



January 29-31, 2010  
York City Ice Arena  
York, PA

Presented by: Keystone State Games &  
White Rose Figure Skating Club

## General Information

**Keystone State Games, Inc. in cooperation with White Rose Figure Skating Club welcomes you to the 23rd edition of the Pennsylvania Skating Championships. Compete against the best from throughout the state in Olympic-style competition for Gold, Silver, and Bronze medals, and 4th-6th place ribbons. This is a qualifying event for the 2011 State Games of America.**

**Competition Eligibility:** *This competition is sanctioned by the USFSA and endorsed by the ISI.*

Competition is open to all female and male skaters who are Pennsylvania, Maryland, Delaware, and West Virginia residents of amateur athletic status. Skaters must also be in good standing with either the USFSA or the ISI. A club representative's signature on the Skating Application certifies eligibility of the USFSA skater. Age and test status as of December 28, 2009 determines skater's level. USFSA skaters may compete at their passed and registered freestyle test levels or one level higher. Individual members of the USFSA who are registered with the ISI are eligible to compete in accordance with the ISI/USFSA joint statement policy. USFSA adults over age 21 who have passed the bronze test may compete in Freestyle 3.

**USFSA Competition and Standards:** USFSA competition will be held Friday and Saturday, January 29-30, 2010, and will include female and male Free Skate, Artistic, Showcase, Solo Dance, Adult Free Skate, Compulsory Moves, Pro Am Couple Dance, and Competitive Test Track. Adult Free Skate will be held Saturday, January 30. The 2010 USFSA Rule Book will govern the competition. The 6.0 judging system will be used this year.

**USFSA Coaches:** You must comply with the coach's registration requirement in order to be allowed to coach at the Keystone State Games per USFSA.

**ISI Competition and Standards:** ISI competition is for all levels of achievement and will be held Saturday, January 30 and Sunday, January 31. Events include Freeskating (Tots, Pre-alpha, Alpha, Beta, Gamma, Delta, and FS 1-10, Open); Footwork (FS 1-10); Spotlight (Tots through FS 10); and Stroking (Pre-Alpha through Delta) Synchronized, and Production Team Events. For more information, requirements, and entry form on team events, please visit the KSG web site at [www.keystonegames.com](http://www.keystonegames.com)

**ISI Coaches** are required to register for Judges Credentials prior to competition. Please locate the form at [www.keystonegames.com](http://www.keystonegames.com) under PA Figure Skating Championships.

**Entry Information:** Complete the 2010 USFSA and/or ISI registration form(s) and mail with the appropriate entry fee to: Keystone State Games, Inc., PO Box 1166, Wilkes-Barre, PA 18703-1166. Make checks or money orders payable to Keystone State Games, Inc. There will be online registration. Please check the KSG website [www.keystonegames.com](http://www.keystonegames.com) for details.

**Entry Deadline:** All entries must be mailed first class and postmarked by Monday, December 28, 2009. Walk-on registration will not be accepted. Entries are not accepted by facsimile machine or telephone.

**Entry Fee:** The entry fee varies depending on the number of events entered. Use the following to determine the cost of competition: one event is \$65, two events are \$80, three events are \$95, four events are \$110, five events are \$125, and six or more events are \$140. USFSA and ISI events are cumulative (example: enter two USFSA events and one ISI event = \$95). A \$20.00 late fee will be charged to all late entries if accepted.

**Admission:** There will be no admission charged to competitive events.

**Changes To Entry Form:** Once the entry materials are received, skaters will not be allowed to enter additional events. However, they may change events. The deadline to make changes of any kind is January 4, 2010.

**Music:** Skaters must furnish their own music. Mini Disks or CDs are acceptable. (CDs are preferred) Only one track per CD and no re-writable CDs. CDs must be clearly marked with the skater's name and event. All music must be checked-in at the registration desk one hour before each skater's event. Music must be picked up immediately after the skater's event. Keystone State Games will provide all solo dance music.

**Awards:** Medals will be awarded to skaters placing first, second, or third in each event. Ribbons will be awarded to skaters placing fourth, fifth, or sixth in each event. A trophy will be given to the USFSA club with the most points in all USFSA events. A trophy will be given to the ISI rink with the most points in all ISI events. The points for the trophies will be 6 pts. for first, 5 pts. for second, 4 pts. for third, 3 pts. for fourth, 2 pts. for fifth, and 1 pt. for sixth.

**Assistance:** For questions on the competition or directions, call Keystone State Games office at 570- 823-3164, Monday through Friday from 9:00AM until 1:00PM.

