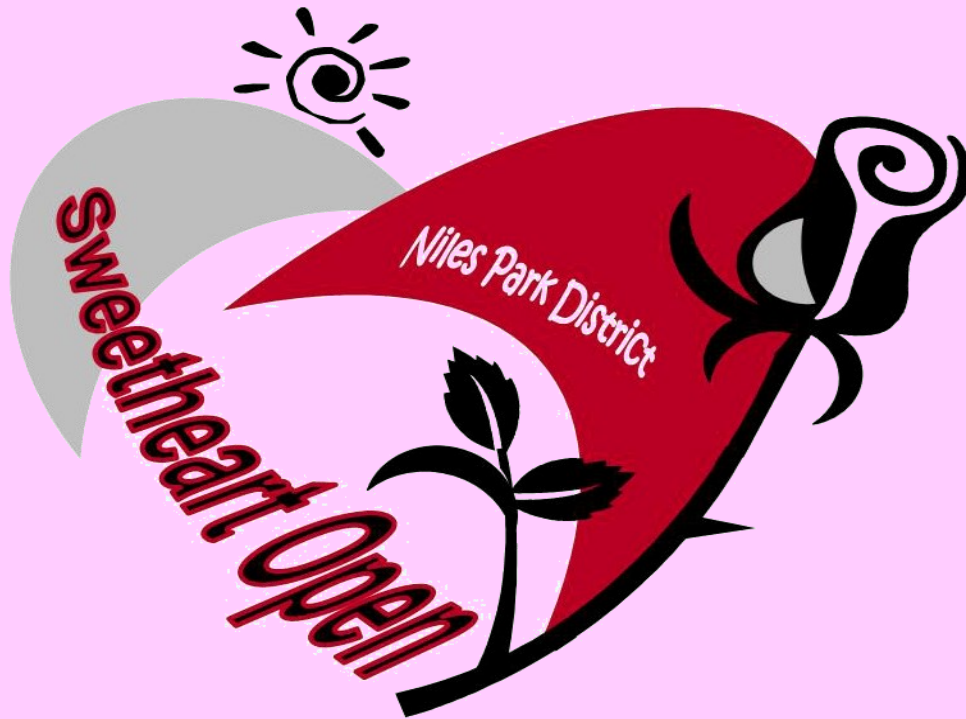




Niles Park District
8435 W. Ballard
Niles, IL 60714
Phone: 847-297-8010
Fax: 847-298-5768
Endorsement #: 38502587

The Niles Park District IceLand
43rd Annual
Sweetheart Open
ISI Team Competition
February 10 & 11, 2024

ENTRY DEADLINE: January 10, 2024



Events for ALL Ages—Tot Through Adult!
All ISI Events Offered, Plus Many Created Events!



2024 Sweetheart Open

November 2023

Dear Skaters, Parents, and Coaches,

The Niles Park District IceLand invites you to participate in the 43rd Annual Sweetheart Open Team Competition. The Sweetheart Open Competition will be held on February 10 & 11, 2024 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 43rd Annual Sweetheart Open Competition.

This year besides all the events you have come to know and love we have also added a Creative Jump and Spin Team Event. Please see page 7 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 2, 2024.

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 2024 Sweetheart Open.

**Sincerely,
Amy Forbes
Skating Director
Niles IceLand
847-297-8010
Aforbes@niles-parks.org**





2024 Sweetheart Open

Eligibility & Information

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 10, 2024. 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. Competitor's names and ISI numbers will be submitted to ISI prior to the competition.

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

Entry forms must be received by January 10, 2024. 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

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 & 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.

Check in & 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



2024 Sweetheart Open

Team Points & USFS Conversion Chart

Points & 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. 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 Point

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

Entry Deadline: January 10, 2024



2024 Sweetheart Open

Event Descriptions

Solo Events

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.

Solo Spotlight—Dramatic Skaters entertain in a theatrical performance that sets a mood and evokes an emotional response.

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.

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.

Rhythmic—Ball, Hoop, or Ribbon The skater chooses only one rhythmic prop per routine (ball, hoop or ribbon) and must maintain control of the prop at all 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.

Couple Events

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



2024 Sweetheart Open

Event Descriptions—Created Events

Created Events—Solo/Couples Events

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 its 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.

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. Skater will be judged on the spread eagle position and timed for length of time held. Skaters will go one at a time and there will be 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. Skater will be judged on the spiral position and timed for length of time held. Skaters will go one at a time. There will be 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

Rules and Guidelines for Created Events will NOT be found in the ISI Handbook.



