



PRAIRIE POLAR BLAST 2023

Dear Coaches, Skaters, & Parents,

The Brookings Figure Skating Club and the Larson Ice Center invite you to participate in the 11th annual 2023 Prairie Polar Blast ISI Competition. This exciting event will be held February 25-26, 2023.

Please read over the enclosed information regarding the competition. This competition will be held in accordance with Covid-19 local city ordinances, ice center guidelines. Team liaisons will be notified of the Covid-19 procedures such as spectators, locker rooms etc.

If you have any questions, please contact:

Victoria Dubbelde (Assistant Competition Director)

Cell: 605-484-7815

or

E-Mail: victoria.dubbelde@gmail.com

Katie Bratberg(Competition Director)

Cell: 605-760-2029

Email: katie.bratberg2029@gmail.com

We look forward to seeing you at our competition!

Sincerely,

Victoria Dubbelde
BFSC Competition Chair

and

Katie Bratberg
BFSC Competition Director

PRAIRIE POLAR BLAST 2023

The competition is open to all levels - Tots through adults and will include the following events:

Tot – Delta Program	Spotlight Individual (Tot – Freestyle 10)
Freestyle 1 – 10	Compulsory (Tot – Freestyle 10)
Stroking (Pre Alpha – Freestyle 3)	Rhythmic (Freestyle 1 – 10)
Footwork (Freestyle 1 – 10)	Interpretive (Tot – Freestyle 10)
Open Freestyle Events	Artistic (Freestyle 1-10)
Jump & Spin Events	Spotlight Couples (Tot – Freestyle 10)
Team Compulsory (Freestyle 1 – 10)	Team Ensemble (Freestyle 1 – 10)
Family Spotlight	Synchronized Skating (Exhibition)

The age groupings will be determined by the Competition Director and will be dependent on the number of applications in each event. Events other than Programs or Solo Compulsory may be grouped into Low, Bronze, Silver, Gold, and Platinum. Whenever possible, there will be divisions for male and female skaters. In any event, where there is only one entry, the skater will compete against the book. The skater must earn 80% of the total possible points to receive first place. Less than eighty percent will receive second place. Competitors should list their age as of February 25, 2023.

ENTRIES

EntryEeze will be used for competition entries and for digital music upload. EntryEeze deadline is January 13, 2023. Late entries will include a \$25 late fee.

Each paper form will need to include a \$10 processing fee (per skater or per team). Paper entry deadline is January 13, 2023. Any paper forms must be signed by the skater, a parent or guardian, the skater's coach, and the skater's team liaison. Entry forms must be postmarked on or before January 13, 2023. A late fee of \$25.00 will be expected for entry forms postmarked after January 13, 2023. Entry forms received without the proper signatures will be returned.

Refunds WILL NOT be issued for any reason – ****Exception: full refunds will be given in the event the competition must be cancelled.****

COMPETITION DEADLINE: January 13, 2023
Entries post marked on January 13, 2023 or after must include
a \$25.00 late fee to process the registration

Mailing Address: Prairie Polar Blast
c/o Victoria Dubbelde
802 Candlewood Ln
Brookings, SD 57006

Questions: please contact
Victoria Dubbelde (BFSC Competition Chair) at 605-484-7815,
Email: victoria.dubbelde@gmail.com

Rules

This competition will be conducted in accordance with the guidelines contained in the current 2022 ISI Handbook. These publications may be obtained from the Ice Sport Industry. Rules pertaining to specific events are found under the descriptions of Individual Events.

CHECK IN AND REGISTRATION INFORMATION

All music should be uploaded to EntryEeze prior to February 1, 2023. The registration table will not be accepting CDs but skaters should have a backup copy on CD with them.

All competitors must register no later than 60 minutes prior to the scheduled program event. We reserve the right to hold events up to 30 minutes before their scheduled time.

ISI Judges

All those who judge ISI competitions must be certified at one of the following levels: Bronze, Silver, Gold or Synchro.

- * All judges must also have completed the most current ISI judge's update test.
- * All coaches (judges) must be current professional members.
- * No individual will be allowed to judge an event where a relative is a participant.
- * An individual may not be a competitor and judge in the same competition.
- * Each team must follow the participation guidelines, or the skaters may not compete.
- * All judges and coaches are required to have a valid District 10 credential to put skaters on the ice at the event.

