full patterns of dance.

TEAM DANCE: \$30 per couple
FIESTA TANGO
Each couple must perform male/female steps together in proper dance hold and complete 2 full patterns of dance.

TEAM FREESKATE ELEMENTS: All skaters will receive feedback, assessment and ribbon.

STAR 2 TEAM ELEMENTS \$36 per team
Consists of 2/3 skaters
1. Salchow
2. Loop
3. Waltz/Toe Loop
4. Back Upright Spin
5. Sit Spin or Camel Spin
6. Spiral Sequence – a sequence of two spirals, one spiral on each foot, unsupported position; on either inside or outside edge
*one skater to register for entire team and to provide team name

STAR 3 TEAM ELEMENTS

\$36 per team

Consists of 2/3 skaters

1. Flip
2. Lutz
3. Loop/Loop
4. Back Upright Spin
5. Combination Spin – must include at least one camel and one sit position and commence with a forward entry. No flying entry, no variations of position. Change of foot optional.
6. Spiral Sequence – a sequence of two spirals, one spiral on each foot, unsupported position; on either inside or outside edge

*one skater to register for entire team and to provide team name

STAR 4 TEAM ELEMENTS

\$36 per team

Consists of 2/3 skaters

1. Axel
2. Flip/ Loop Combination
3. Lutz
4. Backward Upright Spin
5. Combination Spin – must include at least one camel and one sit position and commence with a forward entry. No flying entry, no variations of position. Change of foot optional
6. Spiral Sequence – a sequence of two spirals, one spiral on each foot, unsupported position; on either inside or outside edge

*one skater to register for entire team and to provide team name

STAR 5 TEAM ELEMENTS

\$36 per team

Consists of 2/3 skaters

1. Single Axel
2. Double Jump
3. Jump Combination (1+1, 1+2, 2+1)
4. Combination Spin, Change of Foot optional
5. Flying Spin
6. Spiral Sequence – a sequence of two spirals, connected by any number of steps, turns, hops or other comparable moves, one spiral on each foot, one must be unsupported position. Positions must be sustained, not kicked.

*one skater to register for entire team and to provide team name

OPEN CLASS TEAM ELEMENTS

\$36 per team

Consists of 2/3 skaters

1. Single Axel
2. Double Jump
3. Jump Combination (1+2, 2+1, 2+2)
4. Combination Spin with Change of Foot, difficult variations permitted
5. Flying Spin
6. Spiral Sequence -- a sequence of two spirals, connected by any number of steps, turns, hops or other comparable moves, one spiral on each foot, one must be unsupported position. Positions must be sustained, not kicked.

*one skater to register for entire team and to provide team name

TEAM MINI OLYMPICS:

Teams of skaters from clubs are encouraged to participate in these FUN events. Emphasis is on FUN and the events will be ranked. A point scoring system will reveal the top three winning teams!!

Skater teams will be grouped by skating levels and ranked according to standards.

TEAM MINI OLYMPICS FEE \$40 per team

Includes participation in all four team events:

*one skater to register for entire team and to provide team name

a)TEAM 1 FOOT SIT GLIDERS

Consists of 4 skaters

b)TEAM SPIRAL

Consists of 4 skaters

c)CHALLENGE CIRCUIT

Consists of 4 skaters

First team to complete obstacle skating course wins

d)TEAM FIELD MOVE CHALLENGE

Consists of 4 skaters

All four skaters must perform field moves, be linked together (no lifts please). Scores will reflect most creative as well as the ability to hold it the longest.

HIGHEST SPIRAL \$5 per skater

LONGEST 1 FOOT SIT GLIDE \$5 per skater

HIGHEST NUMBER OF REVOLUTIONS IN UPRIGHT SPIN (FWD AND BACKSPIN) \$5 per skater

** to promote CLUB SPIRIT extra points will be awarded for skating club poster boards that describe your club and your skaters – posters will be displayed at the community centre during the event 😊