



April 24-26, 2009

**WELL-BALANCED PROGRAM
COMPETITIVE TEST TRACK**

Hosted by

The Dallas Figure Skating Club

**Grapevine Ice House LLC
3000 Grapevine Mills Parkway Suite 613.
Grapevine, TX 76051**



Sanctioned by US Figure Skating

SKATE DALLAS 2009

APRIL 24-26, 2009

WELL-BALANCED PROGRAM COMPETITIVE TEST TRACK

HOSTED BY
THE DALLAS FIGURE SKATING CLUB
WWW.DALLASFSC.ORG

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3000 GRAPEVINE MILLS PARKWAY SUITE 613.
GRAPEVINE, TX 76051

EVENTS INCLUDE: WELL-BALANCED PROGRAM FREESKATE, SHORT PROGRAM, TEST TRACK FREE SKATE, PAIRS, DANCE, COMPULSORY, TEAM COMPULSORY, TEST TRACK COMPULSORY, MIF, SPINS, JUMPS, ARTISTIC, DUETS, SYNCHRONIZED TEAM, SPECIAL OLYMPIAN

RULES/CONDUCT/ELIGIBILITY: Skate Dallas will be conducted in accordance with the rules and regulations of the U.S Figure Skating, as set forth in the 2009 Official U.S Figure Skating Rulebook, unless otherwise stated in this announcement. This competition is open to all eligible members of U.S Figure Skating in good standing in accordance with rule number 3056. Also, skaters from foreign countries who are members, or in good standing of their respected federations are eligible. Skaters may compete in events according to their test level as of March 3, 2009 or one level higher, unless otherwise stated in this announcement. No Test through Pre-Juvenile will be grouped by age. Juvenile and above will be randomly seeded. If entries warrant, a final round freeskate will be held for Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior events.

Skate Dallas will be using the IJS system of judging to determine all combined event (SP/FS) results for Juvenile through Senior level skaters competing in singles and pairs. All other events, including Open and Test Track levels will be judged using the 6.0 system of judging. All Intermediate, Novice, Junior and Senior skaters should submit their Planned Program Content Form or Short and Freeskate Programs by March 3, 2009. Juvenile skaters should submit Planned Program Content Form for their Freeskate Program ONLY. The Planned Program Content Form must be entered on the USFSA website in order to be used. The form can be found in the "Members Only" section, <https://www.usfsonline.org>. Sign in to the "Members Only" site and select Online Event Reg., Event Manger, Program Content and then select Skate Dallas 2009. Changes will be accepted until 10 days prior to the competition. Program Content Forms turned in at the competition will not be accepted. Entries without the program content form will not be accepted. You should also expect additional time needed by accounting to process and post event results.

ENTRY FEES / DEADLINE: Entries will be limited, get your entries in early. Entries must be postmarked by March 3, 2009. Entries postmarked after that date will be accepted at the discretion of the competition committee, and only if accompanied by a \$50.00 late fee. Metered mail is not accepted as proof of postmark. No refunds NOT EVEN FOR MEDICAL will be made after March 3, 2009, unless no competition exists in that event. There will be a \$25.00 fee for checks returned for non-sufficient funds. There will be a **\$25.00 change fee** for each change of event or level after March 3, 2009. The competition committee reserves the right to limit entries or cancel events based on time restrictions.

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ENTRY FEES / DEADLINE CONTINUED:

First Event: Competitive Test Track, Adult, No Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Open Juvenile, Open Pre-Juvenile, Artistic, Spins, Jumps, First Solo Dance **Initial Entry \$85.00**

Pre-Juvenile Pairs **Initial Entry \$42.50 per person**

Couples Dance, Juvenile, & Intermediate Pairs **Initial Entry \$50.00 per person**

Juvenile Free Skate **Initial Entry \$100**

Intermediate, Novice, Junior, Senior Free Skate (includes Short Program) **Initial Entry \$125.00**

(Novice, Junior, Senior Pairs \$62.50 per person) **Initial Entry \$125.00**

Additional Singles/Solo Dance Events **Additional Entries \$25.00 per person**

Additional /Dance Couple Events **Additional Entries \$25.00 per person**

Please make checks or money orders payable to the **SKATE DALLAS 2009** and mail with **completed forms** to: **Ginny Warren, Skate Dallas 2009, 2806 Springbranch Court, Grapevine, TX. 76051**. If further information is required please call: Karen Smith at 972 841 9467 or Mary Pottenger 940 725 0467. Once entries have been closed, entry fees are only refundable if the competition is not held in accordance with rule number 3235.

SCHEDULE: Every attempt will be made to schedule official practice ice beginning, Thursday, April 23, 2009 with events beginning Friday April 24, 2009. If the number of entries warrants, it may be necessary to begin official practice ice on Wednesday, April 22, with events beginning Thursday afternoon, April 23, 2009. A tentative schedule of practice and event times will be posted on our web site around April 7, 2009. Please include e-mail address if you wish to receive notification prior to arrival in Dallas. **Please do not call for schedule information prior to this date, as it will not be available. Thank you for your understanding and patience.**

FACILITY: Grapevine Ice House LLC (formerly Polar Ice Starcenter) is located in Grapevine, Texas at 3000 Grapevine Mills Parkway, Suite 613, Grapevine, TX 76051. Both ice surfaces are 200' x 85' with rounded corners. Grapevine Ice House LLC is considered a cold rink, be sure to bring warm clothing.

MUSIC: Music will be played from CDs **ONLY. DO NOT USE CD-RW MATERIALS!** There should be a separate CD for **EACH** competitive program. CDs with multiple tracks **will NOT** be accepted. Compulsory dance music will be provided. Competitors must provide music for all other events. CDs must be clearly marked with competitor's name, event, and running time of music. **The official competition CD must be turned in at the Registration Desk at the time of registration. Skaters will not be allowed to register without submitting their music.** A duplicate CD should be readily available at event time. CDs may be picked up at the Registration Desk following each event. Practice Ice CDs, provided by the competitor, are to be turned in to the Ice Monitor just prior to competitor's official practice and picked-up from the Registration Desk following the practice session. The official competition CD turned in at the Registration Desk is reserved for use during the event and **may not** be retrieved for Practice Ice use. Please keep adequate copies of your CDs available.

