



# ANNOUNCEMENT

## 2025 PRAIRIE REGIONAL SYNCHRONIZED SKATING CHAMPIONSHIPS

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**Dates:** February 1<sup>st</sup> & 2<sup>nd</sup>, 2025  
**Location:** Regina, Saskatchewan  
**Hosted by:** Skate Saskatchewan & Regina Synchronized Skating Teams Inc.

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## **EVENT PHILOSOPHY**

The Prairie Regional Synchronized Skating Championships are part of the Skate Canada Synchronized Skating Championship qualifying system. These events are planned, managed and executed by Skate Canada Sections on a rotational basis, in conjunction with a local volunteer organizing team.

The purpose of this competition is to provide a developmental and competitive experience for synchronized skating teams which allows them the opportunity to qualify for the Skate Canada Cup in Novice, Gold, Open and Senior Elite 12. The top team in each of the qualifying categories in every Region may advance to the Skate Canada Cup.

<b>Region</b>	<b>Mountain</b>	<b>Prairie</b>	<b>Ontario</b>	<b>Quebec</b>	<b>Atlantic</b>
Novice, Gold and Open	3	1	6	5	2
Senior Elite 12	2	1	5	4	1

In addition to experiencing the challenges and personal growth involved in competing at this level, one of the features of this competitive system is to allow skaters an opportunity to experience the cultural diversity of Canada through exploration of the area holding the championships.

The focus for skaters at this event is not only on qualifying for the Skate Canada Cup, but on the whole experience: self-satisfaction in achieving competitive goals and meeting competitors from across the region and experiencing the camaraderie of traveling as part of a team.

## **HOST INFORMATION**

### **CONTACTS**

Technical Representative	Laurel Dutton-Wilkins	<a href="mailto:lldw@sasktel.net">lldw@sasktel.net</a>	306-737-3277
Event Manager	Danielle Shaw	<a href="mailto:execdirector@skatesask.com">execdirector@skatesask.com</a>	306-780-9245

### **ARENA TO BE USED**

Cooperators Centre  
1700 Elphinstone Street  
Regina, SK

Rink 1 – Ice Surface: 200ft. x 85ft.

### **ACCOMMODATIONS**

Accommodation is available as follows:

<b>Residence Inn by Marriott Regina</b> 1506 Pasqua Street 639-739-3010	<b>Ramada Plaza</b> 1818 Victoria Ave 306-569-1666 Block Code: 2501SKSKATE	<b>The Atlas Hotel</b> 4177 Albert Street 306-586-3443 <a href="mailto:guestambassador@atlashotel.com">guestambassador@atlashotel.com</a>
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## **ENTRY INFORMATION**

### **ONLINE REGISTRATION**

All registrations must be completed online with entry fees no later than **9:00 PM (CST-SK)** on **Friday, December 13th, 2024**. The registration site can be accessed on the “Events” page of the Skate Saskatchewan website at [skatecanadasaskatchewan.com](http://skatecanadasaskatchewan.com). If you have any technical difficulties or questions with the online registration process, please contact the Saskatchewan Section Office by calling 306-780-9245 or email at [execdirector@skatesask.com](mailto:execdirector@skatesask.com).

All age qualifications are as of July 1, 2024.

If only one entry is received for an event, the Host Committee reserves the right to cancel the event and refund the entry fee to the competitor. Competitors will be notified following the entry deadline if such a circumstance arises.

### **MUSIC**

All music used must be in the public domain or covered by the Performing Rights Societies. Teams who have music composed especially for their programs, either wholly or in part, shall be responsible for obtaining a written release from the composer for the use of such music on radio and television, or appropriate clearance from the Performing Rights Society.

**IMPORTANT:** Music and Planned Program Content must be submitted online at the time of registration. Music files must be in MP3 format clearly labelled with the team’s name and event. Updates may be made up to 9:00 PM (CST-SK) on January 19th, 2025. **Music will not be accepted on-site**. Teams are required to have a backup USB Flash drive for each program, clearly labelled with the team’s name and event, rink side in case there is a problem with the uploaded music.