*Continued on pgs11-12*

## USFSA Events & Requirements

### 6.0 FREE SKATE

Event	Requirements	Time
<b>Tots</b>	Skaters who are age 7 and under, No test passed. Jumps allowed are: waltz jump, salchows, toe loop, 1/2 flip, and 1/2 lutz.	1 min 30 sec
<b>No Test</b>	Skaters who are age 8 and over, No test passed. Axels or double jumps are not allowed.	1 min 30 sec
<b>Pre-Preliminary</b>	Skaters who have passed Pre-Preliminary FS but no higher.	1 min 30 sec
<b>Preliminary</b>	Skater who have passed Preliminary FS but no higher. Axels permitted and up to two different double jumps that can be repeated in combination or sequence.	1 min 30 sec
<b>Pre-Juvenile</b>	Skaters who have passed Pre-Juvenile FS but no higher. Axels and up to three double jumps are permitted.	2 min
<b>Juvenile</b>	Skaters who are age 12 or younger and have passed Juvenile FS but no higher. No more than 3 double jumps may be repeated (1 each), but only as part of combo or sequence. Max of 2 of any double jump. No triple jumps. Rule 3680	2 min 15 sec
<b>Open Juvenile</b>	Skaters who are age 13 and older and have passed Juvenile FS but no higher. No more than 3 double jumps may be repeated (1 each), but only as part of combo or sequence. Max of 2 of any double jump. No triple jumps. Refer to Rule 3680	2 min 15 sec
<b>Intermediate- Long</b>	Skaters who have passed Intermediate FS but no higher. Refer to Rule 3672	2 min 30 sec
<b>Intermediate- Short</b>	Skaters who have passed Intermediate FS but no higher. Refer to Rule 3671	2 min
<b>Novice- Long</b>	Skaters who have passed Novice FS but no higher. Refer to Rule 3663	Ladies- 3 min Men- 3 min 30 sec
<b>Novice- Short</b>	Skaters who have passed Novice FS but no higher. Refer to Rule 3662 (ladies) 3661 (mens)	2 min 30 sec
<b>Junior- Long</b>	Skaters who have passed Junior FS but no higher. Refer to Rule 3653	Ladies-3 min 30 sec Men- 4 min
<b>Junior-Short</b>	Skaters who have passed Junior FS but no higher. Refer to Rule 3652 (ladies) 3651 (mens)	2 min 50 sec
<b>Senior- Long</b>	Skaters who have passed Senior FS. Refer to Rule 3643	Ladies- 4 min Men- 4 min 30 sec
<b>Senior- Short</b>	Skaters who have passed Senior FS. Refer to Rule 3642 (ladies) 3641 (mens)	2 min 50 sec
<i>FS= abbreviation for Freestyle</i>	<i>Short and Long Programs are considered separate events. One skater may enter both events.</i>	
<i>Short Program rules 2009-10 elements</i>		
<b>COMPULSORY MOVES</b>		
Event	Requirements (in any order)	Time
<b>Tots - Ages 7 and under</b>	No test passed. 1. Two foot spin (3 revolutions min); 2. Two (2) Bunnyhops; 3. Backward skating (crossovers or stroking); 4. Full stops; 5. Stroking forward	45 sec
<b>No Test - Age 8 and older</b>	No test passed. 1. Two foot spin (3 revolutions min); 2. Two (2) Bunnyhops; 3. Backward skating (crossovers or stroking); 4. Full stops; 5. Stroking forward	45 sec
<b>Pre-Preliminary</b>	Skaters who have passed Pre-Preliminary FS but no higher. 1. Waltz jump; 2. One foot spin (3 revolutions min); 3. Consecutive forward inside & outside edges; 4. Toe loop; 5. Salchow	60 sec
<b>Preliminary</b>	Skaters who have passed Preliminary FS but no higher. 1. Camel spin (3 revolutions min); 2. Loop jump; 3. Waltz jump-toe loop combination; 4. Consecutive inside and outside spirals; 5. Flip jump	60 sec
<b>Pre-Juvenile</b>	Skaters who have passed Pre-Juvenile FS but no higher 1. Lutz jump; 2. Sit spin (4 revolutions min); 3. 5 step mohawk sequence right & left; 4. Waltz jump, loop jump combination; 5. Girls- Layback spin (3 revolutions min) Boys- Camel sit spin (3 revolutions min)	80 sec
<b>Juvenile</b>	Skaters who have passed Juvenile FS but no higher. 1. Girls- Layback spin (5 revolutions min) Boys- Camel sit spin (5 revolutions min); 2. Axel; 3. Spin combination with change foot, change of position (4 revolutions min on each foot); 4. Double Salchow; 5. Back power 3 turns; 6. Footwork sequence-straight line	90 sec
Skating is done on half the ice surface in the categories of Tots, No-Test, Pre-Preliminary, Preliminary, Pre-Juvenile. Full ice surface will be utilized for Juvenile. No music will be utilized for this event. Required elements may be skated in any order. Additional jumps or spins are not permitted, and will result in deductions if included.		
<i>(USFSA continued on next page)</i>		

