

# F.A.S.T.

August 26, 2019

Dear Cal-Neva League Coaches:

Foothill Artistic Skate Team will be hosting a half-day Cal-Bronze competition on Sunday, October 6, 2019. This contest is designed to introduce competition to new skaters, class skaters and their families. It will also provide new/apprentice judges an opportunity to experience a competitive panel.

Since it was very successful last year, we are again including Level 2 events for Figures and Solo Dance this year for those skaters that have skated a Regional competition, **but** have not yet passed their 4<sup>th</sup> Figure or Dance tests. The primary basis for this competition is still for the beginner skater and we encourage you to look around your classes and start preparing your skaters for this contest. **Skaters must hold a current USARS membership card (i.e. Limited-\$50 or Full-\$85).**

- Figures, circle loops, solo dance, team dance, freeskating, and pairs events will be open to all skaters.
- Circle Dance and Straight-Line Freeskating (see requirements sheet).
- Supertot figures and freeskating events will be included.
- Skaters may enter Level 1 events or Level 2 events.
- Level 1 skaters may “challenge up” and also skate Level 2 figures and solo dance events.
- Entry Fees \$17 first event / \$6 each additional event / \$5 stroking entry
- Freeskating: “C” Rules apply / Pairs: “B” Rules apply
- There will be a Stroking Contest for competitors, including adults. Stroking contestants cannot enter solo and/or team dance events at this meet.
- Please utilize the attached **Event List** when completing your entry.
- Spectator Fee: \$7 per person
- Event requirements are attached.

**Please be sure to include a list of available judges, including their conflicts. There will also be opportunity for “mock” judging.**

Entries are to be postmarked by Friday, September 13, 2019, or they may be hand delivered by Tuesday, September 17, 2019.

Please mail your entries, with one club check to:

Foothill Skate Inn  
4700 Auburn Blvd.  
Sacramento, CA 95841

If you have any questions, please contact Twiggy at (916) 899-9471 ([canusk8@aol.com](mailto:canusk8@aol.com)).

Sincerely,

Foothill Coaching Staff

# FOOTHILL - CAL BRONZE CONTEST (October 6, 2019)

## EVENT LISTING / REQUIREMENTS

### FIGURE EVENTS (LEVEL 1)

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
6 and under	Supertot	1
8 and under	Prim-1	1 & 1B
10 and under	Juv-1	1 & 111B
12 and under	Elem-1	1 & 111B
13 and over	F/S-1	1 & 111B
18 and over	Adult A-1	1 & 111B
40 and over	Adult B -1	1 & 111B

### CIRCLE LOOP EVENTS

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
6 and under	Supertot	114A
7 - 9	Youth 1	114A & 130B
10 - 12	Youth 2	114A & 130B
13 - 17	Teen	114A & 130B
18 and over	Adult	114A & 130B

### SOLO DANCE EVENTS (LEVEL 2)

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
8 and under	Prim-2	City Blues & Skaters March
10 and under	Juv-2	City Blues & Skaters March
12 and under	Elem-2	City Blues & Skaters March
13 and over	F/S-2	City Blues & Skaters March
18 and over	Adult A-2	City Blues & Skaters March
40 and over	Adult B -2	City Blues & Skaters March

### STROKING EVENTS

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
6 and under	Supertot	Tempo - 100 Tango
7 - 9	Youth 1	Tempo - 100 Schottische
10 - 12	Youth 2	Tempo - 100 March 6/8
13 - 17	Teen	Tempo - 100 Boogie
18 and over	Adult	Tempo - 120 Waltz

### FREESKATING EVENTS

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
6 and under	Supertot	Supertot rules apply
8 and under	Primary	USARS Primary rules apply
10 and under	Juvenile	USARS "C" rules apply
12 and under	Elementary	USARS "C" rules apply
13 and over	Fresh/Soph	USARS "C" rules apply
18 and over	Adult 1	USARS "C" rules apply
40 and over	Adult 2	USARS "C" rules apply

### FIGURE EVENTS (LEVEL 2)

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
8 and under	Prim-2	2B & 5A
10 and under	Juv-2	2B & 5A
12 and under	Elem-2	2B & 5A
13 and over	F/S-2	2B & 5A
18 and over	Adult A-2	2B & 5A
40 and over	Adult B -2	2B & 5A

### SOLO DANCE EVENTS (LEVEL 1)

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
8 and under	Prim-1	Glide Waltz & Prog Tango
10 and under	Juv-1	Glide Waltz & Prog Tango
12 and under	Elem-1	Glide Waltz & Prog Tango
13 and over	F/S-1	Glide Waltz & Prog Tango
18 and over	Adult A-1	Glide Waltz & Prog Tango
40 and over	Adult B -1	Glide Waltz & Prog Tango

### TEAM DANCE EVENTS

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
12 and under	Youth	Glide Waltz & Prog Tango
13 and over	Teen	Glide Waltz & Prog Tango
18 and over	Adult	Glide Waltz & Prog Tango

### CIRCLE DANCE

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
6 and under	Supertot	Glide Waltz corner steps
7 - 9	Youth 1	Glide Waltz corner steps
10 - 12	Youth 2	Glide Waltz corner steps
13 - 17	Teen	Glide Waltz corner steps
18 and over	Adult	Glide Waltz corner steps

### STRAIGHT-LINE FREESKATING

(Footwork; Spiral or Shoot-the-Duck; Hop; 2' Spin)

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
6 and under	Supertot	(see diagram)
7 - 9	Youth 1	(see diagram)
10 - 12	Youth 2	(see diagram)
13 and over	Teen/Adult	(see diagram)

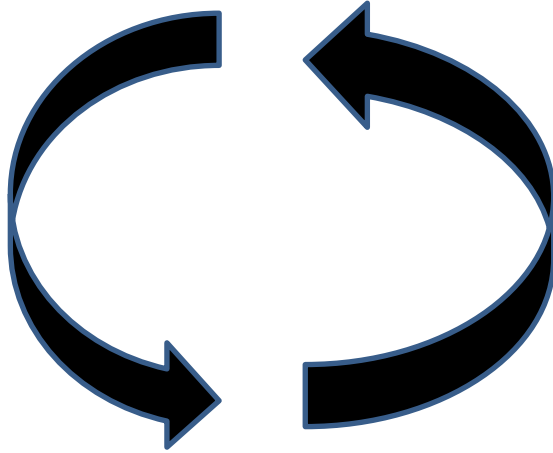
### PAIRS EVENTS

<u>Age</u>	<u>Event Name</u>	<u>Requirements</u>
9 and under	Youth 1	USARS "B" rules apply
10 and over	Youth 2	USARS "B" rules apply

# FOOTHILL - CAL BRONZE CONTEST (October 6, 2019)

## EVENT LISTING / REQUIREMENTS

### CIRCLE DANCE



Start from stand still; begin corner steps of Glide Waltz when music starts; continue steps until music stops; maximum time 1 minute

### STRAIGHT-LINE FREESKATING

