

# **PARENTS AND COACHES GUIDE**

Welcome! Is it your first time to participate in a skating competition? Would you like to know more about payables, events and rules? We hope this kit would guide you and your team. Read on!

Skate Philippines' aim is to produce various competitions and activities that cultivate a spirit of fun sportsmanship among its skating members. The goal is to reach out to as many skaters as possible to help promote the sport and keep the flame alive. Each year we conduct 2 Events (May and October) having 3 different Competition within the given date: ISI Skate Philippines, Grand Master Challenge and Open Freeskate. We continuously ask for your support as we work closely with the SM Ice Skating Rinks' Managements, staff, and coaches to make this event possible. Here is a short walk through on what to expect and what to do in joining such competitions.

## **EVENTS AND ITS DESCRIPTIONS**

Skate Philippines and ISI Asia has prepared various events in which the student may join and experience.

Your coach should be able to walk you through all the possible events that the student could participate in. Here's a general list of all the events that will be offered this competition. You may also refer to the updated 2018 ISI Handbook for more information. You my visit this link and watch short seconder videos of each element per level: <a href="https://isiasia.org/test-registration/isi-testing-requirements/">https://isiasia.org/test-registration/isi-testing-requirements/</a>

### PRE ALPHA – DELTA SOLO / TECHNICAL

Duration: 1 minute

Skater performs to a 1 minute program routine to music that emphasizes the required test level maneuvers from Pre-Alpha through Delta. Depending on each test level requirement, specific skating skills must be performed. All skaters must pass the Pre-Alpha – Delta test to compete in this event. <u>Skaters must include one maneuver from Freestyle 1 in their program.</u> No props are allowed in this event. Here's a list of all the maneuvers per level:

#### Level 1 : Pre Alpha

Two Foot Glide One Foot Glide (Left and Right) Forward Swizzle Backward Swizzle Backward Wiggle

## Level 2: Alpha

Forward Stroking Forward Crossovers (Left over Right) Forward Crossovers (Right over left) One –Foot Snowplow Stop

## Level 3: Beta

Backward Stroking Backward Crossovers (Right over Left) Backward Crossovers (Left over Right) T-stop, Left and Right

#### Level 4: Gamma

Right Forward outside 3 turn Left Forward outside 3 turn Right Forward Inside Mohawk Combination Left Forward Inside Mohawk Combination Hockey Stop

### Level 5:Delta

Right Forward Inside 3 turn Left Forward Inside 3 turn Bunny Hop Shoot the Duck or Lunge Forward Outside/ Inside Edges

## STROKING (Alpha – Delta Only) ■

Skaters compete together in groups wearing numbers for easy identification by the Judges. They are only required to only do forward stroking in both directions and are judged on posture and correct stroking technique.

## **SURPRISE (All Levels)**

This is a "fun" event where individual skaters are grouped together by age and/or skating levels. The skaters don't know what they will be asked to do until the event begins. This event usually consists of tasks not necessarily related to skating ability. For higher-level skaters, the task might require performance of some skating skills, but the technical performance of the skating skill is not scored.

## FOOTWORK (FS 1-10) ■

Duration: 1 minute

Freestyle skaters perform a one-minute program to music using various turns and connecting steps with limited jumps or spins. Skaters are judged on correct turns & edges as well as flow, variety of moves and choreography.

## FREESTYLE 1-10 SOLO/TECHNICAL

Duration: FS 1-3 (1.5mins.) FS 4-10 (2 mins) FS 6 (2.5mins) FS 7 (3 mins) FS 8 (3.5min) FS 9 – 10 (4mins)

Skater performs to a program routine to music that emphasizes the required test level maneuvers from FS 1 through FS 10. Depending on each test level requirement, specific skating skills must be performed. All skaters must pass the FS 1-10 test to compete in this event. No props are allowed in this event. Here's a list of all the maneuvers per level:

#### Freestyle 1

Forward Inside Pivot
Two Foot Spin
Forward Arabesque
Backward Outside Edges/ Backward Inside Edges
One Half Flip
Waltz Jump

#### Freestyle 2

Ballet Jump

Jump Sequence: Waltz jump / Tap-toe jump / 3-turn or Mohawk turn / One-Half Flip jump.