## USFSA Events & Requirements (Cont'd)

<b>ADULT FREE SKATE</b>		
Age Classes 1-4 will be used, although groupings may be merged together without prior notification to provide for a competitive event. Flying spins and lutz, axles, double jumps are not permitted in Pre Bronze competition.	Event	Time
	<b>Adult Pre Bronze</b>	Not to exceed 1 min 40 sec
	<b>Adult Bronze</b>	Not to exceed 1 min 50 sec
	<b>Adult Silver</b>	Not to exceed 2 min 10 sec
	<b>Adult Gold</b>	Not to exceed 2 min 40 sec

<b>PRO-AM COUPLE DANCE</b>				
Professional-Amateur Dance Competition will be grouped by age and amateur skating level, as entries warrant. Professionals may skate unlimited times at no fee with paid amateur skaters.	Event	Requirements (amateurs)	# of Patterns	Dances
	<b>Pre-Bronze</b>	Have not passed Pre-Bronze	2	Cha-Cha
	<b>Bronze</b>	Have not passed Pre-Silver	2	Willow Waltz
	<b>Silver</b>	Have not passed Pre-Gold	2	Tango
	<b>Gold</b>		2	Argentine Tango

<b>SOLO DANCE</b>			
Event	Requirements	Patterns	Dances
<b>Preliminary</b>	May not have passed any Pre-Bronze Dances	2	Rhythm Blues
<b>Pre-Bronze</b>	May not have passed any Bronze Dances	2	Fiesta Tango
<b>Bronze</b>	May not have passed any Pre-Silver Dances	2	Ten-Fox
<b>Pre-Silver</b>	May not have passed any Silver Dances	2	Foxtrot
<b>Silver</b>	May not have passed any Pre-Gold Dances	2	American Waltz
<b>Pre-Gold</b>	May not have passed any Gold Dances	2	Paso Doble
<b>Gold</b>	Passed Gold Dances	2	Westminster Waltz

<b>SHOWCASE</b>			
The level is determined by the Freestyle tests. Effort will be made to separate groups from individual entrants. No jump higher than an axel. Live animals, flame or smoke oriented props, or anything that would alter the ice surface such as shaving cream, glitter, or dry ice are prohibited. Props must be carried on and off the ice by the participant(s) in one trip. Emphasis is placed on the illustration of the character through the music, costumes, props, and overall audience appeal. Music may be vocal. Judged on originality of program, props, and interpretation of music and costume.			
Event	Time	Event	Time
<b>Pre-Preliminary</b>	1 min 30 sec	<b>Juvenile</b>	2 min
<b>Preliminary</b>	1 min 30 sec	<b>Intermediate</b>	2 min
<b>Pre-Juvenile</b>	2 min	<b>Novice and above</b>	2 min
		<b>Adult 25 &amp; Over</b>	2 min

<b>ARTISTIC</b>			
Music may be instrumental or vocal. No jump higher than an axel. Event will be judged on artistic impression and interpretation of the music.			
Event	Time	Event	Time
<b>Pre-Preliminary and Preliminary</b>	1 min 30 sec	<b>Junior and Senior</b>	2 min 30 sec
<b>Pre-Juvenile and Juvenile</b>	2 min	<b>Adult: 25 and over</b>	2 min
<b>Intermediate and Novice</b>	2 min 30 sec		

# USFSA REGISTRATION FORM

**DIRECTIONS:** All entrants must send this completed USFSA Registration Form, release, and appropriate fees to Keystone State Games, Inc., PO Box 1166, Wilkes-Barre, PA 18703-1166. Entries must be sent 1st class mail and postmarked by Monday, December 28, 2009.