REGISTRATION: The Registration Desk, located at the Grapevine Ice House LLC, will be open from 1:00 p.m. to 8:00 p.m., Thursday, April 23, 2009. On the following days, the Registration Desk will be open at 8:00 a.m. The desk will remain open during most practice times and competition events. **Skaters must submit their official music CD at time of registration.**

PHOTOGRAPHY/VIDEO: Video Service and awards photos will be made available by *Local Motion Productions of Colorado*. The competition committee reserves the right to restrict personal videotaping to your skater only. Personal cameras will be permitted in the bleachers only and may not be plugged into arena outlets. Video taping for personal profit is not allowed.

PRACTICE ICE: Practice Ice will cost \$14.00 for each 30 (thirty) minute session. Refer to the enclosed Practice Ice form for additional information. Please fill out the Practice Ice request form completely. Enclose payment separate from entry fee. Skaters may request **only one of each type of session** on a prepaid basis (Free Skate, short program, solo dance, pairs, couples dance, synchronized). Additional ice, if available, will be sold on a first-come, first-serve basis during registration.

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AWARDS: Medals will be awarded to first, second and third place winners in all events. Ribbons will be awarded to fourth, fifth and sixth place winners. Trophies will be awarded to Pre-Juvenile, Juvenile, Intermediate and Novice final round winners if number of entries warrant and time permits for final rounds to be held. Synchro Teams will be grouped by Division if there are at least two teams entered in the same division, otherwise all teams will be considered an exhibition and will be given a critique (upon request). Only the Team Manager will receive a medal for the Team, regardless of the number of teams. All awards will be presented off-ice at the photographer's stand following each event.

OFFICIAL NOTICES: An official bulletin area will be maintained at the Grapevine Ice House LLC. Competitors and coaches are responsible for periodically checking the area for schedule changes and special announcements. Competitors should arrive at the arena 45 minutes prior to their scheduled event time.

GARMENTS AND SOUVENIRS: Please pre-order your Official 2009 Skate Dallas Souvenirs by completing the form in this announcement.

PROGRAM ADVERTISEMENTS: Please see enclosed form for placing advertisements in the Skate Dallas 2009 program. Treat your favorite skater or coach to a special recognition.

HOTEL ACCOMMODATIONS: Host Hotel:

Hyatt Place - Grapevine

2220 West Grapevine Mills Circle
Grapevine, TX 76051
(972) 691-1199

Rate: \$119 Single Suite or Double Suite (excluding taxes) when you reference "Skate Dallas". Cut-off date April 2, 2009.

Complimentary shuttle service: 24-Hour availability between DFW airport and the host hotel, plus to the Grapevine Mills Mall and various restaurants within a four mile radius. The rink is located .3 miles away in Grapevine Mills Mall.

Directions from DFW Airport to the Hyatt Place - Grapevine: Take North airport exit, to Route 121 North. Exit Bass Pro Drive, turn left at the stop light. Turn right at the second light onto TX 26 East. Turn left at the next stop light onto Grapevine Mills Blvd. South. The hotel is on the left just passed the first stop light.

Additional Hotels:

Residence Inn by Marriott

2020 State Highway 26 East
Grapevine, TX 76051
(972) 539-8989

Rate: \$119 Single Suite or Double Suite (excluding taxes) when you reference "Skate Dallas". Cut-off date March 23, 2009.

Homewood Suites by Hilton

2214 Grapevine Mills Circle West
Grapevine, Texas, 76051
972-691-2427

Rate: \$129 King Studio Suite or One Bedroom Queen (excluding taxes) or \$179 Two Bedroom Queen (excluding taxes) when you reference "Skate Dallas". Cut-off date March 24, 2009

Springhill Suites by Marriott

2240 Grapevine Mills Circle West
Grapevine, Texas, 76051
972-724-5500

Rate: \$104 Suite or Double Suite (excluding taxes) when you reference "Skate Dallas". Cut-off date March 24, 2009.

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COMPETITION EVENTS:

Competitors may skate up one test level unless otherwise noted. Events will be conducted in accordance with the 2008-2009 rules and regulations of the U.S. FIGURE SKATING, set forth in the current rulebook, unless stated otherwise in this announcement. If entries warrant, a final freeskate round will be held for Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior events.

AGE REQUIREMENTS: All age requirements will be those stated in the current U.S. FIGURE SKATING rule book using March 3, 2009 as the cut-off date. Open Pre-Juvenile – 13 years of age and above and Open Juvenile - 13 years of age and above as of March 3, 2009.

WELL-BALANCED PROGRAM - FREE SKATE EVENTS:

Pre-Preliminary through Pre-Juvenile Free Skate programs are subject to jump restrictions as listed in 3690 to 3711 per the 2008-2009 U.S. FIGURE SKATING rule book.

No double jumps are allowed in No Test & Pre-Preliminary Free Skate. The initial round of Intermediate, Novice, Junior, and Senior will consist of a short program plus the long program. The final round will consist of the long program only.

LEVEL	LENGTH	TEST REQUIREMENT
No Test	1.5 minutes	none (No Axel)
Pre-Preliminary	1.5 minutes	Pre-Preliminary FS (Axel Allowed)
Preliminary	1.5 minutes	Preliminary FS
Pre-Juvenile	2 minutes	Pre-Juvenile FS
Open Pre-Juvenile	2 minutes	Pre-Juvenile FS
Juvenile	2 minutes 15 seconds	Juvenile FS
Open Juvenile	2 minutes 15 seconds	Juvenile FS

SHORT PROGRAM

FREETASKATE PROGRAM LENGTH

Please Note: Juvenile\ Open Juvenile Short Program will be subject to Intermediate criteria.