2024 Sweetheart Open

Event Descriptions—Created Events

Created Events—Teams

Creative Jump & Spin Teams

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

4 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:

<u>Low (Pre-Alpha—Delta)</u>	<u>Medium (FS 1-3/Bronze)</u>	<u>Intermediate (FS 4-5/ Silver)</u>	<u>High (FS6-10/Gold- Platinum)</u>
Skater 1: 2-Foot Hop or Bunny Hop Skater 2: Waltz Jump Skater 3: 2-Foot Spin Skater 4: Forward Pivot	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)	Skater 1: Half Loop or Axel Skater 2: Flip or Lutz Jump Skater 3: Sit Spin Skater 4: Backscratch Spin or Camel Spin	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 or Opposite Spin

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 given 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.

Rules and Guidelines for Created Events will NOT be found in the ISI Handbook.



2024 Sweetheart Open

Events Offered & Event Pricing

Event	1 st Event	Additional Events
Tier 1 Events		
Solo (Tot 1-4, Special Skater, Pre Alpha-Delta, FS 1-10)	\$75	\$20
Solo Compulsory (All Levels)	\$75	\$20
Open Freestyle—Bronze, Silver, Gold, Platinum	\$75	\$20
Spotlight—Light Ent., Character, Dramatic (All Levels)	\$75	\$20
Artistic (FS 1-10)	\$75	\$20
Footwork (FS 1-10)	\$75	\$20
Couples Spotlight (Low, Bronze, Silver, Gold, Platinum)	\$75	\$20
Rhythmic Skating—Ribbon, Ball, Hoop (FS 1-10)	\$75	\$20
Ice Dancing (Solo & Free Dance) / Figures 1-10	\$75	\$20
Hockey Skating / Hockey Shooting	\$75	\$20
Tier 2 Events		
Interpretive (All Levels)	\$75	\$10
Stroking (Alpha-Delta, Special Skater)	\$75	\$10
Spiral (Alpha-Delta, FS 1-10)	\$75	\$10
Spin Event (FS 1-10)	\$75	\$10
Jump & Spin (All Levels)	\$75	\$10
Couples Interp (All Levels)	\$75	\$10
Spread Eagle (FS 1-10)	\$75	\$10



2024 Sweetheart Open

Events Offered & Event Pricing

Event	Price Per Skater
ISI Team Events	
Ensemble	\$20
Production Teams	\$20
Theatre Production	\$20
Team Compulsory	\$20
Synchronized Skating	\$20
Synchro Dance	\$20
Family Spotlight	\$20
Kaleidoskate	\$20
Created Events	
Ensemble on the Spot (3 to 7 Skaters)	\$17
Creative Jump & Spin Teams (4 Skaters)	\$17

DEADLINE: January 10, 2024

**The 43rd Annual
ISI Sweetheart Open Competition—Endorsement #38502587**
Send entry and fee to: Amy Forbes at 8435 W. Ballard Rd. Niles, IL 60714 or email to Amy
Forbes at Aforbes@Niles-Parks.org
INDIVIDUAL FORM

SKATER INFORMATION

Only current ISI Members are eligible to participate

Last Name	First Name	ISI #	M/F
Address		Birthdate	Age on 3/5/21
City	State	Zip	Phone #
Home ISI Member Rink/Club		E-mail (required)	USFS FS Test Level

INDIVIDUAL EVENTS

Highest test must be registered within 2 weeks of event application

Highest ISI Test Level _____ Tot 1-4/Pre-Alpha-Delta FS 1-10 or Bronze-Platinum Special Skater 1-10	☐ Stroking (Alpha-Delta, Special Skater only) ☐ Footwork (FS 1-10) ☐ Special Skater Solo (1-10) ☐ Rhythmic Skating (FS 1-10) ☐ Ball ☐ Hoop ☐ Ribbon ☐ Spiral Competition ☐ Spread Eagle Competition ☐ Spin Competition ☐ Interpretive	<u>ISI Open Freestyle</u> ☐ Bronze ☐ Silver ☐ Gold Short ☐ Gold ☐ Platinum Short ☐ Platinum ☐ Platinum Plus
☐ Solo Program ☐ Compulsories ☐ Solo Spotlight ☐ Character ☐ Light Entertainment ☐ Dramatic ☐ Artistic (FS 1-10)		

PARTNER EVENTS

☐ Couple Spotlight Partner Age _____ ISI# _____ Name: _____ Level: _____ Low ☐ Bronze ☐ Silver ☐ Gold ☐ Platinum ☐ Character ☐ Dramatic ☐ Lt. Ent. ☐	☐ Jump & Spin Partner Age _____ ISI # _____ Name: _____ Low ☐ Bronze ☐ Silver ☐ Gold ☐ Platinum ☐ ☐ Couples Interp Partner Age _____ ISI # _____ Name: _____ Low ☐ Bronze ☐ Silver ☐ Gold ☐ Platinum ☐
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FEES & PAYMENT

