



# Spring Fling 2023

## "Compete USA" Figure Skating Competition

Tuesday, March 21, 2023 from 4:00-6:45 p.m.

Entries must be posted online by 11:59 p.m. on Wednesday, March 8, 2023

**A cap of 50 skaters has been placed**

[www.chfsc.com](http://www.chfsc.com)

Sponsored by:



Cottonwood Heights Recreation Center

7500 South 2700 East

Salt Lake City, UT 84121

Sanctioned by:



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Spring Fling 2023 will be conducted in accordance with the rules and regulations of U.S. Figure Skating and Learn to Skate USA, as set forth in the current Rulebook as well as any pertinent updates, which have been posted on the U.S. Figure Skating web site.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of Cottonwood Heights Figure Skating Club or Cottonwood Heights FSC Learn-to-Skate (LTS) program.

#### ELIGIBILITY/TEST LEVEL:

**Eligibility Rules:** The competition is open to ALL skaters who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating.

**Test level:** Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

#### COMPETITION EVENTS:

The Spring Fling 2023 competition includes Basic Skills Snowplow Sam through Basic 6, Free Skate levels Pre Free Skate through Free Skate 6, Excel Beginner through Preliminary-Plus, Well-Balanced No Test through Preliminary, and Adult 1-6 Free Skate through Adult Beginner-Bronze Free Skate.

EVENTS	First event	As an additional event
Snowplow Sam-Basic 6, Pre Free Skate and Free Skate 1-6	\$45.00	Not applicable
Excel Levels (Beginner-Preliminary Plus)	\$45.00	Not applicable
Well-Balanced (No Test-Preliminary)	\$45.00	Not applicable
Adult 1-6 Free Skate	\$45.00	Not applicable
Adult Beginner-Bronze Free Skate	\$45.00	Not applicable

#### ENTRIES:

**Online registration will be available starting Wednesday, February 8 until 11:59 p.m. on Wednesday, March 8 at [www.chfsc.com](http://www.chfsc.com) under the Competitions tab, under Spring Fling. An email will be sent to the skater's primary coach and home club when a skater's entry is processed to verify accuracy of entry. **Online entry will close once the cap of 50 skaters has been reached or at 11:59 p.m. on Wednesday, March 8, whichever comes first. IT IS IMPORTANT TO REGISTER EARLY!****

One or more entries in a category will constitute an event. Groups may be divided or combined by age, sex, or randomly at the discretion of the Chief Referee. Entries after 11:59 p.m. on Saturday, February 25 will be considered late, and will be accepted at the discretion of the Referee and Competition Chairperson, and subject to a \$20.00 late fee. Changes or additions to event entries after skating groupings are posted are not permitted unless deemed necessary by the Chief Referee. If the changes/additions are permitted by the Chief Referee, a \$20.00 event change fee will be collected by CHFSC.

**REFUND POLICY:** Entry fees will not be refunded after 11:59 p.m. on Saturday, February 25 unless no competition exists or is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be assessed a \$20.00 fee. Payment of the fee will be required in cash or with a money order before the skater is allowed to participate in events.

FACILITIES:

Cottonwood Heights Recreation Center

7500 South 2700 East

Salt Lake City, Utah 84121

(801) 943-3190

[www.cottonwoodheights.com](http://www.cottonwoodheights.com)

The arena is approximately 10 miles southeast of downtown Salt Lake City. The enclosed ice surface is 100' by 200' with slightly rounded corners. Dressing rooms are currently unavailable to skaters. Competitors should arrive dressed in their competition attire with their hair & make-up already done. Please bring skate guards and do not leave valuables unattended. Neither Cottonwood Heights FSC nor the Cottonwood Heights Recreation Center will be responsible for missing valuables. There is no charge to watch the competition events.

MUSIC: Competition music for all events must be submitted electronically to [chrmusic@gmail.com](mailto:chrmusic@gmail.com) by the music deadline of March 14, 2023 at 11:59 pm.