Intermediate	2 minutes	Intermediate FS 2.5 minutes
Novice	2 minutes 30 seconds	Novice FS * 3 minutes (L)
	2 minutes 30 seconds	Novice FS 3.5 minutes (M)
Junior	2 minutes 50 seconds	Junior FS ** 3.5 minutes (L)
	2 minutes 50 seconds	Junior FS 4 minutes (M)
Senior	2 minutes 50 seconds	Senior FS 4 minutes (L)
	2 minutes 50 seconds	Senior FS 4.5 minutes (M)
Adult Pre-Bronze	*** 1 minute 40 seconds	
Adult Bronze	*** 1 minute 40 seconds	
Adult Silver	*** 2 minutes 10 seconds	
Adult Gold	*** 2 minutes 40 seconds	

**Novice Men and Ladies Short Programs shall correspond to requirements for the 2009-2010 competitive season.*

***Junior Men and Ladies Short Programs shall correspond to requirements for 2009-2010 competitive season.*

****Adult events will be grouped by levels and/or age if number of entries warrant.*

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WELL-BALANCED PROGRAM - COMPULSORY EVENTS:

Compulsory Moves must be executed without music and without stopping between moves. Double jumps may not be substituted for single jumps. An Axel is considered a single jump. In combination jumps, no change of foot or turn between jumps is allowed. Times listed are maximums. All listed moves must be performed. Additional or repeated elements and excessive footwork will be penalized. **All levels will compete on half-ice.** Spin revolutions are minimums. Required individual jumps cannot be repeated as part of the combination jump. Levels may be combined based on number of entries.

No Test: 1 minute

Salchow;
Toe-loop;
Loop;
Forward outside spiral;
Sit spin (min 3 revs.)

Pre-Preliminary: 1 minute

Combination jump consisting of 2 single jumps (axel allowed);
Loop;
Flip jump;
Spin combination with 1 change of position and no change of foot (min 4 revs total.);
Forward inside spiral

Preliminary: 1 minute

Combination jump (toe-loop with any other single);
Lutz jump;
Camel spin (min 3 revs);
Spin combination with 2 changes of position and no change of foot (min 5 revs total);
Forward inside spiral

Pre-Juvenile and Open Pre-Juvenile: 1.5 minutes

Combination jump, (any two singles or a double/single combination);
Axel; Spin Combination with 2 changes of position and 1 change of foot;
Layback spin (ladies); Camel spin (men);
Straight line step sequence footwork;
Choose either Ina Bauer or Spread Eagle.
(All spins min of 4 revs each foot.)

Juvenile and Open Juvenile: 1.5 minutes

Combination jump, (any double/double combination);
Axel; Spin Combination with 2 changes of position and 1 change of foot;
Layback spin (ladies); Camel spin (men);
Straight line step sequence footwork; Choose either Ina Bauer or Spread Eagle
(All spins min of 4 revs each foot.)

Adult Pre-Bronze: 1.5 minutes

Salchow jump; Loop jump;
Lunge; Combination jump (waltz-toe loop);
One foot upright spin (3 revs)

Adult Bronze: 1.5 minutes

Flip jump; Single jump sequence;
Sit spin (3 revs); Forward scratch spin;
Forward inside spiral

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COMPETITIVE TEST TRACK - FREE SKATE EVENTS:

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice. Deductions WILL be made for skaters including technical elements not permitted in the event description.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). No combination jumps or jump sequences. 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	Time: Up to 1:30 +/- 10
Beginner	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. No combination jumps or jump sequences. 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	Time:1:30 +/- 10
Pre-Preliminary Test	At least two solo spins of a different nature (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. 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	Time :1:30 +/-10
Preliminary Test	At least two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. 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	Time :1:30 +/-10
Pre-Juvenile Test	Three spins in any position (min 4 revolutions), one must be a combination spin with change of foot optional (min 3 revolutions on each foot or 6 total revolutions and no flying spins). Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 6 jumping elements. One step sequence straight line, circular, or serpentine 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	Time: 2:00 +/-10
Juvenile Test	Three spins in any position (min 4 revolutions), one must be a combination spin with one change of foot (min 4 revolutions on each foot). May include flying spins. Any single jumps and jump combinations with not more than 1½ rotations. (Axel permitted). Maximum 6 jumping elements. One step sequence straight line, circular, or serpentine 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	Time: 2:15 +/-10

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COMPETITIVE TEST TRACK - FREE SKATE EVENTS continued:

Intermediate Test	Three spins in any position (min 4 revolutions), one must be a combination spin with at least one change of foot (min 4 revolutions on each foot). May include flying spins. Any single jumps. Double jumps may only be the double Salchow and the double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements. One step sequence straight line, circular, or serpentine 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	Time: 2:30 +/-10
Novice Test	Three spins in any position (min 6 revolutions) one must be a combination spin with at least one change of foot (min 5 revolutions on each foot). May include flying spins. Any single jumps. Double jumps may only be the double Salchow, double toe loop and the double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements. One step or spiral sequence (see Rule 3640 for description).	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	Time: Ladies 3:00 +/-10 Men 3:30 +/-10
Junior Test	Three spins—one must be a flying spin, a solo spin (6 revolutions each) and a combination spin consisting of all three positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot). Any single jumps and double jumps may only be the double Salchow, double toe loop, double loop and the double flip. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies. Men: Two different step sequences Ladies: One step sequence and one spiral sequence (see Rule 3640 for description).	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	Time: Ladies 3:30 +/-10 Men 4:00 +/-10
Senior Test	Four spins (min 6 revolutions on all solo spins)- one must be a flying spin, one solo spin, one spin combination consisting of all three positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot). At least four different double jumps one must be a double Lutz. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies. Men: Two different step sequences. Ladies: One step sequence and one spiral sequence (see Rule 3640 for description).	Skaters must have passed at least the U.S. Figure Skating junior free skate test	Time: Ladies 4:00 +/-10 Men 4:30 +/-10

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COMPETITIVE TEST TRACK - COMPULSORY EVENTS:

The skating order of the required elements is optional. Program to be skated on half ice. No music. Program must contain all of the required elements listed and may use any additional elements from previous levels. A .2 deduction will be taken for each element performed from a higher level. Skaters may have the option to skate one level higher in compulsories than their freeskate program.

