The Niles Park District IceLand
42nd Annual
Sweetheart Open
ISI Team Competition
February 11 & 12, 2023

Entry Deadline
1-16-2023

Participants Receive Awards For All Events Skated!
Overall team trophies for 1st, 2nd, & 3rd places.

Events are offered to all ages -
Tots through Adults

Also included are spiral, spin, couples interp,
4 Person Jump & Spin Teams, and of course
ENSEMBLE ON THE SPOT!
Dear Skaters, Parents, and Coaches,

The Niles Park District IceLand invites you to participate in the 42nd Annual Sweetheart Open Team Competition. The Sweetheart Open Competition will be held on February 11 & 12, 2023 at Niles IceLand. All competitors will receive an award for each event skated as well as a competitor gift. We hope that you will support us in our endeavor by choosing to compete at the 42nd Annual Sweetheart Open Competition.

This year besides all the events you have come to know and love we have also added a 4 person Jump and Spin Event. Please see page 6 for full details.

This is an information packet with entry forms and everything you need to know about registration, compulsory skills, event descriptions and judges.

All entries may be emailed to: Aforbes@niles-parks.org
or mailed to:
Niles IceLand/Attn: Amy Forbes
8435 W. Ballard Rd. Niles, Il. 60714.

An initial competition schedule will be available no later than February 3, 2023. If you have any questions, please call Niles IceLand at 847-297-8010, and I will be happy to help you. The IceLand Staff looks forward to seeing you as a competitor in the 2023 Sweetheart Open.

Sincerely,
Amy Forbes
Skating Director
Niles IceLand
847-297-8010
Aforbes@niles-parks.org
DISTRICT 8 REFEREE PANEL

District 8 is proud to announce the continued success of the District Referee Panel & Committee

Currently in its 11th season the goal of this panel continues to ensure the consistency and quality to all District 8 competitions by enforcing the ISI guidelines and procedures.

The members of this panel have gone through training endorsed by the ISI national office. Each referee is a current ISI professional member, gold certified judge, and ISI Certified Referee.

Each competition will be supplied with a referee for the duration of their competition to ensure quality judging and rule interpretation.

In order to continue supplying each competition with qualified individuals, an additional $2 per competitor and $15 per team is added to each entry fee to support this program. (Some competitions include this fee in their registration fee.)

Thank you for supporting the district’s continued efforts to provide fair and positive experiences for all its skaters, parents and coaches.
The Niles Park District with Niles IceLand would like to invite you to the Sweetheart Open Competition on February 11 & 12, 2023 at Niles IceLand, 8435 W. Ballard Rd. in Niles, Illinois.

**Eligibility**

**Events are offered to all ages - Tots through Adults**

The competition is open to all skaters who are individual members of the ISI. Skaters should enter in the highest level passed and must be registered with ISI by January 15, 2023. USFS skaters are encouraged to participate in the ISI Open Freestyle test levels.

Enter the registration number and test level (competition level) in the appropriate areas on the competition entry form. The skating director and skater’s coach must verify the information with a signature at the bottom of the form. Incomplete or inaccurate forms will not be accepted.

*Skaters cannot compete if tests are not registered and ISI memberships are not current.*

Entry forms must be received by January 16, 2023. Niles IceLand reserves the right to limit the number of post entries. All entries may be e-mailed to Aforbes@niles-parks.org or mailed to 8435 W. Ballard Rd. Niles, Il. 60714.

**NOTE:** The competition will follow the new ISI Skaters and Coaches Handbook, the ISI Competitors Handbook and the ISI Judges Manual – Rule Revisions 2022 Edition, mandatory for all ISI competitors after September 1, 2022. Events are offered to all ages - Tots through Adults. We suggest that you and your skaters refer to the current publications, which are available from the ISI Office, phone 972-735-8800.

**Performance Rules**

All routines begin from a stationary position. The timing of a routine begins with ANY action after the music starts. There is a short warm-up before each division skates.

**Judges and Coaches**

In accordance to the ISI rules and regulations, ALL COACHES with participating skaters are REQUIRED to be ISI Professional Members. Any coach attending and/or signing a competitor’s registration form is expected to judge and be certified to judge at the appropriate level. Only certified judges may judge at the 2023 Sweetheart Open Competition. It is the responsibility of each skating director or team coach to ensure that a judge is provided for no less than (2) hour judging assignments per 1-10 events from their facility. Team points will be deducted if this requirement is not fulfilled. The competition director reserves the right to deny access to the competition ice door and hospitality room without proper coaching and judging credentials. All attending coaches must be current ISI professional members. Coaches will be contacted for judging times. Team points will be deducted from those teams who do not provide appropriate judges.

