

**“Dueling Blades”  
ANNOUNCEMENT**

**January 20, 2017**



**Hosted by:**

**WILLIAMS LAKE SKATING CLUB**

**IMPORTANT NOTE – DUELLING BLADES WILL ONLY RUN TIME PERMITTING ONCE THE COMPETITION SCHEDULE IS FINALIZED.**

All skaters will pay ONE registration fee of \$60 to include 3 events. Each event will be ranked 1<sup>st</sup> to 3<sup>rd</sup> with the top 3 winners posted. Skaters will then be grouped among 4 teams that will include skaters from all different clubs. Each event will be marked using a scale of values system, and will be “judged” by a panel of 2 coaches. The skaters will be competing as a ‘TEAM” and at the end of the event each team will receive a ranking according to their total. Every team will receive an award depending on their ranking.

Coaches judging the event will be paid a rate of \$20 per hour. Expenses will not be paid, as per below. Coaches wanting to work the event can contact Marilyn Kreuzinger: [kreuzfam@gmail.com](mailto:kreuzfam@gmail.com). First come, first served.

Coaching of skaters will NOT be provided. Coaches are expected to coach their own skaters in each event (if desired). Furthermore, coaches attending the Dueling Blades event should bill their skaters for their travel expenses relating to the Dueling Blades event.

Skaters **must be** registered for at least one event in the CNC REGIONAL competition to register for the Dueling Blades event. When you register for the Duelling Blades event please choose 3 events you would like to be in. The cost for the CNC REGIONAL Duelling Blades event is \$60 per skater and registration will be on Karelo with the CNC REGIONAL competition registration.

Awards – The team awards will be presented immediately following the last event at a location to be announced. NOTE: we will be presenting Star 1-4 teams with awards separately from Star 5 & up. Please watch for signs at the event. An award will be presented to all 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place team competitors.

Music – CD’s must be turned in at the time of registration. Music must conform to standard specifications for CD’s as listed below. Each competitor is requested to have available TWO separate CD’s (1 for backup). The host committee will accept NO responsibility for damage but will take every precaution to safeguard each submitted CD.

STANDARD SPECIFICATIONS FOR CD’S

1. Only one (1) program shall be recorded on each CD.
2. Start of the music shall be recorded a max. of 3 seconds following the head leader.
3. Skater’s name, event and home club followed by MUSIC TIMING (not skating time) shall be clearly printed on one side of the CD.
4. CD shall be enclosed in its original container.

**An ipod or mp3 player, etc, will only be accepted as a back up in the event both cds fail to play. HOST CLUB MUST BE ABLE TO PROVIDE THIS OPTION.**

Registration – SKATERS MUST REGISTER PERSONALLY at least ONE HOUR before their scheduled event unless it is the first event of the day in which case one half hour before their scheduled event.

## CNCR DUELING BLADES EVENTS

### SINGLES

#### **CANSKATE & STAR 1 SOLO**

Must not have any jump higher than a loop

**Skating time: 1.0 – 1.5 minutes (+/- 10 seconds) to music; may include vocals**

### SHOWCASE SINGLES EVENTS

In this event the skater may create his/her own **theatrical** program and music may be vocal or instrumental. It is a fun event whereby the skater has the privilege of creating their own “show” through acting and theatrical performance. Difficulty of jumps and spins are not required elements. Costumes and accessories are encouraged. Skaters may use small props but no props are to remain on the ice. Props may be carried or attached but **MUST NOT** be set down during the skater’s performance.

#### **CANSKATE SHOWCASE**

**Skating time: 1.0 minutes (+/- 10 seconds)**

#### **STAR 1 & 2 SHOWCASE**

**Skating time: 1.0 minutes (+/- 10 seconds)**

#### **STAR 3 & 4 SHOWCASE**

**Skating time: 1.5 minutes (+/- 10 seconds)**

#### **STAR 5 SHOWCASE**

**Skating time: 1.5 minutes (+/- 10 seconds)**

#### **INTERMEDIATE SHOWCASE**

Senior Bronze/Junior Silver Level (or equivalent)

**Skating time: 1.5 minutes (+/- 10 seconds)**

#### **SENIOR SHOWCASE**

Senior Silver/Gold Level (or equivalent)

**Skating time: 1.5 minutes (+/- 10 seconds)**

### SPINS IN ISOLATION

#### **CANSKATE & STAR 1 SPINS**

1. 1 Foot Spin
2. Sit Spin (2 foot or 1 foot)

#### **STAR 2 SPINS**

1. Back Spin
2. Sit Spin

### STAR 3 SPINS

1. Camel Spin
2. Sit Spin/Back Spin Combination

### STAR 4 SPINS

1. Sit Spin with change of foot
2. 3 Position Combination Spin (no change of foot)

### STAR 5 SPINS

1. Sit Spin with variation
2. Flying Spin

### INTERMEDIATE SPINS

Senior Bronze/Junior Silver Level (or equivalent)

1. Upright Spin with variations
2. Back Entry Combo spin with variation

### SENIOR SPINS

Senior Silver/Gold Level (or equivalent)

