



Iowa Games

Saturday, July 25, 2020

The Iowa Games will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates that have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and who are currently registered member of a U.S. Figure Skating member club, a collegiate club or who is an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

ISI PROGRAM MEMBERS

If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

If you have passed ISI level -	Enter the USFS level -
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1
Advanced Pre-Alpha	Basic 2
Advanced Pre-Alpha	Basic 3
Alpha/Gamma	Basic 4
Beta	Basic 5
Gamma	Basic 6
Delta – Freestyle 1	Pre-Free Skate – Free Skate 6 (choose correct level based upon elements required)
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary
Freestyle 4 / Open Silver	Preliminary
Freestyle 5 / Open Silver	Pre-Juvenile
Freestyle 6 / Open Gold	Juvenile or Intermediate
Freestyle 7 / Open Platinum	Novice
Freestyle 8 / Open Platinum	Junior or Senior
Freestyle 9 / Open Platinum	Senior
Freestyle 10 / Open Platinum	Senior
Freestyle 2 / Open Bronze	Adult Pre-Bronze
Freestyle 3 / Open Bronze	Adult Bronze
Freestyle 4 / Open Silver	Adult Silver
Freestyle 5 / Open Gold	Adult Gold
Dance 3	Preliminary Dance
Dance 4	Pre-Bronze Dance



Dance 5	Bronze Dance
Dance 6	Pre-Silver Dance
Dance 7	Silver Dance
Dance 9	Pre-Gold Dance

SERIES INFORMATION: Medals presented to the top 3 winners in each event qualify for the 2021 State Games of America in Ames-Des Moines, IA.

ELIGIBILITY/TEST LEVEL:

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.

Age restrictions/requirements: Singles free skate events (Well Balanced Program) have the following requirements.

- Juvenile: Girls – 12 years or younger; Boys – 13 years or younger
- Open Juvenile: Girls – 13 years or older; Boys – 14 years or older
- Intermediate must be under the age of 18
- Adults must be 21 years or older

Skaters entering pre-juvenile and lower events will be divided as closely as possible by age, should the number of entries warrant more than one group.

ADULT EVENTS:

ADULT SKATERS: Please indicate your freestyle level on your entry form

Age classes for all free skate, dramatic entertainment and light entertainment events:

- Young Adult: 17 years through 20 years
- Class I: 21 years through 35 years
- Class II: 36 years through 45 years
- Class III: 46 years through 55 years
- Class IV: 56 years through 65 years
- Class V: 66 years and older

Age classes for all solo free dance and solo pattern dance events:

- Young Adult/Class I/II: 17 years through 45 years
- Class III/IV/V: 46 years and older

All age classes may be divided or combined depending on the number of entries and at the discretion of the Chief Referee and/or the competition committee. Men and ladies will be combined in Adult 1 through Adult Bronze free skate and compulsory moves (based upon the Adult Competition Series rules), Solo Dance, Solo Free Dance, Jumps, Spins, and Dramatic/Light Entertainment events. Men and ladies will not be combined in Adult Silver and higher free skate events. Athletes in Adult Silver and higher free skate events with no competitor of the same gender in another age class will be offered the opportunity to skate an exhibition for first place, skate up to the next higher level (if this provides a competitor) or be issued a refund. The Chief Referee reserves the right to request proof of age.

COMPETITION REGISTRATION:

ENTRIES:

EARLY Registration Deadline

\$90 Entry Fee for first event and \$30 for each additional event

Online: Monday, **May 4, 2020**

SECOND Registration Deadline

\$100 Entry Fee for first event and \$30 for each additional event

Online: **Tuesday, May 5 – Monday, June 8**

FINAL Registration Deadline

\$110 Entry Fee for first event and \$30 for each additional event

Online: **Tuesday June 9 – Monday July 6**

NO ON-SITE REGISTRATIONS WILL BE ACCEPTED

REFUND POLICY: Entry fees will not be refunded after July 6, 2020 unless no competition exists or the event 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 issued a \$25 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

SCHEDULE: Competitors may be scheduled on any day or time for the announced dates of the competition. The competition and practice ice schedule will be available after the close of entries. Notification of competition and practice ice times will be available online at www.amesfsc.org.

FACILITIES: The competition will be held at Ames/ISU Ice Arena 1507 Gateway Hills Park Drive, Ames, Iowa 50010. Separate male and female locker rooms will be available. A snack bar is available during the competition.
Rink Size 200x85

MUSIC SUBMISSION: The official competition music must be turned in by music upload by July 10, 2020. If there are any problems with the skater's music, you will be notified before the competition. Have a duplicate copy readily available on phone/MP3/etc. the day of the competition.
There will be no music played during competition practice ice.