One-Half Lutz One-Foot Spin

Two Forward Arabesques (On either foot – and on either outside or inside edge)

Dance Step Sequence

#### Freestyle 3

Backward Outside or Backward Inside Pivot

Salchow Jump Change Foot Spin Backward Arabesque

Toe Loop Jump or Toe Walley Jump (Choice of One)

Dance Step Sequence

### Freestyle 4

Flip Jump Loop Jump Sit Spin

One-Half Loop Jump

Two Backward Arabesques (One each on the Right and Left foot)
Backward Outside and Backward Inside Three Turns / Dance Step
Sequence

#### Freestyle 6

Split Falling Leaf Jump

Jump Sequence - Axel / One-Half Loop / Flip Jump

**Double Salchow Jump** 

Cross Foot, Layback, or Sit Change Sit Spin (choice of one)

Spin Combination with change of foot and position

Right Forward Outside Rocker, Left Backward Inside Counter, Right Back Inside Loop, Back Inside Loop / Dance Step Sequence

#### Freestyle 7

Double Toe Loop or Double Toe Walley Jump

Two Walley jumps in a Row

Combination Spin with Change of Foot and Position

Flying Camel Spin

Jump Sequence – One-Foot Axel/ One-Quarter Flip/ Axel

Jump in Opposite Direction (Choice of one – Flip / Loop / Lutz)

Right Forward Inside Counter; Left Forward Inside Counter; Left Back Inside Rocker, Right Back Outside Double Twizzle, Left Forward Inside

1 1/2 Twizzle / Dance Step Sequence

#### Freestyle 8

Double Loop Jump

Double Flip Jump

Split Lutz Jump

Flying Sit Spin or Axel Sit Spin (Choice of one)

Jump Sequence – One and One-Quarter Flip / One and One-Quarter

Flip / Double Salchow

Camel-Jump-Camel Spin

Left Backward Inside Bracket, Left Forward Outside 1 1/2 Twizzle, Right Forward Outside 1 1/2 Twizzle, Left Forward Outside Loop /

Dance Step Sequence

#### Freestyle 9

Opposite Spin

Double Lutz Jump

Axel / Double Loop Jump Combination

Axel in Opposite Direction or Double Axel Jump

Jump Combination – Rocker or Counter Jump / Double Toe Assisted

Jump / Double Loop

Flying Camel into a Jump Sit Spin

Dance Step Sequence – Straight Line Pattern

Freestyle 5

Lutz Jump Axel Jump Camel Spin

Camel-Sit-Upright Spin Fast Back Scratch Spin

Left Forward Outside Closed Swing Choctaw, Left Forward Inside Open Choctaw, Left Forward Outside Bracket, Right Forward Inside Bracket, Right Forward Inside Twizzle, Right Back Outside Twizzle / Dance Step Sequence Freestyle 10

Double Axel / Double Toe Loop Jump Combination

Triple Edge Jump (skater's choice)

Death Drop

Four Alternating Axels in a Row or Triple Toe Assist Jump
Double Jump to the Right and Double Jump to the Left (not in
sequence) or Triple Toe Assisted Jump/ Double Loop Jump

Combination

Three Arabian Cartwheels or Butterfly Jumps in a Row (Choice of one)

Creative Dance Step Sequence

## **SOLO COMPOLSARIES (all levels)**

Skaters are to perform only the three maneuvers selected by the competition director in any order with a minimum of connecting steps. Each maneuver may only be attempted one time. Additional maneuvers, such as any jump, spin, or gliding maneuver from a test level or any uncaptured move are not allowed. There is a 1-minute time limit for all levels. Please Note: There should be no penalty given for the quantity of swizzles, stroking or crossovers in the Pre-Alpha, Alpha and Beta levels. Only the quality of these required maneuvers should be comparatively judged.

Pre-Alpha – Freestyle 5 will be on 1/2 ICE ONLY.

Freestyle 6 – 10 will be on FULL ICE.