**Please Print or Type All Information:**

Skater's Name: \_\_\_\_\_ Email: \_\_\_\_\_  
(complete if you would like to receive a schedule by email)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age as of 12/28/09: \_\_\_\_\_

Grade: \_\_\_\_\_ Check:  Female  Male PA County: \_\_\_\_\_

USFSA Member #: \_\_\_\_\_ Club: \_\_\_\_\_

Highest Test Passed as of 12/28/09: \_\_\_\_\_

Moves in the field: \_\_\_\_\_ Free: \_\_\_\_\_ Dance: \_\_\_\_\_

Professional: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## USFSA INDIVIDUAL ENTRY – CIRCLE ONE LEVEL IN EACH CATEGORY (\* EXCEPTION)

6.0 FREE SKATE	COMP. MOVES	SOLO DANCE	SHOWCASE	ARTISTIC	ADULT FREE SKATE	PRO-AM DANCE
Tots	Tots	Preliminary	Pre-Preliminary	Pre-Preliminary	Pre-Bronze	Pre-Bronze
No Test	No Test	Pre-Bronze	Preliminary	Preliminary	Bronze	Bronze
Pre-Preliminary	Pre-Preliminary	Bronze	Pre-Juvenile	Pre-Juvenile	Silver	Silver
Preliminary	Preliminary	Pre-Silver	Juvenile	Juvenile	Gold	Gold
Pre-Juvenile	Pre-Juvenile	Silver	Intermediate	Intermediate		
Juvenile	Juvenile	Pre-Gold	Novice and up	Novice		
Open Juvenile		Gold	Adult	Junior		<b>COMPETITIVE</b>
Inter. Long*				Senior		<b>TEST TRACK</b>
Inter. Short*				Adult		Limited Beginner
Novice Long*						Beginner
Novice Short*						Pre-Preliminary
Junior Long*						Preliminary
Junior Short*						Pre-Juvenile
Senior Long*						Juvenile
Senior Short*						Intermediate
						Novice
* Exception: Freestyle skaters in levels Intermediate,						Junior
Novice, Junior, and Senior may enter both Long and Short						Senior

**List Showcase Partners or Pro-Am Partner:**

Name: \_\_\_\_\_ Name: \_\_\_\_\_ Name: \_\_\_\_\_

**CERTIFICATE OF ELIGIBILITY**

I certify that the above named applicant is an amateur in good standing in my club/rink and is eligible to enter the events indicated in accordance with the rules of the USFSA.

Club Signature: \_\_\_\_\_ Title: \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE CIRCLE ENTRY FEE(S):** 1 Event = \$65; 2 = \$80; 3 = \$95; 4 = \$110; 5 = \$125; 6 or more = \$140

T-shirt \$17.00 (enclose separate check and shirt form—see page 12 )

**Total Fees Enclosed: \$ \_\_\_\_\_**

**Read and sign the consent below - Read and sign waiver and release on reverse side:**

I, the undersigned, declare on my honor, I am an amateur athlete and agree to follow the rules of the Keystone State Games, tournament officials, and directors. I am in good physical condition and have no disease or injury that would impair my doing my best in competition. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of an emergency. I also authorize the attending medical personnel to execute on my behalf, any permission forms and other appropriate medical documents and act on my behalf if I am not immediately able to do so. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and/or exclusive television coverage of the Keystone State Games in any manner incidental to my participation in the Keystone State Games without compensation to me.

Participant signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

# THIS IS A RELEASE

## INSTRUCTIONS

1. Applicants age 18 and over, complete Part "A" only.
2. Applicants under age 18 must have parent or guardian complete Parts "A" & "B".

## AMATEUR ATHLETIC

### PART "A" - WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the **KEYSTONE STATE GAMES, INC.** athletic/sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE **KEYSTONE STATE GAMES, INC.**, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
5. I, the undersigned declare on my honor that I am an amateur and agree to follow the rules of the Keystone State Games, obey my coach(es)/team leader(s), tournament officials, and directors. I am in good physical condition and have no disease or injury that would impair my doing my best in competition.
6. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of an emergency. I also authorize the attending medical personnel to execute on my behalf any permission forms and other appropriate medical documents and act on my behalf if I am not immediately available to do so.
7. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and/or exclusive television coverage of the Keystone State Games in any manner incidental to my participation in the Keystone State Games without compensation to me.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signed: \_\_\_\_\_  
Participant's Signature Date

### PART "B" - FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and , for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in the **KEYSTONE STATE GAMES**, EVEN IF ARISING FROM THEIR NEGLIGENCE.

Signed: \_\_\_\_\_  
Name Relationship to Minor Date

Signed: \_\_\_\_\_  
Name Relationship to Minor Date

# ISI REGISTRATION FORM

**DIRECTIONS:** All entrants must send this completed ISI Registration Form, release, and appropriate fees to Keystone State Games, Inc., PO Box 1166, Wilkes-Barre, PA 18703-1166. Entries must be sent 1st class mail and postmarked by Monday, December 28, 2009.