1. Flying Sit Spin with variation (no change of foot)
2. Combination Spin featuring change of foot executed by jump

## JUMPS IN ISOLATION

### CANSKATE & STAR 1 JUMPS

1. Waltz Jump
2. Toe Loop

### STAR 2 JUMPS

1. Loop Jump
2. Salchow-Toe Loop Combination

### STAR 3 JUMPS

1. Flip Jump
2. Waltz Jump-Loop Combination

### STAR 4 JUMPS

1. Lutz Jump
2. Flip-Loop Combination

### STAR 5 JUMPS

1. Axel
2. Lutz-Loop Combination

### INTERMEDIATE JUMPS

Senior Bronze/Junior Silver Level (or equivalent)

1. Double Salchow
2. Double/Single Jump Combination (must contain 1 edge jump and 1 toe jump)

### SENIOR JUMPS

Senior Silver/Gold Level (or equivalent)

1. Double Loop with preceding footwork
2. Jump Sequence (3 jumps) with min. 2 doubles

## 4 x 4 Jumps

Each skater will attempt the required jump element 4 times. The score of each attempt will be added together for the skater's final total score.

### **CANSKATE & STAR 1 JUMPS**

1. Salchow Jump

### **STAR 2 JUMPS**

1. Flip Jump

### **STAR 3 JUMPS**

1. Lutz Jump

### **STAR 4 JUMPS**

1. Axel Jump

### **STAR 5 JUMPS**

1. Double Salchow

### **INTERMEDIATE JUMPS**

Senior Bronze/Junior Silver Level (or equivalent)

1. Double Loop

### **SENIOR JUMPS**

Senior Silver/Gold Level (or equivalent)

1. Double Flip-Double Toe Combination

## FIELD MOVEMENTS IN ISOLATION

### **CANSKATE & STAR 1 FIELD MOVES (unassisted)**

1. Fwd Spiral Sequence: 2 spirals, 1 on each foot
2. Sustained FO or FI edge

### **STAR 2 FIELD MOVES (unassisted)**

1. Fwd Spiral Sequence: 2 outside spirals, 1 on each foot
2. Forward Shoot-the-duck

### **STAR 3 FIELD MOVES (one must be unassisted)**

1. Fwd Spiral Sequence: 2 inside spirals, 1 on each foot
2. Forward Tuck

### **STAR 4 FIELD MOVES (one must be unassisted)**

1. Spiral Sequence: 1 fwd, 1 bwd, choice of edge
2. Back outside pivot

### **STAR 5 FIELD MOVES**

1. Sequence: 1 change of edge spiral, 1 bwd low field move 2. Spread Eagle

### **INTERMEDIATE FIELD MOVES**

Senior Bronze/Junior Silver Level (or equivalent)

1. Sequence: Ina Bauer or Spread Eagle, Bwd to Fwd Spiral and Back Grab of any kind
2. Backward shoot-the-duck

### **SENIOR FIELD MOVES**

Senior Silver/Gold Level (or equivalent)

1. Sequence: Outside Spread Eagle or Ina Bauer and Fwd to Bwd Spiral with edge change
2. Series of 3 back hydroblades

## **CREATIVE SINGLES**

In the creative events, the host committee will select a piece of age appropriate music, different for each event group. The skaters will hear the music selection for the first time in a dressing room prior to their warm-up. They will create an improvisational program. Warm up will be one minute without music, followed by the music selection being played once, and ending with 1 more minute of without music. After the warm-up all skaters will be escorted to a supervised, sound proof room to await their turn. A theme or an idea will be provided for each category to accompany their music.

### **CANSKATE & STAR 1 CREATIVE**

**Skating time: 45 seconds (+/- 10 seconds)**

### **STAR 2 CREATIVE**

**Skating time: 45 seconds (+/- 10 seconds)**

### **STAR 3 & 4 CREATIVE**

**Skating time: 1.0 minutes (+/- 10 seconds)**

### **STAR 5 CREATIVE**

**Skating time: 1 minute and 15 seconds(+/- 10 seconds)**

### **INTERMEDIATE CREATIVE**

Senior Bronze/Junior Silver Level (or equivalent)

**Skating time: 1 minute and 15 seconds(+/- 10 seconds)**

### **SENIOR CREATIVE**

Senior Silver/Gold Level (or equivalent)

**Skating time: 1.5 minutes (+/- 10 seconds)**

## **FOOTLOOSE**

In the footloose event, you will be provided one piece of age appropriate music (different for each group) to choreograph a step sequence. These should be pre-choreographed to the music. Skaters will be marked on difficulty, quality of edge/turn, speed, flow, variety of levels, use of music and beats, and overall delivery (artistry, presentation, etc).

### **STAR 2/3 FOOTLOOSE**

1. Straight Line Step Sequence

### **STAR 4/5 FOOTLOOSE**

1. Circular Step Sequence

### **INTERMEDIATE FOOTLOOSE**

Senior Bronze/Junior Silver Level (or equivalent)

1. Serpentine

### **SENIOR FOOTLOOSE**

Senior Silver/Gold Level (or equivalent)

1. Serpentine