#### **SELECTED MANEUVERS:**

Pre-Alpha F.Swizzles / 2F Glide / Backward Wiggles

Alpha F. Stroking / Right Forward Xovers / 1-F Snowplow Stop
Beta B. Stroking / Left Backward Xovers / Right T-Stop

Gamma Right Forward Outside 3-turn / Left Forward Inside Mohawk Combo./ Hockey Stop

Delta Left Forward Inside 3-turn / Bunny Hop / Lunge

Freestyle 1 Waltz Jump / 2-foot Spin / ½ Flip Jump
Freestyle 2 Ballet Jump / 1-foot Spin / ½ Lutz Jump

Freestyle 3 Salchow Jump / Backward Pivot / Toe Loop Jump

Freestyle 4 Flip Jump / Sit Spin / ½ Loop Jump

Freestyle 5 Camel – Sit – Upright Spin / Axel Jump / Lutz Jump

Freestyle 6 Double Salchow / Choice Spin (croos-foot/layback/sit-change-sit) / Split Jump

Freestyle 7 Two Walley Jumps / Flying Camel Spin / Dbl Toe Loop Jump

Freestyle 8 Dbl. Loop Jump / Flying Sit Spin / Split Lutz Jump

Freestyle 9 Dbl. Lutz Jump / Flying Camel into Jump Sit Spin / Axel–Dbl. Loop Jump combination

Freestyle 10 Dbl. Axel–Dbl. Toe Loop Jump Combination / Death Drop / 3 Arabian Cartwheel or Butterfly

Jumps

## **INTERPRETIVE (FS 1-10)** ■

Freestyle skaters will hear a piece of music once before the warm-up; twice during the group warm-up; and once more before competing while they mentally choreograph a skating routine – with no help from friends, parents or coaches. The emphasis is on the skater's ability to choreograph an entertaining skating routine to music and not on the difficulty of the skating maneuvers performed.

## **ARTISTIC SOLO (FS 1-10)** ■

Skaters perform a program to music with emphasis on strong edges, flow, choreography, innovative moves and musical interpretation. There is no score for technical ability in this event.

Maneuver Limitations	Duration
Bronze FS4 and below	1.5 min
Silver FS6 and below	1.5 min
Gold / Platinum any maneuvers	2 mins
	Bronze FS4 and below Silver FS6 and below

#### **TOTS 1-4**

Tots (skaters age 6 and under) will perform a 1-minute program routine with music. They should only perform the required maneuvers from their test level. Additional maneuvers should not be included and will not be judged. 2-foot and/or 1-foot snowplow stops are permitted in Tot events. Coaches are allowed to assist TOTS inside the ice skating rink during performance.

**TOT 1**Proper Way to Fall

Marching in Standing Position

Marching While Moving

Proper way to get up

TOT 2

Two-foot jump in place Forward Swizzle Standing Still

Single Swizzle

Beginning Two-Foot Glide

TOT 3

Push and Glide Stroking Preparation for Snowplow Stop

Dip

Forward Swizzle

TOT 4

T-Position and Push (Right and Left)

Backward Swizzle

Two-Foot or One-Foot Snowplow Stop

**Backward Wiggle** 

## SPOTLIGHT (ALL LEVELS) ■

This is an entertaining & "fun" routine that emphasizes the skater's acting ability and not technical skating skills. There is no score for technical merit in this event. The skater must pass a test for Tots, Pre-Alpha to Delta or Freestyle to determine the spotlight event level. Spotlight events are divided into three categories listed below. Please mark the correct category on your entry form.

- a) CHARACTER a famous or easily identifiable character.
- b) DRAMATIC a theatrical performance that sets a mood and evokes an emotional response.
- c) LIGHT ENTERTAINMENT an entertaining or light-hearted performance

Levels	Maneuver Limitations	Duration:
Tot & Pre-Alpha – Delta	FS1 and below	1 min
Freestyle 1-3	Bronze FS4 and below	1.5 min
Freestyle 4-5	Silver FS6 and below	1.5 min
Freestyle 6-10	Gold / Platinum any maneuvers	2 mins

## RYHTHMIC (FS 1-10) ■

This new entertaining event requires the use of one hand-held prop listed below. The program should contain elements that employ the use of the prop throughout the routine. The skater must maintain control of the prop at all times throughout the program. It can be thrown, bounced or juggled but control should be maintained. Props of the same kind (i.e. Ball / Hoop / Ribbon) will be grouped together and will not combine for competition event groups.

