



## UPPER CANADA SKATING CLUB CANSKATE CHALLENGE 2024 FOR CANSKATERS STAGES 1 TO 6

DATE: Saturday, February 22, 2025  
TIME: 9:00 to 11:00 a.m.  
VENUE: Mitchell Field Arena

**REGISTRATION DEADLINE: Saturday, 1 February 2025.**

The completed entry forms must be dropped off at the office with payment no later than **12 noon on Saturday, February 1, 2025.**

- First come, first served.
- Registration may be closed if the capacity for the event is reached prior to February 1.
- Categories without enough entrants may be cancelled and monies collected will be refunded.

**NOTE: Helmets** are mandatory for all Stage 1 to 5 skaters and optional for Stage 6 competitors. Skaters completing in Stage 1 to 5 will not be allowed to go on the ice without one.

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### CanSkate Individual Elements

- Skaters perform 4 elements *in isolation* from the CanSkate Stages.
- Skaters are permitted a **total of one re-skate** in the category if necessary.
- Skaters will be divided into groups and shall perform the elements in a specific area of the ice.

These categories are open to CanSkate 1-6 skaters only and reflect the Stage the skater is in as of **February 1, 2025** (which means if the skater is in Stage 2 on Feb. 1, 2025, they will then compete in Stage 2).

#### CanSkate Stage 1 (as of Feb. 1, 2025)

1. Forward Skating
2. Forward 2 ft. Sit Glide
3. Backward Skating
4. Stationary 2 ft. Jump

#### CanSkate Stage 2 (as of Feb. 1, 2025)

1. Forward 2 ft. Sculling
2. Forward 1 ft. Glide with Speed
3. Backward 2 ft. Sit Glide
4. Forward 2 ft. Turn

**CanSkate Stage 3** (as of Feb.1, 2025)

1. Forward 2 ft. Quick Turn
2. Backward 1 ft. Glide
3. Forward 2 ft. Slalom
4. Backward 2 ft. Jump

**CanSkate Stage 4** (as of Feb. 1, 2025)

1. Backward 2 ft. Slalom
2. Forward to Backward 2 ft. Jump
3. Forward spiral
4. 2 ft. Spin

**CanSkate Stage 5** (as of Feb. 1, 2025)

1. Forward Crossovers on a Circle Eight
2. Forward Power Jump
3. 1 ft. Spin
4. Backward Push/Glide Sequence

**CanSkate Stage 6** (as of Feb. 1, 2025)

1. Backward Crossovers on a Circle Eight
2. Forward Spiral on a Curve
3. Rotating Power Jump (Waltz Jump)
4. 1 ft. Spin from a Spiraling Edge