<p>No Test Compulsory</p> <p>May not have passed any official U.S. Figure Skating Freeskating tests. 1:00 max</p> <ol style="list-style-type: none"> 1. Waltz Jump, 2. Salchow Jump, 3. Half flip or half Lutz jump, 4. Upright scratch spin (min. 3 rev), 5. Forward spiral. 	<p>Preliminary Compulsory Program</p> <p>Must have passed no higher than U.S. Figure Skating Preliminary Freeskating Test. Time 1:15 max.</p> <ol style="list-style-type: none"> 1. Single jump of choice (axel permitted), 2. Combination jump consisting of any two single jumps (may not repeat single jump selected above), 3. Camel spin (min. 3 rev), 4. Combination spin (no change of foot), 5. Footwork sequence – straight line or diagonal.
<p>Pre-Preliminary Compulsory</p> <p>Must have passed no higher than U.S. Figure Skating Pre-preliminary Freeskating test. 1:00 max</p> <ol style="list-style-type: none"> 1. Flip jump, 2. Combination jump consisting of any two single jumps (no axel), 3. Split jump, 4. Sit spin (min. 3 revolutions) 5. Forward outside spiral. 	<p>Adult Pre-Bronze Compulsory Program</p> <p>Must have passed no higher than U.S. Figure Skating Adult Pre-Bronze Freeskating Test. Time 1:15 max.</p> <ol style="list-style-type: none"> 1. Waltz jump, 2. Toe loop jump, 2. Lunge, 3. Back crossovers (either direction), 4. One foot spin (3 revs).
	<p>Adult Bronze Compulsory Program</p> <p>Must have passed no higher than U.S. Figure Skating Adult Bronze Freeskating Test. Time 1:15 max.</p> <ol style="list-style-type: none"> 1. Salchow jump 2. Waltz-Toe loop combination 3. Sit spin (3 revs) 4. Forward scratch spin 5. Forward spiral

COMPETITIVE TEST TRACK - TEAM COMPULSORY EVENTS:

Minimum of 3 skaters on a team. Each skater will do one required element. The skating order of the required elements is optional. Program to be skated on half ice. No music. Skaters may have the option to skate one level higher in compulsories than their freeskate program.

LEVEL	REQUIRED ELEMENTS
No Test	Upright scratch spin (3), Waltz jump, Salchow jump
Pre-Preliminary	Forward sit spin (3), Flip jump; Single/ single combination jump (no axel)
Preliminary	Camel spin (3), Single jump (axel permitted), Single/ single combination jump (axel permitted, but may not repeat solo single jump)
Adult Pre-Bronze and Bronze	One-foot spin (3), Waltz / Toe Loop combination, Forward Spiral or Lunge

PAIRS:

Test requirements apply to both partners. Free skating and short programs are combined events. Short program lengths are maximums. Competition shall be per the 2008-2009 competition rules as set forth in the current U.S. FIGURE SKATING rulebook.

LEVEL	TEST REQUIRED	FREESKATE LENGTH	SHORT PROGRAM
Pre-Juvenile	Pre-Juvenile Pair & Pre-Juvenile MIF	2 minutes	N/A
Juvenile	Juvenile Pair & Juvenile MIF	2 min 30 sec	N/A
Intermediate	Intermediate Pair & Intermediate MIF	3 minutes	N/A
Novice	Novice Pair & Novice MIF	3.5 minutes	2 min/30 sec
Junior	Junior Pair & JR MIF	4 minutes	2 min/50 sec
Senior	Senior Pair & Senior MIF	4.5 minutes	2 min/50 sec

***Novice, Junior & Senior Pair Short Programs shall correspond to the requirements per the 2008-2009 competitive season.)*

MOVES IN THE FIELD:

Age and Test requirements are the same as listed under Free Skate. This event will be judged on edge quality, quickness, extension and power. No additional elements may be added. Skaters must do elements in the order listed. Deductions will be made for too many introductory steps, toe-pushing and touch-downs.

LEVEL	MOVES/PATTERNS
Pre-Preliminary	PPM 2 Basic Consecutive Edges; PPM 3 Forward right and left foot spirals
Preliminary	PM 3 Forward Power 3-turns; PM 4 Alternating forward 3-turns, inside and outside
Pre-Juvenile	PJM 4 Forward Inside-Back Outside 3-turns in the field; PJM 5 Forward and backward change of edge pulls
Open Pre-Juvenile	PJM 4 Forward Inside-Back Outside 3-turns in the field; PJM 5 Forward and backward change of edge pulls
Juvenile	JM 1 Eight step Mohawk sequence (counter-clockwise); JM 4 Forward double 3-turns
Open Juvenile	JM 1 Eight step Mohawk sequence (counter-clockwise); JM 4 Forward double 3-turns
Intermediate	IM 4 Backward double 3-turns; IM 6 Inside slide chasse pattern
Novice	NM 2 Forward perimeter power crossover stroking to a backward quick rocker turn sequence (clockwise only); NM 3 Forward and backward inside counters
Junior	JRM 4 Forward and backward inside rockers; JRM 5 Power Pulls
Senior	SRM 1 Sustained edge step; SRM 5 Quick edge step

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SOLO DANCE:

Skaters may compete at the level qualified, as of entry deadline and/or one level higher. **Each dance is a separate event.** There are no test restrictions on the open dances. To qualify for Pre-Preliminary level, the Preliminary Dance test may not have been completed.