The skater chooses one Rhythmic prop per routine (ball, hoop, or ribbon) and must maintain control of the prop at all the times throughout the program this means the prop must be used by the skater throughout the routine. It can be thrown, bounced or juggled but control should be maintained.

The prop should not be put down on the ice while the skater does jumps & spins. No additional props are permitted. Props are not allowed on the event Warm-Up. If it is obvious that skater's prop does not meet the following specifications, the panel Referee can determine if any point deduction should be taken.

### Choice of One:

- a) Hoop Must be made from wood or plastic (from a rigid, non-bending material). Diameter should measure between 2 feet 7 inches 2 feet 11 inches.
- b) Ball Must be made of rubber or plastic. Diameter should measure approximately 7-3/4 inches.

c) Ribbon - Stick must be made of wood, plastic or fiberglass. Stick length should be between 20-30 inches. Ribbon material should be one single piece of satin or a non-starched fabric. Ribbon width should be 2-4 inches wide and between 6-9 feet long.

Levels FS 1-3	Maneuver Limitations Bronze FS4 and below	<b>Duration:</b> 1 min	
FS 4-5	Silver FS6 and below	1.5 min	
FS 6-10	Gold/Platinum Any maneuvers	2 mins	

## **SUMMARY:**

SOMMAN:			
Basic Skaters (Levels Pre-Alpha to Delta) can join the ff:	Freestyle Skaters (Levels Pre-Alpha to Delta) can join the		
	ff:		
Individual Events: Technical, Stroking, Solo Com,	Individual Events: Technical, Solo Com, Dramatic Spot,		
Dramatic Spot, Light Ent. Spot, Character Spot, Surprise	Light Ent. Spot, Character Spot, Surprise, Artistic,		
	Footwork, Interpretive, Ribbon, Hoop, Ball, Figures, Dance		
Partner Events: Jump and Spin, Couple Spot	Partner Events: Jump and Spin, Couple Spot, Couple,		
	Dance, Free Dance, Pair		
Team Events: All	Team Events: All		

## **PAYMENTS**

Once you have chosen the event you'd like to participate on, here's what to do next:

a. It's registration time! Ask your coach to fill out your registration form WITH you. It is the responsibility of the coach to oversee your registration. Invalid registration forms will not be accepted. Please demand for a copy of the sent registration form and payment from your coach, should it be your coach who will handle your registration for you. Download a copy of the form and fill it out, forms can be typed written or hand written. COMPLETELY and CAREFULLY fill out the form with the help of your coach. Do not forget to sign and to have your coach sign the registration form before submitting or else it will be tagged as an invalid entry. Email the form back to <a href="reg.skateph@gmail.com">reg.skateph@gmail.com</a>. You may settle your payment right away and email a copy of the transaction together with your form or you may also request for a billing statement. PLEASE NOTE: Once you have signed the registration form, it is understood that you also understand everything that is written in this Parents and Coaches Guide as well as the current ISI Asia rules and regulations for competitions. Please be guided by the following:

#### **REGISTRATION PAYMENTS:**

a. **REGISTRATION FEE:** 

Skate Philippines: First Event is Php3,500 and Php 1,800 for every succeeding event

Grandmaster Challenge: Php2,500 (individual) Php2,500 (couple event)

PROMO: Individual 2,200+Couple1,000

Open Freeskate: Php3,000 Php2,500(group/couple event)

b. ISI MEMBERSHIP FEE: You will also have to settle your ISI Asia Membership Fee or make sure it's updated if you are a member already. US Dollar payment only and it is to be deposited. Otherwise you may refer to <a href="https://isiasia.org/be our member/">https://isiasia.org/be our member/</a> and settle your payment directly. Not sure of your last level payment? Visit the website or download the ISI Asia App and search for the skaters name. We are just helping you out on this one, this is not part of Skate Philippines organizers duties. You may directly settle your payment with ISI Asia if you wish to do so.