**Individual Entry Fees**

All first event entries are $65.00, each additional event will be the $15 per additional event. More events, more fun! Spread Eagle Event, Stroking Event, and Spiral Event, $10 when participating in a Leveled Solo Event or Open Freestyle Event.

All competitors receive a competitors gift. All competitors receive an award for events skated.

**Check-in and Registration**

Skaters must register one hour before the scheduled program event. CDs must be brought to the registration table during check-in. CDs should be labeled with the skaters name and level and can be picked up at the registration table after the event. There should only be one track on each CD. Skaters should ALWAYS have back-up CDs on hand. The schedule will be sent to the home ice rink and posted online at www.learntoskate.org

**Points and Awards – Come with your team!**

Participants in all events will earn participation and placement points for their home rink team. The team accumulating the most points will be the Overall Team Champion of our event. Niles IceLand is not eligible to win the team trophy. Awards can be picked-up at the awards table after the event results are posted. Team awards will be presented on the ice following the event. Tot events will be judged and placed accordingly. However, all tots will receive a participation award.

Individual, Partner and Group events will receive 1 Participation Point per entry (not per skater) in addition to the Placement Points Below:

1st Place = 5 Points
2nd Place = 4 Points
3rd Place = 3 Points
4th Place = 2 Points
5th Place = 1 Point

Synchro Teams, Production Teams, and Team Compulsory, entries will receive 5 Participation Points plus the Placement Points below:

1st Place = 25 Points
2nd Place = 20 Points
3rd Place = 15 Points
4th Place = 10 Points
5th Place = 5 Points

**Conversion Chart**

Skaters must pass the ISI tests to compete in any ISI competition event. Skaters who have only passed the following USFS tests should refer to the ISI Conversion Chart as follows:

- Pre-Preliminary—FS 3/Open Bronze
- Preliminary—FS 4/Open Silver
- Pre-Juvenile—FS 4/Open Silver
- Juvenile—FS 6/Open Gold
- Intermediate—FS 6/Open Gold
- Novice—FS 8/Open Platinum
- Junior & Senior—FS 8/Open Platinum
- Adult Pre-Bronze—FS 2/Open Bronze
- Adult Bronze—FS3/Open Bronze
- Adult Silver—FS 4/Open Silver
- Adult Gold—FS 5/Open Gold

Niles IceLand
42nd Annual Sweetheart Open
February 11 & 12, 2023
Endorsed by the ISI

Endorsement Number: 38502375
Entries Due: 1/13/23
Event Descriptions

Artistic
Skater performs a routine to music in which the emphasis is on strong edges, flow, choreography, innovative moves and music interpretation.

Footwork
Skaters perform footwork sequences of their own design to music.

Freestyle 1-10
A technical program routine to music with emphasis on the required test level maneuvers from the skater's current freestyle level.

Interpretive
Skaters listen to a selection of music while they mentally choreograph a routine to it. Emphasis is on the skater's ability to choreograph to music, not on the difficulty of the skating maneuvers performed.

Open Freestyle
This is a new Freestyle event category with no required maneuvers. Skaters should present a well-balanced program of jumps, spins, footwork and gliding maneuvers.

Pre-Alpha/Alpha/Beta/Gamma/Delta Solo
For these basic skills level programs, the skater performs a one-minute routine to music that emphasizes the required test level maneuvers from Pre-Alpha—Delta.

Special Skater 1-10
This category is for skaters of all ages who participate in the ISI Special Skater test program.

Figure 1-10
Regular figures are based on the original "school" figure eights. Skaters perform a required figure patterns 3 times on each foot. Judging is based on the size & shape of the circles, cleanliness of edges & pattern. All skaters must pass the required figure test to compete in these events. *See Figure page to see which pattern will be competed at each level.

Solo Free Dance 1-10
Skaters in the Solo Ice Dancing events must have the appropriate Ice Dancing tests passed and registered. The free Dance program should express the skaters' own inspiration and artistic capabilities.

Solo Compulsories (Tot-FS 10)
Three previously chosen maneuvers are performed in a mini-program with no music. Connecting steps are limited and not judged.

Solo Spotlight—Character
Individual skaters portray a famous, easily identifiable character through the use of music, costume, props (optional) and actions.

Solo Spotlight—Light Entertainment
Skaters entertain in a light, vaudeville fashion using music, costumes, (props optional), comedy, dance, and skating.