TEST LEVEL	EVENTS OFFERED
Open	Hickory Hoedown, Foxtrot
Pre-Preliminary	Dutch Waltz, Rhythm Blues
Preliminary	Canasta Tango, Rhythm Blues
Pre-Bronze	Cha Cha, Fiesta Tango
Bronze	Ten Fox, Hickory Hoedown
Pre-Silver	European Waltz, Fourteenstep
Silver	Rocker Foxtrot, American Waltz
Pre-Gold	Paso Doble, Kilian
Gold	Westminster Waltz, Quickstep
Adult	Rhythm Blues, Fiesta Tango

COUPLES DANCE:

Test level requirements will be in accordance with the 2008-2009 competition rules per the current U.S. FIGURE SKATING rulebook. **Each segment of Couples Dance is a separate event.** Dance events levels may be combined if the number of entries warrant. Skaters may compete at the test level qualified at the entry deadline, or one level higher. Age requirements listed earlier apply to both partners. Neither partner in Preliminary may have passed a Bronze dance test. Dance competition will be in accordance with the 2009-2010 competition rules per the current U.S. FIGURE SKATING rulebook.

LEVEL	COMPULSORY DANCE	OD	FD	
Preliminary	Dutch Waltz,	Canasta Tango	N/A	N/A
Pre-Juvenile	Dutch Waltz,	Cha Cha	N/A	N/A
Juvenile	Fourteen Step,	Hickory Hoedown	N/A	2 min/15 sec
Intermediate	American Waltz,	Foxtrot	N/A	2 min/30 sec
Novice	Kilian,	Starlight Waltz	N/A	3 minutes
Junior	WestminsterWaltz	Argentine Tango	Folk/Country	3 min/30 sec
Senior	Golden Waltz	Tango Romantica	Folk/Country	4 minutes

Junior OD: Rhythms and Dances Folk/Country. Any variations of tempo or rhythm within a music chosen will be permitted. Vocal music is permitted. 2.5 minutes +/- 10 sec.

Senior OD: Rhythms and Dances Folk/Country. Any variations of tempo or rhythm within a music chosen will be permitted. Vocal music is permitted. 2.5 minutes +/- 10 sec.

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SPINS:

Age and test requirements are the same as listed under Free Skate. All levels are skated on one half of the ice surface. No music. Spins must be skated exactly as stated but may be skated in any order. Connecting steps may be used, but excessive moves will be penalized.

LEVEL	REQUIRED SPINS (minimum revolutions)
No Test	One foot upright spin (3); One foot upright back spin (3); Forward sit spin (3)
Pre-Preliminary	One foot forward scratch (3); Forward sit (3); Spin combination with 1 change of position and no change of foot (min 4 revs total.);
Preliminary	Forward sit (3); Forward Camel (3); Spin combination with 2 changes of position and no change of foot (min 5 revs total);
Pre-Juvenile	Forward camel to sit, no change of foot (6 total in positions); Front scratch to Back scratch (4 on each foot); Ladies - layback (4); Men - sit spin (4)
Open Pre-Juvenile	Forward camel to sit, no change of foot (6 total in positions); Front scratch to Back scratch (4 on each foot); Ladies - layback (4); Men - sit spin (4)
Juvenile/Open Juvenile	Combination spin with only one change of foot and no change of position (4 on each foot, i.e.: camel back camel, or sit back sit); Forward camel spin (5 in position); Forward sit spin (5 in position)
Intermediate	Flying camel (5 in position); Combination with one change of foot and only one change of position (4 on each foot); Ladies - layback (5 in position); Men - crossfoot (5 in position)
Novice	Camel to back camel (4 on each foot in position); Combination with one change of foot (5 each foot) and only two changes of position; Flying spin of choice (6 in position)
Junior	Flying sit or flying change sit (8 in position); Combination with three positions and one change of foot (6 each foot); Ladies flying camel (8 in position), Men flying camel (6) to crossfoot (6), no change of foot
Senior	Flying spin of choice (8 in position); Combination with at least one change of foot and a minimum of two changes in position (min 12 revs total); Solo spin of skater's choice (8 in position)
Adult Pre-Bronze	One foot upright (3); two-foot spin (3); pivot
Adult Bronze	One foot upright (3); one foot back spin (3); forward sit spin (3)
Adult Silver	One foot upright (3); forward camel (3) forward sit spin or broken leg sit (3)

JUMPS:

Age and test requirements are the same as listed under Free Skate. No Test through Pre-Juvenile, and Adults will be skated on one-half of the ice surface. All other levels will skate on full ice. No music. Jumps must be skated exactly as stated. Solo jump required may not be repeated in combination. Skater should only execute a second attempt of the chosen jump if dissatisfied with the first attempt. If a second jump is executed, it will be the one judged.

LEVEL	REQUIRED JUMPS
No Test	Salchow jump; Loop jump; Single/single combination (no axel)
Pre-Preliminary	Flip jump; Lutz jump; Single/single combination (no axel)
Preliminary	Lutz jump; Axel; Single/single combination
Pre-Juvenile	Axel; Double salchow; combination of any double jump with a toe loop
Open Pre-Juvenile	Axel: Double salchow; combination of any double jump with a toe loop
Juvenile	Axel: Double toe loop; combination of any double jump with a toe loop
Open Juvenile	Axel: Double toe loop; combination of any double jump with a toe loop
Intermediate	Axel: Double loop, combination of any two double jumps
Novice	Double flip, Double lutz; combination of any two double jumps or a triple jump with a double jump
Junior	Double axel; combination of any two double jumps or a triple jump with a double jump or a triple-triple combination; any double or triple jump out of footwork
Senior	Double or triple axel; combination of any two double jumps or a triple jump with a double jump or a triple-triple combination; any triple or quad jump out of footwork
Adult Pre-Bronze	Waltz; waltz-toe loop combination, half-flip
Adult Bronze	Salchow; loop; single-single combination.
Adult Silver	Flip; loop; single-single combination.