☐ First Event (including processing fee) \$75 x 1 = \$ _____

☐ Additional Tier 1 Event \$20 x ____ = \$ _____
(Solo, Comp., Open FS, Spotlight, Artistic, Footwork,
Couples Spot, Rhythmic, Ice Dance, Figures, Hockey)

☐ Additional Tier 2 Event \$10 x ____ = \$ _____
(Interp, Stroking, Spiral, Spin, Couples Interp,
Jump & Spin, Spread Eagle)

Total Enclosed = \$ _____

Card # _____ Exp. Date _____

Cardholder Name (Please Print) _____ Authorized Signature _____

CVV (3 Digit Code) _____ Billing Zip Code _____

Make Checks Payable to Niles Park District

Please turn in this entry form, plus the Niles Park District Waiver on
Page 13 of this packet. The Waiver must be received with this entry
form in order for your skater to be eligible to compete.

Skater Signature _____ Date _____

Parent/Guardian Signature (If applicable) _____ Date _____

Coach Name _____ ISI # _____

Coach Email _____ Certification Level _____

Skating Director Verification _____ Date _____

DEADLINE: January 10, 2024

**The 43rd Annual
ISI Sweetheart Open Competition—Endorsement #38502587**
Send entry and fee to: Amy Forbes at 8435 W. Ballard Rd. Niles, IL 60714 or email to Amy
Forbes at Aforbes@Niles-Parks.org
INDIVIDUAL FORM

SKATER INFORMATION

Only current ISI Members are eligible to participate

Last Name First Name ISI # M/F

Address Birthdate Age on 3/5/21

City State Zip Phone #

Home ISI Member Rink/Club E-mail (required) USFS FS Test Level

Are you an active USFS member who has competed at or above the Novice level at any USFS Nation Championships within the last two years? Yes/No

FIGURES

- | | |
|-----------|--|
| Figure 1 | ☐ Forward Outside Eight |
| Figure 2 | ☐ Forward Outside 3 to Center |
| Figure 3 | ☐ Right Forward Outside 3 |
| Figure 4 | ☐ Forward Inside Loop |
| Figure 5 | ☐ Backward Outside Loop |
| Figure 6 | ☐ LFO 1-Foot Eight |
| Figure 7 | ☐ RFO Paragraph Three |
| Figure 8 | ☐ RBO 1-Foot Eight |
| Figure 9 | ☐ RFO Paragraph Loop |
| Figure 10 | ☐ The Flower |

ICE DANCE

- | | |
|-----------------|--|
| Ice Dance 1 | ☐ Chasse Sequence |
| Ice Dance 2 | ☐ Dutch Waltz |
| Ice Dance 3 | ☐ Rhythm Blues |
| Ice Dance 4 | ☐ Fiesta Tango |
| Ice Dance 5 | ☐ Hickory Hoedown |
| Ice Dance 6 | ☐ Fourteen Step |
| Ice Dance 7 | ☐ Rocker Foxtrot |
| Ice Dance 8 | ☐ Kilian |
| Ice Dance 9 | ☐ Paso Doble |
| Ice Dance 10 | ☐ Viennese Waltz |
| Solo Free Dance | ☐ Level: _____ |

FEES & PAYMENT

☐ First Event (including processing fee) \$75 x 1 = \$ _____

☐ Additional Tier 1 Event \$20 x ____ = \$ _____
(Solo, Comp. Open, Spotlight, Artistic, Footwork,
Couples Spot, Rhythmic, Ice Dance, Figures, Hockey)

☐ Additional Tier 2 Event \$10 x ____ = \$ _____
(Interp, Stroking, Spiral, Spin, Couples Interp,
Jump & Spin, Spread Eagle)

Total Enclosed = \$ _____

Card # Exp. Date

Cardholder Name (Please Print) Authorized Signature

CVV (3 Digit Code) Billing Zip Code

Make Checks Payable to Niles Park District

Please turn in this entry form, plus the Niles Park District Waiver on
Page 13 of this packet. The Waiver must be received with this entry
form in order for your skater to be eligible to compete.