Tot 1-4 Solo (Skaters will be ranked)
Skaters in these beginning levels perform a one-minute program, set to music. The program should emphasize the required maneuvers for their test level. Tot events are usually for skaters six years or younger. Coaches can help skaters during this event.

Couples Spotlight (Low-Platinum)
Two skaters perform their routine that is entertaining, emotional, or a portrayal of characters using costumes and props (optional).

Jump & Spin (Low-Platinum)
Two skaters enter the ice as a team. The first skater performs a choice of a required jump two times, followed by the second skater performing a choice of a required spin two times.

Stroking
Skaters in Pre Alpha Level through Delta may participate in this event. Skaters will be grouped by level and be on the ice at the same time. Skaters will be asked to stroke in both the clockwise and counter clockwise directions. *New*- In all stroking events, forward crossovers are required on the end pattern and will be judged.

Ice Dancing 1-10—Solo
Skaters in the Solo Ice Dancing events must have the appropriate Ice Dancing tests passed and registered. *See Ice Dancing page to see which patterns will be competed at each level.

All entries may be e-mailed to Aforbes@niles-parks.org or mailed to 8435 W. Ballard Rd. Niles, Il. 60714.
NEW

4 Person Jump and Spin Event

This new event is meant for groups of skaters to have fun, little coach preparation required, show creativity, and show off each skater's best technical elements.

Skaters enter the ice as a team. The first skater performs their choice of a required maneuver two times, followed by the second skater performing their choice of a required maneuver two times, etc. Only the best attempt of each required element will be judged. Only the technical accuracy of the required jump/spin is judged; difficulty of the chosen element is not considered.

In addition to the teams technical score for elements skated, teams will also get one score for creativity and group choreography that should commence after taking the ice as a team and prior to exiting the ice after all team members have performed their element.

Teams will be allowed 30 seconds before doing their elements and another 30 seconds after completing their elements to show their creativity and group choreography.

Skaters may compete up a level but may not compete down.

The event guidelines and judging criteria will not be found in the ISI Handbook.

Competition Levels

**Low (Pre-Alpha—Delta)**
- Skater 1: 2-Foot Hop or Bunny Hop
- Skater 2: Waltz Jump
- Skater 3: 2-Foot Spin
- Skater 4: Forward Pivot

**Medium (Freestyle 1-3/Bronze)**
- Skater 1: 1/2 Flip or Toe Loop
- Skater 2: Waltz Jump or Salchow
- Skater 3: 2-Foot or 1-Foot Spin
- Skater 4: Pivot (Forward or Backward)

**Intermediate (Freestyle 4-5/Silver)**
- Skater 1: Half Loop or Axel
- Skater 2: Flip or Lutz Jump
- Skater 3: Sit Spin
- Skater 4: Backscratch Spin or Camel Spin

**High (Freestyle 6-10/Gold-Platinum)**
- Skater 1: Dbl Salchow or Dbl Toe Loop
- Skater 2: Split Jump or Opposite Jump
- Skater 3: Layback or Flying Camel
- Skater 4: Flying Sit Spin or Opposite Spin

Questions? Contact Amy Forbes at Aforbes@niles-parks.org or 847-297-8010.
Fun and Exciting CREATED events in 2023!!!

These events are considered a "created event" for this competition. The event guidelines and judging criteria will not be found in the ISI Handbook.

Couples Interpretive

Couples Interpretive Levels:
- **Low:** Alpha-Delta: FS 1 and Below maneuvers.
- **Bronze:** FS 1-3/Bronze: FS 4 and Below maneuvers.
- **Silver:** FS 4-5/Silver: FS 6 and Below maneuvers.
- **Gold:** FS 6-7/Gold: FS 8 & Below maneuvers
- **Platinum:** FS 8-10/Platinum: Any maneuvers.

* Levels are the same as couples spotlight.

*The penalty for not following the limitation on moves the skaters perform during the Couples Interpretive event will be the grade of 2.0 Choreography and Pattern.

*Skaters are not allowed to receive communication from instructors, parents, friends, or skaters other than their partner during this event.

*This event will run just as individual interpretive events run, but will be done with a partner.

*Safety is of our greatest concern. If a team is seen doing something during warm-up that the referee or judges deem unsafe, those skaters will be called to the ice door and told they cannot do that particular trick due to it's unsafe nature.

*It is highly recommended that coaches teach their skaters some couples elements or tricks so that they can use them during this event.