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ARTISTIC:

Vocal music may be used. Costumes should fit the music and are not a safety hazard. Props, if used, must be hand held at all times. Nothing may be placed on the ice. While skating is a major element of the program, the performance will be judged on entertainment value rather than technical skill. Judging will be based on originality, creativity, musical interpretation and movement that characterize the correct mood of the program. No props during warm-up.

SOLO ARTISTIC: Age and test requirements for non-adults are the same as listed under Free Skate. Adult Artistic competitors must be 21 years or older and meet minimum test requirements of the Adult Pre Bronze Free Skate test or the Adult Bronze Dance Test. Masters Artistic competitors must be 21 years or older and meet minimum test requirements of the Adult SilverFreeSkate test or the Adult Silver Dance test.

LEVEL	TIME(MAX)	LEVEL	TIME(MAX)
No Test	1 min/40 sec	Juvenile	2 min/10 sec
Pre-Preliminary	1 min/40 sec	Open Juvenile	2 min/10 sec
Preliminary	1 min/40 sec	Intermediate	2 min/10 sec
Pre-Juvenile	1 min/40 sec	Novice	2 min/10 sec
Open Pre-Juvenile	1 min/40 sec	Junior	2 min/40 sec
Adult	1 min/40 sec	Senior	2 min/40 sec

DUET ARTISTIC: No age or test requirements. Duets may be comprised of male/female, female/female, or male/male. Create a program with another skater; perform like you are in an ice show. You want to really entertain your audience! This is not a Pair event– pair lifts are not allowed. Applicable time limit is determined by level of highest level skater in the duet.

LEVEL	TIME	LEVEL	TIME	LEVEL	TIME
No Test	1 min/40 sec	Juvenile	2 min/10 sec	Novice	2 min/10 sec
Pre-Preliminary	1 min/40 sec	Open Juvenile	2 min/10 sec	Junior	2 min/40 sec
Preliminary	1 min/40 sec	Intermediate	2 min/10 sec	Senior	2 min/40 sec
Pre-Juvenile/Open Pre-Juvenile	1 min/40sec			Adult	1 min/40 sec

Skaters placing fourth and higher in preliminary and higher solo artistic events, including adult events, will qualify to enter the next National Showcase. National Showcase contestants must also be qualified by test level. Duets are not required to qualify for National Showcase. For more information about qualifications, contact Melissa Bowman, National Vice Chair for National Showcase, at patinage_tx@verizon.net.

SYNCHRONIZED TEAM:

Teams may consist of men and women. Minimum of 8 members per team and a maximum of 20 members per team. U.S. FIGURE SKATING membership is required. Vocal music is allowed. U.S. Figure Skating Part Three rule number 4600 - 4611 apply unless specified differently in this announcement. Please fill out the Synchronized Team Entry Form including the U.S. FIGURE SKATING registration number for each individual skater competing. Teams will be grouped by Division if there are at least two teams entered in the same division, otherwise all teams will compete against each other. Only the Team Manager will be notified of skating times Program times are 2 to 4 minutes. Eligibility requirements are as stated in Part Three rule number 3080 in current U.S. Figure Skating rule book. Team must be registered with U.S. Figure Skating.

SKATE DALLAS 2009 SYNCHRONIZED TEAM ENTRY FORM

Team Name _____ Team Coach/Manager _____
Home Club _____ Email _____
Home Rink _____ Telephone _____
Address _____ City _____ State _____ Zip _____
Day Phone _____ Evening Phone _____
Team USFS # _____

Please circle team division:

Preliminary 8 to 16 members 12 years of age or younger with the majority 10 years of age or under (Part Three rule number 4710). 2 min

Pre-Juvenile 8 to 12 members. Majority under 12 years of age. (Part Three rule number 4760) 2 min

Open Juvenile 8 to 12 members. Majority under 19 years of age. (Part Three rule number 4770) 2½ min

Open Adult 8 to 12 members. Majority 19 years of age or older. (Part Three rule number 4780) 2½ min

Juvenile 12 to 20 member under 13 years of age. (RN 4700) 3 min

Intermediate 12 to 20 members under 18 years of age. (RN 4690) 3½ min

Adult 12 to 20 members 21 years of age or older with the majority 25 years of age or older. (RN 4730) 3½ min

Masters 12 to 20 members 25 years of age or older. Majority 35 years of age or older. (RN 4740) 3 min

Open 8 to 20 members. No age/test requirements. 2 - 4 min

Team Members' Names and U.S. FIGURE SKATING #

1)	11)
2)	12)
3)	13)
4)	14)
5)	15)
6)	16)
7)	17)
8)	18)
9)	19)
10)	20)

Team Coach/Manager: The undersigned approves this entry and per U.S. FIGURE SKATING rules agrees to hold harmless the U.S. FIGURE SKATING, the Dallas Figure Skating Club, Competition Officials, and the Grapevine Ice House LLC from any and all loss, damage and/or Injury that may be sustained in any manner while participating in any activities of this competition in accordance with USFS Part Three rule number 3222.

Please mail completed entry form and check or money order payable to **Skate Dallas 2009 to:**

Ginny Warren, Skate Dallas 2009, 2806 Springbranch Court, Grapevine, TX. 76051. If further information is required, please call: Karen Smith at 972 841 9467 or Mary Pottenger 940 725 0467.

Signature (must be over 18) _____ Date _____

CLUB CERTIFICATION (If team represents a club): The above named team has permission to represent our club in the Precision event.