**Please Print or Type All Information:**

Skater's Name: \_\_\_\_\_ Email: \_\_\_\_\_  
(complete if you would like to receive a schedule by email)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age as of 1/30/10: \_\_\_\_\_

Grade: \_\_\_\_\_ Check:  Female  Male PA County: \_\_\_\_\_

ISI Member #: \_\_\_\_\_ Club: \_\_\_\_\_

Highest Test Passed as of 12/28/09: \_\_\_\_\_ Freeskating: \_\_\_\_\_ USFSA Freestyle: \_\_\_\_\_

Coach/Instructor Name: \_\_\_\_\_ Coach/Instructor Email: \_\_\_\_\_

### ISI INDIVIDUAL ENTRY- CIRCLE ONE LEVEL IN EACH CATEGORY(S)

FREESTYLE LEVELS	FOOTWORK LEVELS	STROKING LEVELS	SPOTLIGHT LEVELS		
Tots 1-4			Tots		
Pre-Alpha	FS 1    FS 6	Pre-Alpha	Pre-Alpha	FS1	FS6
Alpha	FS 2    FS 7	Alpha	Alpha	FS2	FS7
Beta	FS 3    FS 8	Beta	Beta	FS3	FS8
Gamma	FS 4    FS 9	Gamma	Gamma	FS4	FS9
Delta	FS 5    FS1 0	Delta	Delta	FS5	FS10
FS 1    FS 6			<b>SPOTLIGHT EVENTS AND DESCRIPTIONS</b>		
FS 2    FS 7			<b>Solo</b>	<b>Couple</b>	
FS 3    FS 8			<input type="checkbox"/> Drama	<input type="checkbox"/> Drama	
FS 4    FS 9			<input type="checkbox"/> Character	<input type="checkbox"/> Character	
FS 5    FS 10			<input type="checkbox"/> Lt. Enter.	<input type="checkbox"/> Lt. Enter.	
Open Bronze					
Open Silver		A separate entry form is required for Synchronized and Production Events. <i>Entry does not count as an event on this form</i> Forms can be found at <a href="http://www.keystonegame.com">www.keystonegame.com</a> .			
Open Gold					
Open Platinum					

**If Entering Couple, List Spotlight Partner and Level:**

Name: \_\_\_\_\_ Level: \_\_\_\_\_

**CERTIFICATE OF ELIGIBILITY**

I certify that the above named applicant is an amateur in good standing in my club/rink and is eligible to enter the events indicated in accordance with the rules of ISI.

Coach Signature: \_\_\_\_\_ Title: \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE CIRCLE ENTRY FEE(S):** 1 event =\$65; 2=\$80; 3=\$95; 4=\$110 5=\$125; 6 or more = \$140

T-shirt \$17.00 (enclose separate check and shirt form—see page 12 )

**Total Fees Enclosed: \$ \_\_\_\_\_**

**Read and sign the consent below - Read and sign waiver and release on reverse side:**

I, the undersigned, declare on my honor, I am an amateur athlete and agree to follow the rules of the Keystone State Games, tournament officials, and directors. I am in good physical condition and have no disease or injury that would impair my doing my best in competition. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of an emergency. I also authorize the attending medical personnel to execute on my behalf, any permission forms and other appropriate medical documents and act on my behalf if I am not immediately able to do so. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and/or exclusive television coverage of the Keystone State Games in any manner incidental to my participation in the Keystone State Games without compensation to me.

Participant signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(Entrants under 18 must also have a parent or legal guardian read and sign the consent)*

# THIS IS A RELEASE

## INSTRUCTIONS

1. Applicants age 18 and over, complete Part "A" only.
2. Applicants under age 18 must have parent or guardian complete Parts "A" & "B".

## AMATEUR ATHLETIC

### PART "A" - WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the **KEYSTONE STATE GAMES, INC.** athletic/sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE **KEYSTONE STATE GAMES, INC.**, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
5. I, the undersigned declare on my honor that I am an amateur and agree to follow the rules of the Keystone State Games, obey my coach(es)/team leader(s), tournament officials, and directors. I am in good physical condition and have no disease or injury that would impair my doing my best in competition.
6. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of an emergency. I also authorize the attending medical personnel to execute on my behalf any permission forms and other appropriate medical documents and act on my behalf if I am not immediately available to do so.
7. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and/or exclusive television coverage of the Keystone State Games in any manner incidental to my participation in the Keystone State Games without compensation to me.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signed: \_\_\_\_\_  
Participant's Signature Date

### PART "B" - FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and , for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in the **KEYSTONE STATE GAMES**, EVEN IF ARISING FROM THEIR NEGLIGENCE.