*Please refer to the ISI handbook for all Interpretive event rules. All of the same rules will apply to Couples Interpretive.

Ensemble On The Spot!

*Groups of 3 to 7 skaters will sign up as a team. Any level and any age may participate together in this event.

*Teams should assign one skater to be their team captain to lead the creative process. Captain will need an e-mail address and cell phone.

*Teams will get a piece of music, a box of props, a boom box and 15 minutes in a locker room to come up with a short ensemble routine.

*Teams will then get on the ice and get a 3 minute warm-up to warm-up any skills they plan to do in their program.

*Teams will then get their music played for them once on the ice so that they can practice what they have created in the locker room. Other teams may stay on the ice to practice together during this time.

*Teams will then exit the ice and the event will begin.

Teams will be judged on the following:
- Judges Appeal
- Artistic Impression
- Choreography and Pattern
- Creativity
- Interpretation
- General Overall

*There will be 3 judges and all will judge all of the criteria. Penalties will not be give for this event.

* It is highly recommended that teams practice together before the competition to different types of music and learn tricks that they can do together during the event.

*Safety is of our greatest concern. If a team is seen doing something during warm-up that the judges deem unsafe those skaters will be called to the ice door and told they cannot do that particular trick due to it's unsafe nature.

Spread Eagle Event FS 1 and Up

*Skaters should register for this event based on their ISI Open level.

*Skaters will perform any spread eagle (Inside or Outside edge), in any direction.

*Skaters will be judged on the spread eagle position and timed for length of time held.

*Skaters will go one at a time.

*There will a short warm-up.

Spirals

*Skaters should register for this event based on their ISI Open level.

*Skaters will perform a FORWARD Spiral on any edge.

*Skaters will be judged on the spiral position and timed for length of time held.

*Skaters will go one at a time.

*There will a short warm-up.

Spins

*Skaters should register for this event based on their ISI Open level.

*Skaters will perform the designated spin 2 times.

*The best attempt will be judged.

Required Spins by Level
- Low (Alpha-Delta) 2 Foot Spin
- Bronze-One Foot Spin
- Silver—Sit Spin
- Gold—Combination Spin with Change of Foot and Position (may start with a Flying Camel)
- Platinum—Death Drop
2023 Sweetheart Open Entry Form
Tot-Delta Levels

Entries due 1/13/23
Competition Dates: February 11 & 12, 2023

Skaters Information

Skater’s Name________________________________________ISI#____________________Gender (Circle) Female Male

Address________________________________ City________________________ State____ Zip_________________

Date of Birth____________________ Age as of 1/13/23__________ HomePhone________________________

Cell________________________ Contact E-Mail ______________________________

Primary Coach________________ Coach’s E-Mail_________________ Coach’s Phone________________

Are you an active USFS member who has competed at or above the Novice level at any USFS National Championships within the last two years?____________________ USFS #_________ Highest Test:_________

Tot-Delta Events—(Circle the box for each event) Highest ISI Test: __________

<table>
<thead>
<tr>
<th>SOLO</th>
<th>SOLO COMPULSORIES</th>
<th>INTERPRETIVE</th>
<th>SPOTLIGHT</th>
<th>STROKING</th>
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<td>Character ___</td>
<td>Light Entertainment___</td>
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</table>

Per the current ISI handbook, Alpha-Delta skaters can be combined for interpretive, spotlight, and stroking events.

Couples Events—(Circle the box for each event)

Jump & Spin Low Couples Interp Level Couples
Low (Pre-Alpha-Delta) Low (Pre-Alpha-Delta)

Partner____________________________ Partner:____________________________ Partner:____________________________

I skate this competition at my own risk for (your rink name):

Skater Signature:______________________________________________

I am an active USFS member who has competed at or above the Novice level at any USFS National Championships within the last two years?____________________

Entry Fees

Single Event Entry $65
Each Additional Event $15

Number of Additional Events X $15 =

Spiral Event X $10 =

Stroking Event X $10 =

Total Events Total Amount____

Credit Card #:____________________________________________

Expiration Date:________________________________

All entries may be e-mailed to Aforbes@niles-parks.org or mailed to 8435 W. Ballard Rd. Niles, IL 60714.
2023 Sweetheart Open Entry Form
Special Skater
Hockey Events
Entries due 1/13/23
Competition Dates: February 11 & 12, 2023