Club Officer's Signature and Title _____ Home Club _____

Synchronized Team Entry fee is \$100 per team plus \$5 per skater.

Total Synchronized Team Fees \$ _____

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SKATE DALLAS 2009 ENTRY FORM

Name _____ USFS # _____ Home Club _____
 _____ Last First _____
 Address _____ City _____
 State _____ Zip Code _____ Email Address _____
 Area Code/Telephone# _____ Birth Date _____ Age _____ Sex _____
 Highest Tests Passed: Free Skate _____ Pair _____ Dance _____ Moves in the Field _____
 Placement at most recent qualifying competition **final round only** _____
 Regionals Sectionals Nationals Juvenile Intermediate Novice Junior Senior
 Coach's Name(s) _____ Telephone#(s) _____
 Coach's E-Mail Address _____
 Pair/Dance Partner's Name _____

***Please circle the track, level and events you wish to enter:**

Well-Balanced Track:

Senior	Free Skating	Pairs	MIF	Spins	Jumps	Artistic	Duet Artistic		
Junior	Free Skating	Pairs	MIF	Spins	Jumps	Artistic	Duet Artistic		
Novice	Free Skating	Pairs	MIF	Spins	Jumps	Artistic	Duet Artistic		
Intermediate	Free Skating	Pairs	MIF	Spins	Jumps	Artistic	Duet Artistic		
Juvenile	Free Skating	Pairs	MIF	Spins	Jumps	Artistic	Duet Artistic	Comp	Short
Open Juvenile	Free Skating	Pairs	MIF	Spins	Jumps	Artistic	Duet Artistic	Comp	Short
Pre-Juvenile	Free Skating	Pairs	MIF	Spins	Jumps	Artistic	Duet Artistic	Comp	
Open Pre-Juvenile	Free Skating		MIF	Spins	Jumps	Artistic	Duet Artistic	Comp	
Preliminary	Free Skating		MIF	Spins	Jumps	Artistic	Duet Artistic	Comp	
Pre-Preliminary	Free Skating		MIF	Spins	Jumps	Artistic	Duet Artistic	Comp	
No Test	Free Skating			Spins	Jumps	Artistic	Duet Artistic	Comp	

Adult:

Pre-Bronze, Bronze, Silver, Gold
 Free Skating Dance Spins Jumps Artistic Duet Artistic Comp

Test Track Free Skate: Limited Beginner Beginner Pre-Preliminary Preliminary
 Pre-Juvenile Juvenile Intermediate Novice Junior Senior

Test Track Compulsory: No Test Pre-Preliminary Preliminary Adult Pre-Bronze Adult Bronze

Test Track Team Compulsory: No Test Pre-Preliminary Preliminary Adult Pre-Bronze/Bronze

Solo Dance (Please circle your level and choice of dances. Each dance is a separate event.)

Level:	Solo Dances:	
Open	Hickory Hoedown	Foxtrot
Pre-Preliminary	Dutch Waltz	Rhythm Blues
Preliminary	Canasta Tango	Rhythm Blues
Pre-Bronze	Cha-Cha	Fiesta Tango
Bronze	Ten Fox	Hickory Hoedown
Pre-Silver	European Waltz	Fourteenstep
Silver	Rocker Foxtrot	American Waltz
Pre-Gold	Paso Double	Kilian
Gold	Quickstep	Westminster Waltz
Adult	Rhythm Blues	Fiesta Tango

Couples Dance (Please circle the segment(s) you wish to skate. Each segment is a separate event.)

Preliminary CD Pre-Juvenile CD Juvenile CD FD Intermediate CD FD
 Novice CD FD Junior CD OD FD Senior CD OD FD

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ENTRY FEES:

ENTRY FEES / DEADLINE CONTINUED:

<u>First Event:</u> Competitive Test Track, Adult, No Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Open Juvenile, Open Pre-Juvenile, Artistic, Spins, Jumps, First Solo Dance	Initial Entry \$85.00
Pre-Juvenile Pairs	Initial Entry \$42.50 per person
Couples Dance, Juvenile, & Intermediate Pairs	Initial Entry \$50.00 per person
Juvenile Free Skate	Initial Entry \$100
Intermediate, Novice, Junior, Senior Free Skate (includes Short Program)	Initial Entry \$125.00
(Novice, Junior, Senior Pairs - \$62.50 per person includes short program)	Initial Entry \$125.00
<u>Additional Singles/Solo Dance Events</u>	Additional Entries \$25.00 per person
<u>Additional /Dance Couple Events</u>	Additional Entries \$25.00 per person

TOTAL ENTRY FEES ENCLOSED \$ _____

Entry must be postmarked by March 3, 2009. Metered mail is not accepted as proof of postmark. Late postmarks (if accepted) must include a \$50.00 late fee.

Please mail completed entry form and check or money order payable to **Skate Dallas 2009 to: Ginny Warren, Skate Dallas 2009, 2806 Springbranch Court, Grapevine, TX. 76051.** If further information is required, please call: Karen Smith at 972 841 9467 or Mary Pottenger 940 725 0467.

ENTRY CHECKLIST

HAVE YOU REMEMBERED THE FOLLOWING?

- ENTRY FORM
- PRACTICE ICE FORM
- SOUVENIR PRE-ORDER FORM
- ADVERTISING FORM
- FEES

The undersigned approves of this entry and agrees to hold harmless the U.S. FIGURE SKATING, Dallas Figure Skating Club, and the Grapevine Ice House LLC from any and all loss, damage, and or injury that may occur while participating in this competition (in accordance with USFS Part Three rule number 3222).

Competitor Signature _____

Parent / Guardian Signature _____ **Date** _____

Parent's Email Address _____

I certify that the above named skater is an amateur skater in good standing with the U.S. FIGURE SKATING and our U.S. FIGURE SKATING club.