LIABILITY: U.S. Figure Skating, Ames Figure Skating Club, Iowa Games and Ames/ISU Ice Arena 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 Majority Judging System will be used for all events.

The referee reserves the right to combine groups of similar ability, if entries warrant. Athletes are not required to be member of the USFSA to participate in State Games but must meet USFS eligibility requirements. Participants must be residents of the State of Iowa.

REGISTRATION: Registration will begin online through Entryeeze on May 4, 2020 and end July 6, 2020. There will be no on-site registrations accepted.

LOCKER ROOMS AND CHANGING AREAS:

Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only, will be labeled with regard to specific use and where identified will be gender specific. An exception can be made for athletes 11 years old and younger that will allow for one parent of the same sex to assist their child immediately prior to and after their skating event(s). Please review the Locker Room and Changing Area Policy and the SafeSport Handbook (both found on the U.S. Figure Skating SafeSport page).

PRACTICE ICE: ONE PRACTICE SESSION is included with your registration. Practice ice will be assigned by skating level. The competition schedule will be posted by July 17, 2020 and the practice ice schedule will be posted by July 23, 2020 at www.amesfsc.org.

AWARDS: Medals will be given for the first 3 places in each event.

OFFICIAL NOTICES: It is the responsibility of each competitor, parent and coach to check frequently for any schedule changes and/or additional information. Skaters are requested to arrive one hour prior to their event time. We reserve the right to run up to 45 minutes early of the scheduled time. A tentative schedule of events will be posted prior to the competition.

IMPORTANT NOTICE FOR ALL COACHES:

Coaches of U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2020-21 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaches of Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

*SafeSport training is available through <http://www.usfsaonline.org> for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

All coaches are verified through the U.S. Figure Skating database who are approved to receive 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.

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. There can be no exceptions to this policy.

For more information regarding Coach Compliance, please visit the [Coaches Requirements Chart](#).

CONTACT INFO: If you have questions, please contact Kelly Arnold via email at karnold577@gmail.com.

ADDITIONAL INFORMATION:

- Athletes will receive a colored T-shirt with their registration.

When you register the athletes, there is the option to upgrade to a dri-fit shirt for an additional \$12. The deadline to upgrade shirts is June 22, 2020. T-shirts will be available at the ice arena the day of the competition.

The Ames Figure Skating Club will be hosting a test session on July 24, 2020. For more information you can go to their website at www.amesfsc.org.

For further questions not answered in this announcement, please, refer to the Iowa Games website at <https://www.iowagames.org/event/summer-iowa-games/figure-skating/>.

SECTION 2: Events Offered:

**SEE CURRENT RULEBOOK OR U.S. FIGURE SKATING WEBSITE FOR CURRENT RULES
AND REQUIREMENT**

U.S. FIGURE SKATING EVENTS

SINGLES

[Excel Free Skate](#)

[Short Program](#) (2019-2020)

[Short Program](#) (2020-2021)

[Well Balanced Free Skate](#) (2019-2020)

[Well Balanced Free Skate](#) (2020-2021)

Combined – [SP](#) & [FS](#)

[Adult Singles Free Skate](#) (Adult Pre Bronze- Masters Jr/Sr)

[Adult Beginner & High Beginner Free Skate](#)

PARTNERED ICE DANCE

[Pattern Dance](#) (Pre-Juv.-Novice)

[Rhythm Dance](#) (Junior-Senior)

[Free Dance](#) (Pre-Juv.-Senior)

SPECIALTY

[Compulsory Moves](#) (No Test–Senior)

[Excel Compulsory Moves](#) (Excel Beg.–Excel Prelim.)