<u>Number of Events:</u>	<u>Number of Judges</u>	<u>Judging Time</u>
1-10	1	2 Hours Each
11-21	2	2 Hours Each
22-32	3	2 Hours Each
33-44	4	2 Hours Each
45-55	5	2 Hours Each
56-66	6	2 Hours Each
67-77	7	2 Hours Each
78-88	8	2 Hours Each
89-100	9	2 Hours Each

Eligibility

Competition Events are open to any Individual Member of ISI whose membership is current, up to and including the date of the competition.

All competitors must compete at their highest test level passed and registered with the ISI National Office on or before January 13, 2023.

Members of other organizations are eligible & welcome to compete in ISI endorsed competitions as long as they are ISI Individual Members and have all their tests passed and registered with the ISI National Office. Skaters are expected to compete at their TRUE ability level and to uphold high ethical standards.

The chart below will help those USFS skaters wishing to participate in an ISI Competition:

<u>USFS Test Passed</u>	<u>May Compete No Lower Than:</u>
Pre Preliminary	Freestyle 3/Bronze
Preliminary	Freestyle 4/Silver
Sub-Juvenile	Freestyle 4/Silver
Juvenile	Freestyle 6/Gold
Intermediate	Freestyle 6/Gold
Novice	Freestyle 8/Platinum
Junior	Freestyle 8/Platinum
Senior	Freestyle 8/Platinum
Adult Pre-Bronze	Freestyle 2/Bronze
Adult Bronze	Freestyle 3/Bronze
Adult Silver	Freestyle 4/Silver
Adult Gold	Freestyle 5/Silver

*****These are minimum requirements. USFS Moves in the Field test levels have no bearing on any ISI Test Levels.**

ISI OPEN FREESTYLE EVENTS

USFS Skaters who have already passed pre preliminary, Adult Pre Bronze or any higher tests and wish to compete in ISI Freestyle events do not need to pass any previous ISI tests. They only must have passed Open Freestyle tests corresponding to their current USFS level.

ISI Freestyle skaters do not have to pass any additional test(s) to skate in the Open Freestyle Events at the corresponding test level below.

<u>If: Passed USFS Tests</u>	<u>If: Passed ISI Tests</u>	<u>Then: Open FS Level</u>
Pre Preliminary Adult Pre Bronze Adult Bronze	FS 1-3	Bronze Test Level
Preliminary Pre Juvenile Adult Silver	FS 4-5	Silver Test Level
Juvenile Intermediate Adult Gold	FS 6-7	Gold Test Level
Novice Junior Senior	FS 8-10	Platinum Test Level

VERIFICATION & POLICY FOR COMPETITION FORMS

The skating professional and Team Liaison **must both sign the entry form** to verify that the information on the form is correct and true. The information on the entry form must be accurate, complete, signed and mailed by the Team Liaison. Inaccurate and/or incomplete forms will be returned. Skaters must have an ISI number and the number and expiration date must be listed on the entry form. If the skater has applied for a number and has not yet received it, write “applied for” in the space that requires the skater’s ISI number. All forms must be signed by a current Professional Member. If signed by an expired or non-professional member, the form will be returned to the skater with a letter of explanation. The skater will have 5 days to return the form with the correct signature without incurring a late fee. Team Liaisons must include accurate mailing address, including zip codes, if they want to receive competition information at that address. Any false information provided will result in disqualification.

All entries must be mailed completed on EntryEze or mailed to the BFSC Competition Chair (Victoria Dubbelde) by the Team Liaison and **post marked no later than January 13, 2023.** Entries post marked after January 13, 2023 will be subject to a \$25 late fee. Forms must be mailed by the team liaison so every team knows: which members are competing, that the forms are completed correctly, and how many judging hours will be required.

PRACTICE ICE

The Larson Ice Center ice surfaces are Regulation Size ice sheets. Practice ice will be available for a fee of \$10.00 per 1/2 hour session. Practice ice registration forms with exact times will go out in Team Liaison packet and will also be posted on www.brookingsfsc.com. All practice ice will be sold on a first come, first served basis, with a limit of 15 skaters per session.

HOTEL ACCOMMODATIONS

Please use the following link to find the listing of hotel accommodations [Brookings, SD Hotels](#)

AWARDS

Individual Awards will be given to skaters placing 1st through 5th in their event.

Team Trophy to 1st, 2nd, 3rd highest total team points and may be dependent upon the number of teams participating.

