

2009 ISI LAKE PLACID CHAMPIONSHIPS

Endorsed by the Ice Skating Institute # 1-9873-2009

January 15 – 18, 2009

Olympic Arena, Lake Placid, NY

Produced by Riverdale Ice – riverdaleice.com

SPECIAL EVENTS INCLUDED FOR 2009

TEAM POINTS ARE AWARDED FOR THESE EVENTS

SIT SPIN COMPETITION

This year the Lake Placid ISI Team Competition will be offering a sit spin competition. All skaters will do sit change sit, change sit, change sit, etc. until only one skater is left spinning. Skaters who do not remain in a sitting position may be disqualified. The winner will receive a trophy. This event is open to skaters of all levels.

SPIN COMPETITION

The purpose of the spin event is for skaters to focus on their fundamental spin technique and work on new and innovative spins. A program must have a total of 3 spins. The spins should be incorporated into a program that utilizes connecting steps and is set to music. There are no jumps over ½ rotation permitted in the program. No props allowed. This event is offered for Freestyle 1 – 10 skaters.

Duration:

Freestyle 1 – 4	1 Minute
Freestyle 5 – 10	1.5 Minutes

Limitations on moves:

Freestyle 1 – 4	No Flying Spins
All Levels:	No jumps over ½ rotation in connecting steps. Air rotation as part of a spin is not limited.

Judges Criteria:

Correctness	Originality	Rotation	Choreography	General Overall
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