Signed: \_\_\_\_\_  
Name Relationship to Minor Date

Signed: \_\_\_\_\_  
Name Relationship to Minor Date

## Competitive Test Track

Skaters may enter either 6.0 Free Skate or Competitive Test Track but not both.. Competitors will skate to music of their choice. Deductions will be made for skaters including technical elements not permitted in the event description.

Event	Requirements	Time
<b>Limited Beginner</b>	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.	1:30min. +/- 10
<b>Beginner</b>	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	1:30min. +/- 10
<b>Pre-Preliminary</b>	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.	1:30min. +/-10
<b>Preliminary</b>	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.	1:30min. +/-10
<b>Pre-Juvenile</b>	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.	2:00min. +/-10
<b>Juvenile</b>	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.	2:15min. +/-10
<b>Intermediate</b>	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.	2:30min. +/-10
<b>Novice</b>	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.	Ladies 3:00min. +/-10 Men 3:30min. +/-10
<b>Junior</b>	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.	Ladies 3:30min. +/-10 Men 4:00min. +/-10
<b>Senior</b>	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	Ladies 4:00min. +/-10 Men 4:30min. +/-10

## ISI Events & Requirements

### FREESTYLE

Events	Requirements	Time
Program time will allow for a 10-second leeway over the recommended time. A penalty will be given for those over the time limit. Uncaptured maneuvers as listed in the Competitor's Handbook will be allowed according to level restrictions recommended.		
<b>Tots</b>	Maneuvers are as listed in ISI Handbook for each level. The skater may elect to have one additional move from Freestyle 1. Two-foot snowplows are permitted. Coaches are permitted on the ice to assist a Tot, if necessary. Props are not allowed during Tot Competition.	1 min
<b>Pre-Alpha</b>	Skaters are still required to perform one additional move from Freestyle 1.	1 min
<b>Alpha and Beta</b>	Skaters are still required to perform one additional move from Freestyle 1. The foot must be lifted off the ice for back crossovers, cutbacks do not meet test requirements.	1 min
<b>Gamma</b>	Skaters are still required to perform one additional move from Freestyle 1. At least three strokes must precede the mohawk combination for a total of seven steps.	1 min
<b>Delta</b>	Skaters are still required to perform one additional move from Freestyle 1. The lunge must be completed with a one foot glide and in a straight line. The edges must be done consecutively outside-outside, inside-inside on an axis.	1 min
<b>Freestyle 1-10</b>	Entrants should compete according to elements listed in the Test Standards.	Refer to Rule Book
<b>Freestyle Open</b>	Entrants should see <a href="http://www.skateisi.org">www.skateisi.org</a> or the 2010 ISI Handbook for event details.	Refer to Rule Book

### FOOTWORK / STROKING

Events	Requirements	Time
<b>FS1-FS10</b>	The events are open to skaters in the Freestyle 1-10 levels. Skaters must comply with event description in the ISI Handbook. Focus is on cleanness and variety of turns and edges.	1 min
<b>Pre-Alpha</b>	The stroking event is for skaters in pre-alpha. Skaters must skate forward, both directions, around ice surface.	N/A
<b>Alpha - Delta</b>	The stroking event is for skaters in levels alpha, beta, gamma, and delta. Skaters must skate forward, both directions, around ice surface with cross-overs at each end.	N/A

### SPOTLIGHT

Events	Requirements	Time
<b>Tots</b>	Spotlight events are open to skaters in all levels. ISI spotlight format has changed, please review current rulebook or ISI website. Skaters may enter up to two spotlight events as long as the music and routines are different (see ISI Competitor's Handbook for description and format). Events offered per level are Solo and Couple in Drama, Character, and Light Entertainment. If competing in Couples, all partners must enter separately and pay the appropriate fee. <i>The following times and levels apply to couples' spotlight: Tots-Pre Alpha is 1 min and low, Freestyle 1-3 is 1 min and medium, and Freestyle 4-5 is 1 min 30 sec and intermediate 6-10 is 2 min and high.</i> In spotlight, ANY action initiated after the music starts will commence timing of the entrant's program.	1 min
<b>Pre-Alpha</b>		1 min
<b>Alpha and Beta</b>		1 min
<b>Delta</b>		1 min
<b>Gamma</b>		1 min
<b>Freestyle 1-3</b>		1 min 30 sec
<b>Freestyle 4-5</b>		1 min 30 sec
<b>Freestyle 6-10</b>		2 min

ISI competition is for all levels of achievement will be held Saturday and Sunday, January 30&31. Skaters must enter at their current test level. Age groups for female and male skaters will be as follows: 5 & under, 6-8, 9-12, 13-15, 16-20, 21-39, and 40 & over. (may be altered due to participation) Events include Freeskating (Tots, Pre-alpha, Alpha, Beta, Gamma, Delta, and FS 1-10, Open); Footwork (FS 1-10); Spotlight (Tots through FS 10); and Stroking (Pre-Alpha through Delta). The new test and competition rule changes as of January 1, 2010, from the Recreational Ice Skater Test Guide and Competitors Handbook will govern the ISI competition. See ISI website, [skateisi.com](http://skateisi.com), for updates.