Club Name _____

Officer Signature / Title _____ **Date** _____

I approve of this entry and certify that the skater is eligible to compete in events and levels entered.

Coach's Signature _____ **Coach's USFSA#** _____

Date _____ **Coach's Email Address** _____

2009 SKATE DALLAS PRACTICE ICE REQUEST FORM

Name _____ U.S. FIGURE SKATING # _____
Address _____
City _____ State _____ Zip _____ Telephone # _____
Parent E-Mail _____ Parent Cell Phone # _____
Coach's Name(s) _____ Coach's E-Mail _____
Arrival Time _____

Official practice ice sessions will begin on Thursday, April 23, 2009. (Unless the number of entries necessitates that practice ice begin Wednesday, April 22, 2009.) When all requests for official practice ice have been assigned, additional practice ice may be made available at registration, depending upon the competition schedule. Sessions will be sold on a first-come, first-serve basis.

Reminder: Skaters must provide a second CD for use during official practice ice.

Please list all events and levels you have entered:

EVENT / LEVEL _____

Dance/Pair Partner's Name _____

NOTE: ONLY ONE SESSION OF EACH TYPE MAY BE PURCHASED PRIOR TO REGISTRATION. PLEASE DO NOT SEND MONEY FOR EXTRA SESSIONS.

Please circle the type of session you are requesting:

Free Skate Short Program Pairs Solo Dance Couples Dance

MIF, Spins, Jumps and Compulsory Moves will be practiced on Free Skate sessions.
All sessions will be thirty minutes,

ALL SESSIONS ARE \$14.00 EACH

Total Amount Due \$ _____

Official practice sessions are non-refundable.

Complete form and make check or money order made payable to: **Skate Dallas 2009**

Mail to: Chellie Bowden, Skate Dallas 2009, 2636 Stoneleigh Circle, Richardson, TX. 75080.

Questions: chelliebowden@sbcglobal.net

Metered mail is not accepted as proof of postmark. Postmark deadline March 3, 2009.

Please include e-mail address if you wish to receive notification of practice ice times prior to arrival in Dallas.

PRACTICE ICE SCHEDULE - OFFICIAL USE ONLY

Date Received: _____

Check #: _____ Name on Check: _____

Amount Paid: _____ Balance Owed: _____ Refund Due: _____

POSTMARK DEADLINE MARCH 3, 2009

2009 SKATE DALLAS PROGRAM ADVERTISING CONTRACT

Advertising rates are based on camera-ready copy, which is black on white, the exact size and shape of the ad. Advertiser agrees to pay the cost of any additional type set, or other reproductions charges if camera-ready copy is not provided. All photographs must be black and white glossy prints (no negatives). Advertising agency commission must be paid by the advertiser. The deadline for all ads is March 15, 2009. Please complete this contract and return with check or money order payable to Skate Dallas 2009 to: Nan Yang 1916 Cresson Drive, Southlake, TX 76092. Electronic versions of photos or artwork may be sent to nanyang1993@yahoo.com.

Name _____

Email _____

Address _____

City _____ State _____ Zip _____ Telephone _____

Size of Ad _____ Amt Enclosed \$ _____

RATES AND SPECIFICATIONS

Pre-Designed Personal Ad (choose from designs shown on the page)	\$20
Quarter Page	\$40
Half Page	\$80
Full Page	\$150
Inside Back Cover	\$175
Inside Front Cover	\$175
Outside Back Cover	\$200

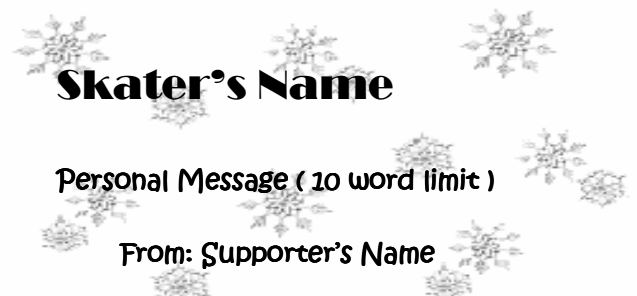
Please submit one form per ad ordered (additional copies may be printed of this form). Indicate the number of the ad you wish to use if you choose pre-designed personal Ad, print "To" and "From" names.

Advertisement # _____ "Skater's Name" _____

"From" Name(s) _____

Ad #1 (Personal Message) Please print, 10 word limit _____

Ad #1



Skater's Name

Personal Message (10 word limit)

From: Supporter's Name

Ad #2

Have Fun!

Skater's Name

From: Supporter's Name



Ad #3



Skater's Name

We are so PROUD of you!

From: Supporter's Name

Ad #4

HAVE A GREAT SKATE!

Skater's Name

From: Supporter's Name



2009 SKATE DALLAS
Official Competition Souvenir Pre-Order Form

(Limited Official Logo merchandise will be available at the competition)



On the front - Official Logo
On the back - All skaters names in the competition

Circle the size and color you are ordering:

\$20 – Short Sleeve T-Shirt
Lt. Blue Lt Pink Ash
Youth: Small Medium Large
Adult: Small Medium Large

\$30 – Long Sleeve T-Shirt
Lt. Blue Lt Pink Ash
Youth: Small Medium Large
Adult: Small Medium Large

\$40 – Hooded Sweatshirt
Lt. Blue Lt Pink Ash
Youth: Small Medium Large
Adult: Small Medium Large

Name _____

Phone number _____

Amount Enclosed _____

Please make check payable to “ Dallas FSC “

Mail By March 15, 2009 to: Dawn Perry, 5805 Youngworth Drive, Flower Mound, TX. 75028

Questions? Email Dawn: dkperry2@msn.com

OFFICIAL USE ONLY

Date Received: _____

Check #: _____ Name on Check: _____

Amount Paid: _____ Balance Owed: _____ Refund Due: _____