Skater Signature Date

Parent/Guardian Signature (If applicable) Date

Coach Name ISI #

Coach Email Certification Level

Skating Director Verification Date

DEADLINE: January 10, 2024

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Forbes at Aforbes@Niles-Parks.org
INDIVIDUAL FORM

TEAM INFORMATION

Only current ISI Members are eligible to participate

Name of Team

Home ISI Member Rink/Club

Coach Name

Coach ISI #

Coach Certification Level

Coach Phone #

ISI Team Registration #

Coach E-mail (required)

WE WISH TO ENTER: (Important: Use one team entry form per team, per event)

- ☐ Synchronized Formation Compulsories
- ☐ Synchronized Skating Compulsories
- ☐ Synchronized Formation Team
- ☐ Synchronized Advanced Formation Team
- ☐ Synchronized Skating Team
- ☐ Synchronized Dance

Age Category:

- ☐ Tot
- ☐ Junior Youth
- ☐ Youth
- ☐ Senior Youth
- ☐ Teen
- ☐ Collegiate
- ☐ Adult

- ☐ Family Spotlight
- ☐ Production Team
- ☐ Ensemble
- ☐ Kaleidoskate Team
- ☐ Team Compulsory FS _____ Level
- ☐ Theatre Production

- ☐ Ensemble on the Spot (3 to 7 Skaters Per Team)
- ☐ Creative Jump & Spin Team (4 skaters Per Team)
Low ☐ Medium ☐ Intermediate ☐ High ☐

PLEASE ATTACH A TEAM ROSTER WITH NAMES, AGES, AND ISI NUMBERS OF ALL TEAM MEMBERS

Please turn in this entry form, plus the Niles Park District Waiver on Page 13 of this packet. The Waiver must be signed by every team member and received with this entry form in order for your team to be eligible to compete.

FEES & PAYMENT

of Skaters _____ X \$20 = \$ _____

Ensemble on the Spot / Creative Jump & Spin Team
of Skaters _____ X \$17 = \$ _____

Total: \$ _____

Coach Signature

Date

Make Checks Payable to Niles Park District

Card #

Exp. Date

Cardholder Name (Please Print)

Authorized Signature

CVV (3 Digit Code)

Billing Zip Code

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.



2024 Sweetheart Open

Compulsory Skills

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.

Tot 1	Marching in Standing Position, Proper Way to Fall, Proper Way to Get Up	Freestyle 1	Waltz Jump / Forward Arabesque/ 2-Foot Spin
Tot 2	Two-Foot Jump In Place, Forward Swizzle Standing Still, Beginning 2 Ft Glide	Freestyle 2	½ Lutz / 1-Foot Spin / Dance Step Sequence
Tot 3	Push & Glide Stroking, Dip, Forward Swizzle	Freestyle 3	Salchow Jump / Change Foot Spin / Toe Loop
Tot 4	Backward Swizzle, Two Foot or One Foot Snowplow Stop, Backward Wiggle	Freestyle 4	Flip Jump / Sit Spin / ½ Loop Jump
Pre Alpha	Right 1-Foot Glide / Forward Swizzles / Backward Swizzles	Freestyle 5	Fast Back Scratch Spin / Axel / Camel- Sit-Upright Spin
Alpha	Forward Stroking / L over R Forward Crossovers / 1-Foot Snowplow Stop	Freestyle 6	Axel-1/2 Loop-Flip Jump / Choice Spin (Cross-foot/Layback/Sit-Change-Sit) / Split Jump
Beta	Backward Stroking / Left T-Stop / Right T-Stop	Freestyle 7	2 Walley Jumps in a Row/ Flying Camel Spin / 1-foot Axel-Quarter Flip-Axel
Gamma	RFO Three Turn / LFO Three Turn / Hockey Stop	Freestyle 8	Double Flip Jump / Camel-Jump-Camel Spin / Split Lutz
Delta	Lunge/ RFI Three Turn/ Bunny Hop	Freestyle 9	Double Lutz Jump / Opposite Spin / Axel-Double Loop Jump Combination
		Freestyle 10	Double Axel-Double Toe Loop Combination / Death Drop / Three Arabian Cartwheel or Butterfly Jumps

Special Skater 1	Fall, Get Up, March in Place	Special Skater 6	2-Foot Turn Fwd to Bkwd, Fwd 1-Foot Glides on a Curve, L 1-Foot Bkwd Swizzles
Special Skater 2	Forward Swizzle, 2-Foot glide, Teapot Dip	Special Skater 7	Backward Stroking, Choice of Stop, L/R Backward crossovers
Special Skater 3	Forward Swizzles, Scooter Push (L or R), Backward Wiggles	Special Skater 8	RFI Mohawk, LFI Mohawk, RBO Edge on a Curve
Special Skater 4	T- Position Push, 1-Foot Swizzles (L or R), Forward Crossovers Standing Still	Special Skater 9	RFO Three turn, LFO Three Turn, Choice of Stop
Special Skater 5	Forward Stroking, Snowplow Stop, R/L Forward Crossovers	Special Skater 10	Bunny Hop, Lunge, LFI Three Turn