When there is only one entry in an event, the skater will compete and place according to the rules of the ISI competition Standards. When competing against the book, the skater must now earn 80% of the total possible points to place first in that category.

Not all uncaptured jumps and spins are legal for all levels of competition. The penalty for performing an uncaptured maneuver at the wrong level will be the grade of 2.0 under content on the judges sheets. Check the ISI Competitors Handbook for further information.

All routines will start from a stationary position. The timing of the routine will start with any movement.

In Delta, Freestyle 3, 6, 7, 8 certain maneuvers are listed under the heading Choice-Of-One. This means only one should be performed. In the case of misinterpretation of "choice-of-one", the performance of the first maneuver will be graded.

All dance step sequences in Freestyle have mandatory patterns, but may be performed in either direction.

There will be a 10-second leeway in freestyle and spotlight with set duration times. Judging will stop at 10 seconds over the prescribed time. Performing a required maneuver past the 10-second leeway will not be counted. The penalty for skating 11-14 seconds over the prescribed time will be the grade of 8 for the duration; skating 15 seconds or beyond will be a grade of 5. There is no penalty for skating under the prescribed time.

**Rink Description:** York City Ice Arena has two ice surfaces that are 200'x85'. Competition will take place primarily on Rink #2. Rink #1 may also be used for practice ice and competition, if necessary. Locker rooms will be available. Teams with ten or more skaters will be assigned locker rooms on a first in, first assigned basis. The snack bar will be open during the competition.

**Awards:** Medals will be awarded to skaters placing first, second, or third in each event. Ribbons will be awarded to skaters placing fourth, fifth, or sixth in each event. A trophy will be given to the USFSA club with the most points in all USFSA events. A trophy will be given to the ISI rink with the most points in all ISI events. The points for the trophies will be 6 pts. for first, 5 pts. for second, 4 pts. for third, 3 pts. for fourth, 2 pts. for fifth, and 1 pt. for sixth.

**Practice Ice:** Practice ice may be available depending on the final schedule. If available, a tentative schedule of available practice ice will be sent or emailed with event schedules and will also be available on the WRFSC website at [www.wrfsc.org](http://www.wrfsc.org).

**Schedule Of Events:** The schedule of events is determined by the total number of entries and by the number of entries in each event. Adult Freestyle will be held Saturday, January 30. Knowledge of the final posted schedule is the responsibility of all entrants and officials. A tentative schedule of events will be emailed to entrants on or before January 15, 2010, if you provide a legible email address on the entry form. Schedules will also be posted on the Keystone State Games homepage at [www.keystonegames.com](http://www.keystonegames.com) and the White Rose FSC site at [www.wrfsc.org](http://www.wrfsc.org).

**Opening Ceremonies/Exhibition Skating Performance:** Friday, January 29 at approximately 6:45 PM will be the Opening Ceremonies of the 2010 Games. The event will include a Torch/Flag Skate, Parade of Athletes, the National Anthem, and the traditional "Ring of the Bell". Athletes should be ready to enter at 6:30 PM. Skate clubs are encouraged to bring their club flag to march behind. Attendance is not required, but is encouraged. There will be an admission charge of \$3.00 for children age 6-12, \$5.00 for adult age 13 and over, and children under 5 are free.

**Skating Party:** Following Opening Ceremonies Friday night all skaters, friends, and family are invited to the Pennsylvania Skating Championships Skating Party for music, fun, and giveaways!

**Athlete Souvenir Shirts:** Athlete souvenir shirts may be pre-purchased for \$17.00. Please use the form located on the last page of this announcement. A limited number of shirts will be available at competition for \$20.00.