Skaters Information
Skater’s Name________________________________________ISI#____________________Gender (Circle)   Female       Male
Address_________________________________City____________________State____________Zip_______________________________
Date of Birth___________________Age as of  1/13/23______________HomePhone___________________________________________
Cell__________________________________________Contact E-Mai________________
Primary Coach__________________________Coach’s E-Mail________________________Coach’s Phone________________________
Are you an active USFS member who has competed at or above the Novice level at any USFS National Championships within the last two years?______________________

Highest ISI Test: _________

Special Skater Events—(Circle the box for each event)

<table>
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<tr>
<th>SOLO</th>
<th>SOLO COMPULSORIES</th>
<th>INTERPRETIVE</th>
<th>SPOTLIGHT</th>
<th>STROKING</th>
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<tbody>
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</table>

I skate this competition at my own risk for (your rink name):
__________________________________________________

Skater Signature:___________________________________

Parent or Guardian
Signature:___________________________________________

Skating Director’s
Verification:________________________________________

Coach’s Verification:________________________________

Coach’s ISI Number:________________________________

Are you an ISI certified judge?______Level:

Entry Fees
Single Event Entry $65
Each Additional Event $15
First Event $65.00

Number of Additional
Events _______ X $15 = _______

Spiral Event _______ X $10 = _______

Stroking Event _______ X $10 = _______

ISI District 8 Referee Fee $2 = _______

Total Events _______ Total Amount_______

Credit Card #:_____________________________________
Expiration Date:____________________________________

All entries may be e-mailed to Aforbes@niles-parks.org or mailed to 8435 W. Ballard Rd. Niles, Il. 60714.
2023 Sweetheart Open Entry Form

Freestyle Levels

Entries due 1/13/23

Competition Dates: February 11 & 12, 2023

Endorsement Number: 38502375

Skaters Information

Skater’s Name________________________________________ISI#__________________Gender (Circle) Female Male

Address________________________________City____________________State____________Zip_______________________________

Date of Birth___________________Age as of 1/15/22_________________Home Phone___________________________________________

Cell__________________________Contact E-Mail__________________________

Primary Coach__________________________Coach’s E-Mail__________________________Coach’s Phone__________________________

Are you an active USFS member who has competed at or above the Novice level at any
USFS National Championships within the last two years?______________________ _ USFS #_________ Highest Test:________

Freestyle Events—(Circle the box for each event) Freestyle Level: __________

<table>
<thead>
<tr>
<th>SOLO</th>
<th>ARTISTIC</th>
<th>SPIN EVENT</th>
<th>CHARACTER SPOTLIGHT</th>
<th>SPIRAL EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOOTWORK</td>
<td>INTERPRETIVE</td>
<td>SOLO COMPULSORIES</td>
<td>LIGHT-ENTERTAINMENT SPOTLIGHT</td>
<td>SPREAD EAGLE</td>
</tr>
</tbody>
</table>

OPEN FREESTYLE SOLO EVENT
(Circle Event)

PLAT. SHORT PLAT. PLAT. PLUS GOLD SHORT GOLD LONG SILVER BRONZE

Couples Events—(Circle the box for each event)

Couples Spotlight Partner__________________________Level___________________

Couples Interp Partner__________________________Level___________________

Jump & Spin Partner__________________________Level___________________

I skate this competition at my own risk for (your rink name):
__________________________________________________

Skater Signature:___________________________________

Parent or Guardian
Signature:__________________________________________

Skating Director’s
Verification:_______________________________________

Coach’s Verification:________________________________

Coach’s ISI Number:__________________________________

Are you an ISI certified judge?________ Level:__________

Entry Fees
Single Event Entry $65
Each Additional Event $15

First Event $65.00

Number of Additional Events X $15 =

Spread Eagle Event X $10 =

Spiral Event X $10 =

ISI District 8 Referee Fee $2 =

Total Events ________ Total Amount________

Credit Card # ________________________________

Expiration Date:______________________________

All entries may be e-mailed to Aforbes@niles-parks.org or mailed to 8435 W. Ballard Rd. Niles, IL 60714.
2023 Sweetheart Open Entry Form

Figures and Dance Entry

Entries due 1/13/23

Competition Dates: February 11 & 12, 2023

Skaters Information

Skater’s Name ___________________________ ISI#__________________ Gender (Circle) Female  Male

Address ____________________________ City____________________ State____________ Zip_______________________________

Date of Birth___________________ Age as of 1/15/22________________ HomePhone______________________________

Cell______________________________ Contact E-Mail_________________

Primary Coach________________________ Coach’s E-Mail_____________________ Coach’s Phone_____________________