[Adult Compulsory Moves](#) (Adult Beginner–Masters Jr/Sr)

[Jumps Challenge](#) (Beginner–Senior)

[Adult Jumps Challenge](#) (Adult Beginner–Masters Jr/Sr)

[Spins Challenge](#) (Beginner–Senior)

[Adult Spins Challenge](#) (Adult Beginner–Masters Jr/Sr)

[Step Sequence](#) (Pre-Pre.–Senior)

[Adult Step Sequences](#) (Adult Pre-Bronze–Masters Sr)

[Moves in the Field](#) (Pre-Pre.–Senior)

[Adult Moves in the Field](#) (Adult Pre-Bronze–Masters Sr)

SHOWCASE

[Dramatic Entertainment](#) (No Test – Senior, Adult)

[Light Entertainment](#) (No Test – Senior, Adult)

[Duets](#) (No Test – Senior, Adult)

[Interpretive](#)

[Mini Production Ensemble](#)

[Production Ensemble](#)

SOLO DANCE

[Solo Pattern Dance](#) (not participating in series)

[Solo Pattern Dance](#) (participating in series)

[Solo Free Dance](#)

[Solo Combined Dance](#)

[Adult Solo Pattern Dance](#)

[Adult Solo Free Dance](#)

COMPETE USA EVENTS

Program (Snowplow Sam-FS 6)
Elements & Compulsory Moves (Snowplow Sam-FS 6)
Excel Compulsory Moves (Excel Beg.–Excel Prelim.)
Compete USA Showcase
Adult 1-6 Free Skate
Adult 1-6 Compulsory Moves
THERAPEUTIC EVENTS – Element & Program See below



THERAPEUTIC SKATING 2-12

Competition hosts can use the skills listed below to create either a elements or program event for Therapeutic competitors. If doing a program, music can be used and will be 1:10 max.

<p><u>Therapeutic 2</u></p> <p>A) Stand on ice B) Review falling and standing up C) March forward 4-5 steps D) Dip/moderate knee bend in place E) Forward two-foot glide from 3 marches</p>	<p><u>Therapeutic 8</u></p> <p>A) Forward outside edge on a circle – R & L (3 counts each) B) Forward inside edge on a circle – R & L (3 counts each) C) Forward crossovers – clockwise and counterclockwise D) Backward one-foot glide – R & L (4-5 counts each) E) Beginning two-foot spin – up to 2 revolutions</p>
<p><u>Therapeutic 3</u></p> <p>A) Forward two-foot glide from 5 marches B) Forward swizzles – 3 in a row C) Backward wiggle or walk – 3 in a row D) Beginning snowplow stop – one or two feet</p>	<p><u>Therapeutic 9</u></p> <p>A) Backward outside edge on a circle – R & L (3 counts each) B) Backward inside edge on a circle – R & L (3 counts each) C) Introductory forward outside 3-turn – R & L D) Backward crossovers – clockwise and counterclockwise</p>
<p><u>Therapeutic 4</u></p> <p>A) Scooter pushes – R & L, 3-4 each foot B) Forward one-foot glides – R & L C) Backward wiggles into backward two-foot glide – 3 counts D) Rocking horse – repeat twice</p>	<p><u>Therapeutic 10</u></p> <p>A) Forward outside 3-turn – R & L B) Backward alternating ½ swizzle pumps C) Side toe hop/Side stepping – R & L D) Two-foot spin – 2-3 revolutions E) Hockey stop – both directions</p>
<p><u>Therapeutic 5</u></p> <p>A) Backward swizzles – 3 in a row B) Two-foot turn, forward to backwards in place – clockwise and counterclockwise C) Curves D) Moving snowplow stop – one or two feet</p>	<p><u>Therapeutic 11</u></p> <p>A) Introductory forward inside 3-turn – R & L B) Moving two-foot turn, backward to forward, on a circle clockwise and counterclockwise C) Forward power stroking D) Two-foot to one-foot spin</p>

<p><u>Therapeutic 6</u></p> <p>A) Backward skating into backward two-foot glide – 5 counts</p> <p>B) Beginning forward stroking</p> <p>C) Forward ½ swizzle pumps on a circle – 3-4 consecutive, clockwise and counterclockwise</p> <p>D) Moving two-foot turn, forward to backward on a circle – clockwise and counterclockwise</p>	<p><u>Therapeutic 12</u></p> <p>A) Forward inside 3-turn – R & L</p> <p>B) Bunny hop, lunge, or shoot the duck – skater’s choice, R or L</p> <p>C) Forward spiral or forward extension on a straight line – R or L</p> <p>D) One-foot spin – 2 or more revolutions</p> <p>E) T-stop – R or L</p>
<p><u>Therapeutic 7</u></p> <p>A) Forward slalom</p> <p>B) Beginning backward one-foot glide, R&L (2 counts each)</p> <p>C) Backward ½ swizzle pumps on a circle – 3-4 consecutive, clockwise and counterclockwise</p> <p>D) Forward pivot – clockwise or counterclockwise</p> <p>E) Backward snowplow stop – R or L</p>	