c.1. Annual ISI Asia Membership Fee = \$26 c.2. \$10 x the number of level=

Example: Student Angel will be competing in the FS1 level. She will have to settle the amount of \$26 and  $($10 \times 6) = $86$ 

c. **MEDIA PASS:** Sorry there is none for this competition. We have a Media Partner that you may Pre Register your events. Contact Bhey Dela Cruz of iClick Photography (please see faceebok group post)

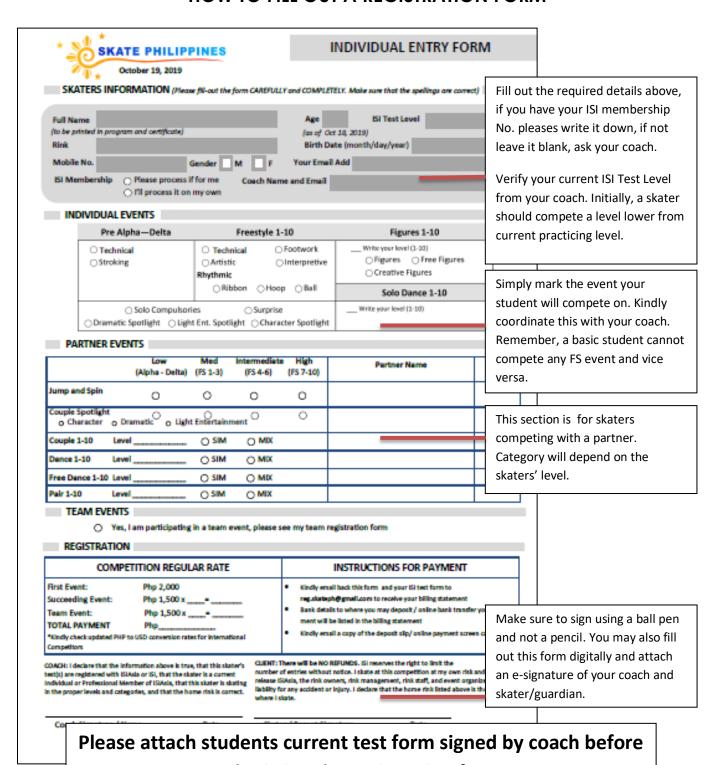
## REMINDER FOR OTHER CHARGES

- a. **PROGRAM MAKING FEE:** It's practice time! Don't forget to enroll for a Program Making Class under your coach. Each Program Making Enrollment is good for 1 program/musical event that the student will participate on. (Payment: SM management / cashier)
- b. MUSIC EDITING FEE: Php800 / music will be given directly to the coach in exchange for a soft copy file of the music or you may request for a practice cd, depending on your agreement. If in a cd, Music should be looped as this will be used for practice. Make sure to have a copy of the song on your device as backup. Music will be emailed to the organizers at <a href="mailto:skatephmusic@gmail.com">skatephmusic@gmail.com</a> Deadline for music submission is on: May 10, 2020 (Note: PLEASE WAIT FOR THE FINAL VER. OF THE SCHEDULE BEFORE SENDING). No CD's will be accepted on the day of the competition unless requested by the organizers in case of any technical difficulties on your music. Please make sure that music format is in .mp3. You or your coach may email the song. Please label the song accordingly THIS IS VERY IMPORTANT TO US (Event no. / Name/ Event Title/ Level/ Rink) Sample: Ev123 Angel Bonifacio Technical FS3 MOA (Payment: coach)
- c. **COACHES PROFESSIONAL FEE:** All coaches have a minimum Professional Fee of Php 800 for the first day and Php500 for the second day of <u>Students Competition Event</u>. Php500 for <u>Program Dry Run Practice</u> ("Spotting" as what coaches call it). Parents may opt to give the said fee before or after the performance. Program Spotting or Dry Run Practice is when; the student and coach will visit the competition venue and practice the whole program for rink familiarity. Payment for this may be given right after practice. Parents may opt to give more if they wish to but coaches should not demand for a higher rate, payment should be in cash form not in kind. Payment should be in pesos unless coach requests it to be in other currency but should be equivalent to Php500.