Are you an active USFS member who has competed at or above the Novice level at any USFS National Championships within the last two years?_________________________ USFS #___________ Highest Test:____________

Figure Events/Figure Level

<table>
<thead>
<tr>
<th>Figure 1</th>
<th>Figure 2</th>
<th>Figure 3</th>
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<th>Figure 7</th>
<th>Figure 8</th>
<th>Figure 9</th>
<th>Figure 10</th>
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<tbody>
<tr>
<td>Forward Inside Eight</td>
<td>Forward Outside Three to Center</td>
<td>Right Forward Outside Three</td>
<td>Forward Inside Loop</td>
<td>Backward Outside Loop</td>
<td>LFO One Foot Eight</td>
<td>RFO Paragraph Three</td>
<td>RFO Rocker</td>
<td>RFO Paragraph Loop</td>
<td>LFO Rocker Double Three</td>
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</table>

Solo Dance Events/Level

<table>
<thead>
<tr>
<th>Dance 1</th>
<th>Dance 2</th>
<th>Dance 3</th>
<th>Dance 4</th>
<th>Dance 5</th>
<th>Dance 6</th>
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<tbody>
<tr>
<td>Chasse Sequence</td>
<td>Dutch Waltz</td>
<td>Rhythm Blues</td>
<td>Fiesta Tango</td>
<td>Hickory Hoedown</td>
<td>Fourteen Step</td>
<td>Rocket Foxtrot</td>
<td>Killian</td>
<td>Paso Doble</td>
<td>Viennese Waltz</td>
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</tbody>
</table>

Solo Free Dance Level:

I skate this competition at my own risk for (your rink name):

__________________________________________________

Skater Signature:___________________________________

Parent or Guardian Signature:___________________________________

Skating Director’s Verification:___________________________________

Coach’s Verification:___________________________________

Coach’s ISI Number:___________________________________

Are you an ISI certified judge?_________Level:____________

Credit Card # ____________________________________________

Expiration Date:___________________________________

Endorsement Number: 38502375

Dance and Figure Entry Fees

Single Event Entry—If 1st entry-$65
As an Additional Event $15

First Event $65.00

Number of Additional Events ________ X $15 = ____________

ISI District 8 Referee Fee $2 = ____________

Total Events ________ Total Amount ____________

All entries may be e-mailed to Aforbes@niles-parks.org or mailed to 8435 W. Ballard Rd. Niles, IL 60714.
Name of Team 2022-2023 ISI Team # for Synchro Teams

Team Contact Phone # Email

ISI Administrative Member Facility Team Represent

Team Mailing Address City State Zip

Coach

ISI Professional# Ex. Date ISI Certification Level
Phone Email

Coach

ISI Professional# Ex. Date ISI Certification Level
Phone Email

Team Division:

Ensemble Synchronized Formation

Team Compulsory Team Synchronized Skating

Production Team Synchronized Dance

Theatre Production Team Advanced Formation Synchronized

Synchronized Skating Open

Age Category: (age as of July 1, 2022)

Tots Jr. Youth
Youth Sr. Youth
Teen Adult

CREATED EVENT—ENSEMBLE ON THE SPOT

*NEW EVENT: 4 Person Jump & Spin Team: Low Medium Intermediate High

This team has competed in a USFS National Event at the Novice or above level in the past 2 years: Yes No

Team Entry Fees: $17 per member and an additional $15 team referee fee. Make checks payable to Niles Park District. Entries must be postmarked by January 13, 2023. After January 13, 2023, the entry fee will double and all late entries must be approved by the Competition Director. There are ABSOLUTELY NO REFUNDS AFTER JANUARY 13, 2023. $25 penalty for checks returned by the bank.

Send Registration to the address above or e-mail with payment to Aforbes@niles-parks.org

Total Number of Skaters on Team: ______ X $17 plus $15 Team Referee Fee = Total

ENSEMBLE ON THE SPOT TEAM FEES—$17 Per team member.

Total number of skaters on team: ______X$17 = ________.