Team points will be awarded for individual events as follows:

1 st Place	5 team points + 1 participation point
2 nd Place	4 team points + 1 participation point
3 rd Place	3 team points + 1 participation point
4 th Place	2 team points + 1 participation point
5 th Place	1 team point + 1 participation point
6 th Place	1 participation point

EVENTS

Tot - Delta Program:

Skaters will execute all compulsory moves listed in the ISI Handbook in a one-minute program WITH MUSIC.

All skaters in Pre-Alpha through Delta must add one additional maneuver from Freestyle 1 to their program. If the skater performs two Freestyle 1 maneuvers a deduction of 2.0 will be given under Additional Maneuver.

In Delta, the skater has a Choice-of-One maneuver listed in the manual. This means that only one maneuver should be performed. In case of misinterpretation of "Choice-of-One", the performance of the first maneuver will be graded.

Footwork: Freestyle 1 – 10

In footwork events skaters are grouped according to age & ability level and perform a program to music for one minute. The program should contain original footwork sequences. Emphasis should be given to clean edges and turns: the presentation should not resemble a Freestyle Program. ½ rotation jumps and spins less than three revolutions are permitted. Footwork programs must be different from the suggested dance step sequences found in the Appendix of the ISI Handbook. The penalty for performing an illegal maneuver will result in a grade of 2.0 under Variety of Turns & Edges.

Artistic: Freestyle 1-10

There are NO required moves in an Artistic program, but there are limitations. Emphasis should be placed on the creative and innovative design of a skating program. Strong edges, body positions, flow, music interpretation, rhythm, choreography, and artistry should be the main focus of an Artistic program.

<u>Test Levels</u>	<u>Duration</u>	<u>Maneuver Limitations</u>
FS 1-3/Open Bronze	1 & ½ Minutes	FS 4 & Below
FS 4-5/Open Silver	1 & ½ Minutes	FS 6 & Below
FS 6-7/Open Gold	2 Minutes	Any Maneuver
FS 8-10/Open Platinum	2 Minutes	Any Maneuver

Compulsory Event : Tot - Freestyle 10

There is NO music used for Compulsory Programs. After the skater has reached starting position on the ice, the announcer will say “Skater you may begin”. Skaters are no longer required to perform the selected maneuvers in a required order. Additional maneuvers such as any jump, spin, or gliding maneuver from a test level or any uncaptured moves, are not allowed. (This includes but is not limited to: bunny hops, lunges, toe taps, spirals, etc). In Pre Alpha, Alpha, and Beta levels, the quantity of swizzles, wiggles, strokes, and crossovers is not to be penalized. Only the quality of those maneuvers is judged.

****All compulsories will use full ice.**

<u>LEVEL</u>	<u>Maneuvers</u>	<u>Time Limit</u>
Tot 1	Proper Way to Fall*Proper Way to Get up*Marching While Moving	1 Minute
Tot 2	Two-Foot Jump in Place*Single Swizzle*Beginning Two-Foot Glide	1 Minute
Tot 3	Push and Glide Stroking* Dip* Forward Swizzle	1 Minute
Tot 4	Backward Swizzle*Two-Foot or One-Foot Snowplow Stop*Backward Wiggle	1 Minute
Pre-Alpha	Forward Swizzle*Two-Foot Glide*Backward Wiggle	1 Minute
Alpha	Forward Stroking*Right Forward Crossovers*1 Foot Snowplow Stop	1 Minute
Beta	Backward Stroking*Left Backward Crossovers*Right T-Stop	1 Minute
Gamma	Right Forward Outside 3-Turn*Left Mohawk Combo*Hockey Stop	1 Minute
Delta	Left Forward Inside 3-Turn*Bunny Hop*Forward Outside Edges	1 Minute
FS 1	Forward Arabesque*Two-Foot Spin*Waltz Jump	1 Minute
FS 2	Two Forward Arabesques*One-Foot Spin* Jump Sequence	1 Minute
FS 3	Salchow Jump*Change Foot Spin*Toe Loop or Toe Walley	1 Minute
FS 4	Loop Jump* Sit Spin * Flip Jump	1 Minute
FS 5	Axel * Lutz Jump * Camel Spin	1 Minute
FS 6	Split Jump * Double Salchow* Spin Combination W/ 3 Positions and change of foot	1 Minute
FS 7	2 Walleys in sequence *Double Toe Loop or Double Toe Walley* Flying Camel Spin	1 Minute
FS 8	Double Loop * Double Flip Jump* Camel-Jump-Camel Spin	1 Minute
FS 9	Double Lutz jump * Axel Double Loop Combination* Flying Camel Spin into a Jump Sit Spin	1 Minute
FS 10	Double Axel-Dbl Toe combination* Death drop*Triple Edge Jump	1 Minute

Interpretive Event: Tot- Freestyle 10

Skaters are **NOT ALLOWED** to be coached by instructors, parents or anyone else during this event. The emphasis of this event is on the skater's ability to choreograph and skate to music they have heard only three times. The emphasis is not on the difficulty of the maneuvers performed.

