



Skate Extreme

2009 - 2010 Element Competition



Citius, Altius, Fortius

Skate Canada - Central Ontario is pleased to offer this excellent opportunity to all COS clubs.

Inspired by the Olympic Motto "Citius, Altius, Fortius" or "Swifter, Higher, Stronger", this program was designed by the COS Coaches Committee in consultation with the Skater & Program Development Committee as a fun way to challenge our skaters to greater achievements.

There will be four levels and three categories of competition, covering skaters from the Pre-Preliminary level and up. Skaters will be judged on:

- DISTANCE IN JUMPS**
- REVOLUTION IN SPINS**
- LENGTH OF TIME IN SPIRAL**

OFFICIAL RULES

- 1. Skate Extreme events are to be held at the club's discretion as part of their regular club competition. The club may choose to offer any or all of the categories listed.**
- 2. Clubs may choose to hold Skate Extreme outside of club competitions provided all other Skate Extreme Official Rules are followed.**
- 3. Skate Extreme winners from each club may be submitted to COS for publication on the website. Results must be signed by the official present and one club executive member. Results must be submitted by April 2, 2010.**
- 4. Clubs may choose to arrange entries into flights according to age and gender. Clubs may only submit ONE female and ONE male winner for each category.**
- 5. Skaters may choose to enter more than one category at the same level but may NOT enter a second category at a different level. (i.e. may not enter Bronze Jump and Silver Spin). Skaters must skate at the highest level for which they are qualified.**
- 6. All Skate Extreme competitions must be held in the presence of a trained COS official who is familiar with the Skate Extreme principles and rules.**
- 7. All jumping categories measuring distance must be measured using a tape measure and recorded in inches. Jumps must be fully rotated and landed without serious error (i.e. fall, step-out, foot or hand down).**
- 8. Spin revolutions will be counted only when the skater has obtained the basic spinning position. Spins must be completed without serious error (i.e. fall, foot down).**
- 9. In all spiral categories the position of the free leg must be maintained above the hip to be counted. Spirals must be completed without serious error (i.e. fall, foot down). Spirals must be in an unsupported position, i.e. may not hold any part of the leg, boot or blade with hand(s).**
- 10. Skaters are entitled to reskate an element ONE time provided they request the reskate immediately after the initial attempt. In the event of a reskate the second element will be recorded regardless of success.**

SKATE EXTREME ELIGIBILITY

Skate Extreme categories are open to all registered Skate Canada members. Any skater who is registered with Skate Canada as a competitive skater at the Juvenile Freeskate level and up must enter the Diamond category. Skaters who are registered to compete in any Pre-Juvenile category or only in a *dance or pair* category may compete and must enter the highest level for which they are qualified.

- | | |
|----------------|--|
| BRONZE | The skater must not have passed the complete Preliminary Freeskate test. |
| SILVER | The skater must not have passed the complete Sr. Bronze Freeskate test. |
| GOLD | Open to skaters who have passed the complete Sr. Bronze Freeskate test. |
| DIAMOND | Open to skaters who are registered as Competitive Skaters for Freeskate events in the 2009 - 2010 season. |

SKATE EXTREME CATEGORIES

BRONZE JUMP	Greatest distance in a waltz jump, measured from the point of take-off to the point of landing.
SILVER JUMP	Greatest distance in a flip jump, measured from the point of take-off to the point of landing.
GOLD JUMP	Greatest distance in a single axel jump, measured from the point of take-off to the point of landing.
DIAMOND JUMP	Greatest distance in a single axel jump, measured from the point of take-off to the point of landing.
BRONZE SPIN	Most revolutions in a one-foot or corkscrew spin, counted from the first revolution in the basic position.
SILVER SPIN	Most revolutions in a back one-foot spin, counted from the first revolution in the basic position.
GOLD SPIN	Most revolutions in a sit spin, counted from the first revolution in the basic position. In the basic sit spin position, the thigh must be parallel to the ice.
DIAMOND SPIN	Most revolutions in a camel spin, counted from the first revolution in the basic position. In the basic camel spin position, the free leg must be behind the body with the leg higher than the hip.
BRONZE SPIRAL	Longest time in a moving unsupported spiral position.
SILVER SPIRAL	Longest time in a moving unsupported spiral position.
GOLD SPIRAL	Longest time in a moving unsupported spiral position.
DIAMOND SPIRAL	Longest time in a moving unsupported spiral position.

SKATE EXTREME SUBMISSION

This form must be signed by one club executive member and the COS Official present during the Skate Extreme events to be valid. If submitting separate winners for men and women please duplicate this form and indicate clearly as shown. Please return completed forms by **April 2, 2010** to:

Patricia Glenwright, Administrative Coordinator
 Skate Canada – Central Ontario
 111 Snidercroft Rd. Unit A
 Concord, Ontario L4K 2J8

Phone: 905-760-9100 x222
 Fax: 905-760-9104

patricia@skatecanada-centralontario.com

Skate Canada Club: _____ Club #: _____

Date of Skate Extreme Events: _____

Women - Submissions:

Men - Submissions:

	Skater Name	Result
Bronze Jump		_____ ft. _____ in.
Bronze Spin		_____ revs.
Bronze Spiral		_____ seconds
Silver Jump		_____ ft. _____ in.
Silver Spin		_____ revs.
Silver Spiral		_____ seconds
Gold Jump		_____ ft. _____ in.
Gold Spin		_____ revs.
Gold Spiral		_____ seconds
Diamond Jump		_____ ft. _____ in.
Diamond Spin		_____ revs.
Diamond Spiral		_____ seconds

_____ Club Executive Member

_____ COS Official