*There will be no D8 Referee fee for this event.*

All entries may be e-mailed to Aforbes@niles-parks.org or mailed to 8435 W. Ballard Rd. Niles, IL 60714.
2023 Sweetheart Open Team Entry Form

<table>
<thead>
<tr>
<th>TEAM NAME</th>
<th>TEAM DIVISION</th>
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<tbody>
<tr>
<td>Skaters Name</td>
<td>ISI #</td>
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All entries may be e-mailed to Aforbes@niles-parks.org or mailed to 8435 W. Ballard Rd. Niles, IL 60714.
ICE-SKATING PROGRAM WAIVER & RELEASE

IMPORTANT INFORMATION

The Niles Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Niles Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants’ safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for ice-skating activities. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Ice-skating is intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to head injury, neck or back injury, wrist and ankle fractures, and other orthopedic injuries to limbs and joints. All hazards and dangers cannot be foreseen. The very nature of ice-skating is risky, including but not limited to slip and falls, colliding with other players of varying degrees of skill (including being struck from behind), tripping on irregular ice surfaces, cuts from skate blades, inadequate or defective equipment, ill-fitting skates, failure in supervision or instruction, horseplay, carelessness, poor technique, poor conditioning, rule violations, striking a stationary object, premises defects outside the rink, and all other risks inherent to the sport of ice-skating. In this regard, it must be recognized that it is impossible for the Niles Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Niles Park District, including its officials, agents, volunteers and employees.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

PLEASE PRINT

Date

Participant’s Name

Participant’s Signature (18 years or older or Parent/Guardian)

PARTICIPATION WILL BE DENIED
If the signature of adult participant or parent/guardian and date are not on this waiver.

THIS WAIVER MUST BE RETURNED WITH YOUR COMPETITION ENTRY.

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Compulsory Skills

In the compulsory event, skaters perform three pre-selected maneuvers in any order in a pre-choreographed program with a minimum number of connecting steps between each maneuver. Only the first attempt of each maneuver is judged. Tots through Freestyle 5 are limited to one minute. Freestyle 6 through Freestyle 10 are limited to one minute and thirty seconds. Tots through Freestyle 5 will use half of the ice; Freestyle 6-10 will use the full ice.

Note: Penalties will be given for not following limitations on moves or performing an incorrect maneuver. Note: There is no penalty given for the quantity of swizzles, wiggles, strokes or crossovers in the Tot-Beta levels. Only the quality of these maneuvers is judged.

The following compulsory maneuvers are in each level of competition:

<table>
<thead>
<tr>
<th>Level</th>
<th>Manuevers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tot 1</td>
<td>Marching in Standing Position, Proper Way to Fall, Proper Way to Get Up</td>
</tr>
<tr>
<td>Tot 2</td>
<td>Two-Foot Jump In Place, Forward Swizzle Standing Still, Beginning Two-Foot Glide</td>
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<tr>
<td>Tot 3</td>
<td>Push &amp; Glide Stroking, Dip, Forward Swizzle</td>
</tr>
<tr>
<td>Tot 4</td>
<td>Backward Swizzle, Two Foot or One Foot Snowplow Stop, Backward Wiggle</td>
</tr>
<tr>
<td>Pre Alpha</td>
<td>One Foot Glide, Forward Swizzle, Backward Swizzle</td>
</tr>
<tr>
<td>Alpha</td>
<td>Forward Stroking, Left Over Right Forward Crossovers, One Foot Snowplow Stop</td>
</tr>
<tr>
<td>Beta</td>
<td>Backward Stroking, Left T-Stop, Left Over Right Backward Crossovers</td>
</tr>
<tr>
<td>Gamma</td>
<td>Hockey Stop, Right Forward Outside Three Turn, Left Forward Inside Open Mohawk Combination</td>
</tr>
<tr>
<td>Delta</td>
<td>Left Forward Inside Three Turn, Forward Inside Edges, Lunge or Shoot the Duck</td>
</tr>
<tr>
<td>FS 1</td>
<td>Forward Spiral, Two-Foot Spin, Waltz Jump</td>
</tr>
<tr>
<td>FS 2</td>
<td>One Foot Spin, One Half Lutz, Jump Combination-Waltz Jump, Tap Toe, Half Flip</td>
</tr>
<tr>
<td>FS 3</td>
<td>Change Foot Spin, Toe Loop Jump or Toe Walley Jump, Salchow Jump</td>
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<tr>
<td>FS 4</td>
<td>Sit Spin, Flip Jump, One Half Loop Jump</td>
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<tr>
<td>FS 5</td>
<td>Camel-Sit-Upright Spin, Axel Jump, Lutz Jump</td>
</tr>
<tr>
<td>FS 6</td>
<td>Spin Combination w/ 3 positions and a change of foot, Double Salchow Jump, Split Jump</td>
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<tr>
<td>FS 7</td>
<td>Spin Combination with Change of Foot and Position, Double Toe loop Jump, Right Forward Inside Counter; Left Forward inside Counter; Left Back Inside Rocker; Dance Step Sequence</td>
</tr>
<tr>
<td>FS 8</td>
<td>Camel Jump Camel Spin, Double Loop Jump, Left Backward Inside bracket; Dance Step Sequence</td>
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<tr>
<td>FS 9</td>
<td>Flying Camel Spin into a Jump Sit Spin, Double Lutz Jump, Double Axel</td>
</tr>
<tr>
<td>FS 10</td>
<td>Death Drop, Triple Edge Jump, Double Axel/Double Toe Loop Jump Combination</td>
</tr>
</tbody>
</table>