**Refund Policy:** The Keystone State Games, Inc. refund policy for the 2010 PA Skating Championships is as follows: Entrants who are unable to attend the 2010 PA Skating Championships, regardless of reason, will be refunded their entry fee minus a \$15.00 processing fee provided they contact Keystone State Games, Inc. no later than January 11, 2010. Entrants in any events canceled due to reasons other than poor weather conditions will be refunded that portion of their entry fee paid for those canceled events. In all other cases, there will be no refunds. Refunds will be paid no earlier than March 12, 2010. Keystone State Games, Inc. reserves the right to combine events, divide events, or reclassify participants where numbers of entries warrant such action. A service charge will be added to the entry fee for all returned checks.

## STATE GAMES OF AMERICA:

The 7<sup>th</sup> Biannual State Games of America will be held in the San Diego, CA August 4-7, 2011. Medallists from the 2010 and 2011 Keystone State Games will be eligible to compete. Not all events in the 2010-11 Pennsylvania Skating Championships are events in the 2011 State Games of America. Skaters earning medals in the approved events only will be invited to the 2011 State Games of America.. Please visit [www.stategames.org](http://www.stategames.org) for more information.

The State Games of America is the property of the National Congress of State Games, which in turn is a member of the United States Olympic Committee. The USOC supports the State Games of America as a grassroots competition that champions the Olympic movement.

### CONTACTS:

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**Chief Referee:** Jane Reno, [dyreno@pop.net](mailto:dyreno@pop.net)  
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**OFFICIAL ACCOMMODATIONS FOR THE PENNSYLVANIA SKATING CHAMPIONSHIPS**

***PLEASE ASK FOR THE KEYSTONE GAMES RATE***

*We kindly request that all participants use our official accommodations.*

**HOLIDAY INN CONFERENCE CENTER** – 2000 Loucks Rd, York, PA 17404. 800-992-0613, www.hiyork.com

**COMFORT INN–CORPORATE GATEWAY**– 2250 N. George St, York, PA 17402, 717-699-1919, www.comfortinn.com

**WINGATE BY WYNDHAM** – Arsenal Rd & N. George St, York, PA 17404. 717-848-2100, www.wingatehotels.com

**RED ROOF INN** – 125 Arsenal Rd, York, PA 17404. 717-843-8181, www.redroof.com

**Directions To York City Ice Arena, 941 Vander Ave, York, PA 17403:**

From PA turnpike (from Philadelphia or Pittsburgh): Take the PA turnpike to Exit 242 (Old Exit 18) Harrisburg/West Shore Interchange (83 South) Follow I-83 South to Exit 16-B (old exit 6), Queen Street - North. Turn right onto Queen Street and continue to 3rd traffic light. Turn right on Rathton Road. Take 2nd left onto Edgar Street. Proceed two blocks to stop sign. Turn right on Rockdale Avenue. York City Ice Arena is approximately one block ahead on left. Parking is on the right, besides from the rink.

From Harrisburg: I-83 South to Exit 16-B (old exit 6), Queen Street - North. Turn right onto Queen Street and continue to 3rd traffic light. Turn right on Rathton Road. Take 2nd left onto Edgar Street. Proceed two blocks to stop sign. Turn right on Rockdale Avenue. York City Ice Arena is approximately one block ahead on left. Parking is on the right, across from the rink.

From Lancaster: US 30 West to first traffic light, at North Hills Road. Turn left onto North Hills Road. Go to 2nd traffic light and turn right onto Market Street. Take immediate right onto I-83 South. Follow directions as if coming from Harrisburg.

From Gettysburg: US 30 East to I-83 South- Follow directions as if coming from Harrisburg.

***PENNSYLVANIA SKATING CHAMPIONSHIPS T-SHIRT ORDERS*** - Use the form below to order your 2010 Pennsylvania Skating Championships T-shirt. The T-shirts are long sleeved, and are designed specifically for this competition. T-shirts are \$17.00 each. Pre-paid orders will be accepted by mail through January 4, 2010. There will only be a limited quantity of shirts for sale at the site. You will receive your shirt at the Keystone Games table during competition. Fill out the form below and mail with your entry form. Please include T-shirt fee with your entry fee or provide a separate check payable to: Keystone State Games, PO Box 1166, Wilkes-Barre, PA 18703

***COMPLETE AND RETURN WITH YOUR COMPETITION APPLICATION***

**PENNSYLVANIA SKATING CHAMPIONSHIPS T-SHIRT ORDER FORM**

NAME: \_\_\_\_\_ CLUB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

T-SHIRT SIZE: *(Check Selection)*

- YOUTH MEDIUM       YOUTH LARGE       YOUTH X-LARGE  
 ADULT SMALL       ADULT MEDIUM       ADULT LARGE       ADULT X-LARGE

*Please provide a separate check for \$17.00 for T-shirt, made payable to Keystone State Games.*