Test Levels

Tots- Delta

FS 1-3 /Bronze

FS 4-5 / Silver

FS 6-7/ Gold

FS 8-10/Platinum

Maneuver Limitations

FS 1 & Below

FS 4 & Below

FS 6 & Below

Any Maneuvers

Any Maneuvers

Freestyle Program: Freestyle 1 –10

All skaters in Freestyle 1-10 levels of competition are not allowed to perform an additional maneuver from a higher test level. The penalty score of 2.0 will be given under Extra Content for doing an illegal additional maneuver. Skaters will be limited to three attempts per required maneuver during programs, and as always, the best attempt will be judged. If the skater attempts the maneuver a fourth time, it will not be judged.

In Freestyle 3, 6, 7 and 8, certain maneuvers are listed under Choice of One. This means that only one of the maneuvers of the skater's choice may be performed. If more than one is performed, only the first maneuver will be graded.

Uncaptured gliding maneuvers jumps, and spins may be performed at any level unless specifically noted in the 2022 ISI Handbook.

The edges required in Freestyle 1 must be performed consecutively: Outside – Outside, then Inside – Inside or Inside – Inside, then Outside – Outside.

The dance step sequences in Freestyle 2, 3, 4, 5, 6, 7, 8 and 9 have a mandatory pattern for all ISI competitions as defined in the ISI Handbook.

Spotlight Solo Event: Tot – Freestyle 10

The Spotlight Solo event includes Character Solo, Light Entertainment, or Dramatic Solo. Skaters may choose to enter one or more of these events but must have a separate program for each.

Character Solo - the skater portrays a famous, easily recognizable character

Light Entertainment - the skater performs a lighthearted, vaudeville type program using music, dance and skating moves. (A light entertainment routine can portray a character but does not have to)

Dramatic Solo - an artistic theatrical performance by individual skaters that evokes an emotional response from the judges and audience. The skater's interpretation should create a mood that is enhanced by the style, creativity, costuming and props (optional). The overall impression at the conclusion of the performance should be that it was a dramatic performance, not lighthearted as in the light entertainment category.

Skaters in these categories will use music, costumes, and props (optional). Skaters will be grouped according to age and/or test level.

<u>Levels</u>	<u>Duration</u>	<u>Maneuver Limitations</u>
Tots-Delta/Low	1 Minute	FS 1 & Below
FS 1-3/Bronze	1 & ½ Minutes	FS 4 & Below
FS 4-5/Silver	1 & ½ Minutes	FS 6 & Below
FS 6-7/Gold	2 Minutes	Any Maneuver
FS 8-10/Platinum	2 Minutes	Any Maneuver

Spotlight Couples Event: Tot – Freestyle 10

<u>Event</u>	<u>Test Level</u>	<u>Duration</u>	<u>Maneuver Limitations</u>
Low	Tot-Delta	1 Minute	FS 1 & Below
Bronze	FS 1-3/Bronze	1 & ½ Minutes	FS 4 & Below
Silver	FS 4-5/Silver	1 & ½ Minutes	FS 6 & Below
Gold	FS 6-7/Gold	2 Minutes	Any Maneuver
Platinum	FS 8-10/Platinum	2 Minutes	Any Maneuver

******Please Note: Skaters may enter only 1 Couples Spotlight event!!!!**

Two skaters perform a routine that is entertaining, emotional or a portrayal of characters using costumes and props (optional). This event is divided into low to high for partner selections. Groups will be divided as registration warrants.

****ADDITIONAL SPOTLIGHT RULES****

Live props are not permitted. Props may not be flame or smoke oriented or of any substance that will alter the surface of the ice. No dry ice allowed.

The penalty for exceeding prop specifications will be a grade of 2.0 under the skater's Costume and Prop score. Penalties will be given for the following: 1. Altering the ice with any substances such as shaving cream, whipped cream etc. 2. Exceeding the 30 seconds allowed for entering and leaving the ice. 3. Exceeding the prop size guidelines, such as the skater's not being able to hand carry, push or lift the prop onto and off the ice by themselves. Entrances to the ice vary greatly from rink to rink. Props should be able to easily fit through a 35-inch-wide door. 4. Skaters are not permitted to exit the ice surface during their performance, this includes sitting on the surrounding barriers and dasher boards.