Special Skater Compulsory Maneuvers

Special Skater 1 - Fall, Get Up, March In Place
Special Skater 2 - F-Swizzle, Two-Foot Glide, Teapot dip)
Special Skater 3 - F- Swizzles, Scooter Push, B- Wiggles
Special Skater 4 - T-position Push, One Foot Swizzles, Forward Crossovers Standing Still
Special Skater 5 - Forward stroking, Snow Plow Stop, R-over-L Forward Crossovers

Special Skater 6 - Two Foot Turn F to B, F -One Foot Glide on a Curve, L- One Foot B-Swizzles
Special Skater 7 - B-Stroking, Choice of Stop, L-over-R B Crossovers
Special Skater 8 - R-F-I- Mohawk, L-F-I-Mohawk, RBO Edge on a Curve
Special Skater 9 - R-F-O- Three Turn, L-F-O-Three turn, Choice of Stop
Special Skater 10 - Bunny Hop, Lunge, L-F-I-Three Turn

All entries may be e-mailed to Aforbes@niles-parks.org or mailed to 8435 W. Ballard Rd. Niles, Il. 60714.
### Figures Skills

<table>
<thead>
<tr>
<th>Figure</th>
<th>Description</th>
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<tbody>
<tr>
<td>Figure 1</td>
<td>Forward Inside Eight</td>
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<tr>
<td>Figure 2</td>
<td>Forward Outside Three to Center</td>
</tr>
<tr>
<td>Figure 3</td>
<td>Right Forward Outside Three</td>
</tr>
<tr>
<td>Figure 4</td>
<td>Forward Inside Loop</td>
</tr>
<tr>
<td>Figure 5</td>
<td>Backward Outside Loop</td>
</tr>
<tr>
<td>Figure 6</td>
<td>LFO One Foot Eight</td>
</tr>
<tr>
<td>Figure 7</td>
<td>RFO Paragraph Three</td>
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<tr>
<td>Figure 8</td>
<td>RFO Rocker</td>
</tr>
<tr>
<td>Figure 9</td>
<td>RFO Paragraph Loop</td>
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<tr>
<td>Figure 10</td>
<td>LFO Rocker Double Three</td>
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</tbody>
</table>

### Dance Skills

<table>
<thead>
<tr>
<th>Dance</th>
<th>Description</th>
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<tbody>
<tr>
<td>Dance 1</td>
<td>Chasse Sequence</td>
</tr>
<tr>
<td>Dance 2</td>
<td>Dutch Waltz</td>
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<tr>
<td>Dance 3</td>
<td>Rhythm Blues</td>
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<tr>
<td>Dance 4</td>
<td>Fiesta Tango</td>
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<tr>
<td>Dance 5</td>
<td>Hickory Hoedown</td>
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<tr>
<td>Dance 6</td>
<td>Fourteen Step</td>
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<td>Dance 7</td>
<td>Rocket Foxtrot</td>
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<td>Dance 8</td>
<td>Killian</td>
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<tr>
<td>Dance 9</td>
<td>Paso Doble</td>
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<tr>
<td>Dance 10</td>
<td>Viennese Waltz</td>
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</tbody>
</table>

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Complete this form and mail to:

Niles IceLand
8435 W. Ballard Rd.
Niles, IL 60714
Attention: Amy Forbes

Name__________________________________________________________

Home Rink_________________________________________________________________

Address___________________________________________________________________

Phone________________________ E-Mail__________________________

City__________________________________________State_________________________

Zip________________________

Check the following divisions in which you are qualified to judge:

Alpha-Delta_______        FS 1 thru FS 5_______        FS 6 and Up_______
Footwork_______        Music Interpretation_______
Team Compulsories_______        Synchronized Skating_______ Production_______

Have you ever judged at any other ISI Team Competitions?_______

Are you a current ISI Professional Member?_______        ISI Number________________

Are you an ISI Certified Judge?_______
If so, what level?
_________________________________________________________________________

Coach’s Signature________________________________________________________