Music Criteria:

1. File Format: MP3 (the online system will automatically check this)
2. Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and you may be requested to upload a corrected file)
3. 3. Sample Rate: 44,100 kHz (this will be checked by the music chairperson and you may be requested to upload a corrected file)
4. Leaders and trailers (silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds.

Competitors should bring an Electronic backup of their own music on their cell phone or tablet with the proper connector.

LIABILITY: U.S. Figure Skating, Cottonwood Heights Figure Skating Club and Cottonwood Heights Recreation Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM: The 6.0 System will be used to judge all events.

REGISTRATION DESK: The registration desk will be open 30-minutes before the first event and run through the last event of the day. The registration desk will be located in the lobby of the rink. PLEASE REGISTER PROMPTLY UPON ARRIVAL.

PRACTICE ICE: Not available.

VIDEOTAPING AND PHOTOGRAPHY: **No personal flash photography** is allowed in the rink area during competition. Flash photography is dangerous to the skaters! The competition committee reserves the right to remove anyone from the rink who ignores requests and warnings regarding the use of flash photography.

There will be **no personal videotaping of other competitors** during the competition. Videotaping of warm up periods where multiple skaters are on the ice is not allowed.

AWARDS: Awards will be presented immediately following the posting of the results for each event. They will be provided to all 1<sup>st</sup> - 4<sup>th</sup> place finishers in each event and will be presented as a group. All remaining skaters in each event will receive a participation award.

OFFICIAL NOTICES: An official bulletin board will be maintained at the registration desk. It is the responsibility of each competitor, parent, and/or coach to check the bulletin board frequently for any schedule changes and/or additional information. **Skaters are requested to arrive 60 minutes prior to the scheduled time of their event.** *A tentative schedule of events will be posted online*

at [www.chfsc.com](http://www.chfsc.com), or will be emailed out, as soon as it is available. All skaters should confirm their event time at the registration desk. **The referee may begin any competition event up to 30 minutes early.**

#### INFORMATION REGARDING COACHES:

To coach at a U.S. Figure Skating-sanctioned competition, a professional coach or choreographer must be:

- Declared by a skater in the registration process with the club
- Listed as Coaches Education Requirement (CER) Category A or B (Category C for Basic Skills events) compliant for the current season
- Current U.S. Figure Skating Coach Registration (requires annual fee and background check)
- A current member in good standing with U.S. Figure Skating
- A coaches' requirements chart can be found here:  
<http://www.usfigureskating.org/Content/Coaches%20Requirement%20Chart.pdf>.

The local organizing committee/club will have a list of coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. Coaches who are NOT on the list will need to show proof of membership as a Learn to Skate USA Instructor or U.S. Figure Skating full membership, SafeSport/SafeSkate training completed (for coaches/instructors 18 years old and older, Background check successfully passed (for coaches/instructors 18 years old and older, Learn to Skate USA instructor certification or U.S. Figure Skating coach compliance (for coaches under 18 years old), and a photo I.D. at check in. **If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions.** We strongly urge *all* coaches to have their cards with them. **Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events, including during warm-up.**

#### CONTACT INFO:

*Competition Chairperson:* Kathy Valburg, [kathy@cottonwoodheights.com](mailto:kathy@cottonwoodheights.com)

*Competition Co-Chairperson:* Ashley Green, [green.ashley@outlook.com](mailto:green.ashley@outlook.com)

*Accountant:* Malavika Deo

*Registrar:* Erin Call, [erinmcall@gmail.com](mailto:erinmcall@gmail.com)

Email is preferred contact method.

## COMPETE USA EVENTS

**Please follow the link below for the Compete USA requirements:**

<https://www.usfigureskating.org/sites/default/files/media-files/Compete%20USA%20Manual.pdf>

**Use the following references for your skater:**

Snowplow Sam-Basic 6 (program w/music): Page 7

Pre Free Skate-Free Skate 6 (program w/music): Page 9

Excel Free Skate (Beginner-Preliminary-Plus\*): Pages 11-12

Well Balanced Levels (No Test-Preliminary\*): Page 13

Adult 1-6 Free Skate (program w/music): Page 15

Adult Beginner-Bronze Free Skate (program w/music): Page 16