Rhythmic Skating:

Rhythmic skating events will be offered for skaters in FS 1- 10. This entertaining routine requires the use of one of the hand props listed below. The program should contain elements that employ the use of these props throughout the program. The skater must maintain control of their prop at all times. Spotlight entrance and exit rules apply. Props will not be allowed on the warmup.

Prop - Choice of one:

Hoop – Wood or plastic - it must be rigid, non-bending material. Diameter 2’7” – 2’11”.

Ball – Rubber or plastic – Diameter 7 ¾”

Ribbon Stick – Wood, Plastic, or Fiberglass. Length 20” – 30”.

Ribbon Length – 6’-9’

<u>Test Levels</u>	<u>Duration</u>	<u>Maneuver Limitations</u>
FS 1-3/Bronze	1 & ½ Minutes	FS 4 & Below
FS 4-5/Silver	1 & ½ Minutes	FS 6 & Below
FS 6-7/Gold	2 Minutes	Any Maneuver
FS 8-10/Platinum	2 Minutes	Any Maneuver

Jump & Spin Event: Tot – FS 10

A Jump & Spin team consists of any 2 skaters competing in the same category level but they do not have to be on the same test level. (See below) Category entered must be at the higher of the 2 skaters’ test levels. Only the technical accuracy of the maneuver is scored – not the difficulty level of the maneuver.

******Please Note: Skaters may enter only 1 Jump & Spin event!!!!**

<u>Event</u>	<u>Levels</u>	<u>Skater 1</u>	<u>Skater 2</u>
Low	Tot - Delta	2 foot hop OR Bunny hop	Two foot Spin.....(no other choice)
Bronze	FS 1-3	1/2 flip OR Toe Loop	Two Foot Spin...OR....1 Foot Spin
Silver	FS 4-5	1/2 Loop OR Axel	Sit Spin.....OR...Back Spin
Gold	FS 6-7	Dbl Salchow OR Dbl Toe Loop	Layback....OR....Flying Camel
Platinum	FS 8-10	Dbl Lutz OR Dbl Loop	Flying sit ...OR....Camel-Jump-Camel Spin

ADDITIONAL MANEUVERS OR CHOREOGRAPHY IS NOT ALLOWED – ONLY THE REQUIRED MANEUVERS ARE JUDGED. Skaters may use only preparation or set up steps.

No music is required for the team. All events may use a FULL Sheet of ice.

Stroking Event: Pre-Alpha – Freestyle 3

Skaters will be grouped by age and test level and will perform forward stroking and forward crossovers in both directions to music provided by the Competition Director. Forward crossovers are required on the end pattern for both directions. This event focuses on cleanness of edges, rhythm, posture, flex skating knee – flow (lilt), proper push offs (no toe picks) and extension of free leg. Skaters in the same age/level group will perform and be judged at the same time.

***There will be No Warmup for stroking events!!**

***Coaches may not assist their skater(s) during the stroking event!!**

TEAM EVENTS: (sign up using the Team entry form)

Ensemble Team

This event is open to groups of 3-7 skaters of all levels and ages.

Skaters will be judged on the entertainment and performance value of the program.

There are NO required maneuvers and no technical score, but skating maneuvers can be performed at any level.

The group must use the music, along with costumes and props, to enhance the theme of their program.

Duration is 3 minutes for all levels.

Family Spotlight (All Levels)

Two or more family members can perform an entertaining spotlight routine using costumes & props. If necessary, the event groupings are divided first by number of skaters and then by age groups and/or ability levels. Duration: 1.5 minutes.

Team Compulsory: Freestyle 1 –10

This event is open to skaters in Freestyle levels only. No skater at any Freestyle level is permitted to skate below their test level registered with the ISI National Office. Any skater may skate above their registered test level. (ie: a Freestyle 2 skater may skate on a Freestyle 4 team but not on a Freestyle 1 team).

Freestyle 1 - 5 teams consists of 6 skaters.

Freestyle 6 - 10 teams consists of 7 skaters.

Music is required. (Suggested time is 3 minutes, with a maximum of 3 & 1/2 minutes.)

Maneuvers must be performed in the order listed in the Test Standards.

Moves from a higher test level will receive a penalty score of 2.0 under correctness.

Maneuvers performed out of order will receive a penalty score of 2.0 under Correctness.