(Payment: coach)

- d. PARENTS PASS, CERTIFICATE, and BOOKLET: 2 weeks before the competition, we will be releasing 2 companion passes per skater. Please ask this from your coach. If you wish to tag along more people to come in and support, you may purchase a maximum of 2 extra passes for Php 100 peso each on the day of the event. Your certificate and booklet, will be distributed to your coach on the day of the competition. Please make sure that you bring your wrist tag on the day of the event. Otherwise you may only purchase 2 passes on the day of the competition. Please wear them upon entering. If you are wearing the wrist tag, you may directly enter otherwise; our friendly ushers will assist you in wearing your tags. Please bear with us, this is for safety purposes. (Payment: cashier or registration table on the day of the event at SM Mall of Asia)
- e. HAIR AND MAKE UP: Trusted and loved by many skaters for years! We have Nash who can assist you on the day of the event. Contact him at 09178393130. You may also visit his instagram account @makeupbyaljeal. Reserve a slot now for a hassle free prep on your skater's competition day!

## **HOW TO FILL OUT A REGISTRATION FORM**



## **REMINDERS**

Skate Philippines will be held at the SM Mall of Asia Ice Skating Rink on May 18-19, 2020 from 7:00am to 9:00pm. Competition days will depend number of signed up events. Please stay tuned with the date. All students are expected to be at the venue an hour before their warm up. Here's a checklist of all the things to bring:

- ✓ Skates (both pairs, yes it happens...)
- ✓ Costume/s and Mondor tights
- ✓ Music (or your coach can be in charge of it) save it in your device as backup
- ✓ Props
- ✓ Gloves, jacket, socks/stockings (parents, bring one set for yourselves too....you might feel cold as well)
- ✓ Hair and Make Up equipment (if needed)
- ✓ Extra sewing kit ( with fabric glue)
- ✓ First Aid / medicine kit
- ✓ Water and Food (it's better to be ready)
- ✓ Foldable chairs are okay (bring if needed, especially if you are coming later in the afternoon as seats are first come first serve)
- Please be informed that the SM Ice Skating Rink Staff and Management are NOT organizers of the event. Skate Philippines is a third party group that will be renting the rink and its facilities. Should you have any questions regarding the competition and its process, you may direct them to your coach or to any of the organizers. (See footer or last page for contact details)
- Please coordinate with your coach regarding mall entrance and parking area for those who will come in earlier than the mall's opening hours.
- Zamboni Practice schedule: You may directly coordinate with the management for a schedule or coordinate with your coach to help you reserve a slot. 1 week reservation in advance is advisable. There are 3 slots after each Ice resurfacing (Zamboni) depending on your rink. This is a first come first serve slot. Parent, student, or coach may reserve a slot. Costume might be required. It's best to just have one ready in your bag all the time.
- If your competitor needs an Invitation Letter or Excuse Letter, simply email <a href="mailto:skatephilippines@gmail.com">skatephilippines@gmail.com</a> with the following details: Name of Skater, Name of Coach, To who we should address the letter to, Schools name and address
- We have a clinic ready with first aid help and general medicine if needed. If you are facing the rink from the entrance, our clinic is located at the left hand side.
- Should you have any questions or concerns kindly directly coordinate with your coach first before going directly to the organizers. You're coach is responsible for all your needs. It is also their responsibility to coordinate with the organizers.
- Get yourself updated, have a chat with your coach regarding competition rules and regulations, judging system and all other rules if you do not have the latest ISI Handbook. Visit ISI Asia website to know more If you have any suggestions you may also directly email or contact us.

### **SCHEDULES TO LOOK OUT FOR:**

Zamboni Practice

Deadline of Submission of Registration form April 11, 2020– email reg.skateph@gmail.com

Competition Date May 30-31, 2020

Music Submission May 10, 2020 – email skatephmusic@gmail.com

Dry Run in Mall of Asia Coordinate with your Coach

Please coordinate at Management's office.

There are 3 slots after each Ice resurfacing (Zamboni) this is

A first come first serve slot. Parent, student, or coach may reserve a slot.