### **LATE ENTRIES**

Late entries may be accepted at the discretion of the Technical Representative and if space permits in the competition. Entries received after the deadline will be double the entry fee. Late entries may be accepted up to five (5) business days after the registration deadline. **No entries will be accepted after December 20<sup>th</sup>, 2024, at 12:00 PM (CST-SK). No exceptions will be made.**

### **ENTRY FEES**

Entry fees are as follows:

Assessed to Standard	STAR 3 and STAR 4	\$200.00 + \$25.00 per Team Member
CPC Judged	STAR 6 and STAR 8	\$300.00 + \$25.00 per Team Member
	Gold, Open, Novice and Senior Elite 12	\$325.00 + \$25.00 per Team Member
	Adult SYS I, II, and III	\$300.00 + \$25.00 per Team Member

### **PRACTICE ICE**

Practice ice is included with entry fees. Senior Elite 12 will receive a twelve (12) minute practice session for each segment of the event. Gold and Open categories will receive one twelve (12) minute practice session. All other categories will receive one ten (10) minute practice session.

### **REFUND POLICY**

No refunds will be issued for any reason after the closing date of entries. All refunds prior to the deadline will be subject to a 25% Administration Fee.



## **EVENTS TO BE HELD**

The following events are offered at the 2025 Prairie Regional Synchronized Skating Championships. Please refer to the following resources for complete details on Program Requirements for each competition event.

[Competition Program Requirements - STAR](#)

[Competition Program Requirements - Podium Pathway](#)

[Competition Program Requirements - Adult](#)

[Synchro Assessment Resource Guide](#) – STAR 3 & STAR 4

[2024-2025 Synchronized Skating Technical Requirements Guide](#) – All other categories

## **QUALIFYING EVENTS**

### **1. NOVICE**

- a) 12 to 16 skaters. Skaters must not have reached the age of 16 as of July 1st preceding the competition.
- b) Competition consists of two parts – Free Program #1 and Free Program #2. The same Free Program is skated in both parts.
- c) Free Program: 3:00 minute +/- 10 seconds program.

### **2. GOLD**

- a) 12 to 16 skaters. Skaters must not have reached the age of 19 before July 1 preceding the competition.
- b) Competition consists of two parts – Free Program #1 and Free Program #2. The same Free Program is skated in both parts.
- c) Free Program: 3:30 minute +/- 10 seconds program.

### **3. OPEN**

- a) 12 to 16 skaters. Skaters must have reached the age of 15 as of July 1 preceding the competition.
- b) Competition consists of two parts – Free Program #1 and Free Program #2. The same Free Program is skated in both parts.
- c) Free Program: 4:00 minute +/- 10 seconds program.

### **4. SENIOR ELITE 12**

- a) 12 skaters. Skaters must have reached the age of 17 as of July 1 preceding the competition.
- b) Competition consists of two parts – Short Program and Free Program
  - i. Short Program: Maximum 2:50 minute program.
  - ii. Free Program: 4:00 minute +/- 10 seconds program.

## **NON-QUALIFYING EVENTS**

### **1. STAR 3**

- a) 6 to 12 skaters. No age restrictions.
- b) All skaters must have successfully completed STAR 1 Skill assessment.
- c) Competition will consist of one part – Elements to be performed in isolation.

### **2. STAR 4**

- a) 8 to 16 skaters. No age restrictions. Age grouping may be used only if numbers warrant as follows:  
Option 1 – No age restriction. Option 2 – At least 75% of the skaters must not have reached the age of 12 as of July 1 preceding the competition (U12). Option 3 – At least 75% of skaters must have reached the age of 12 as of July 1 preceding the competition (12+).
- b) All skaters must have successfully completed STAR 1 Skills.
- c) Competition will consist of one part – Free Program: Maximum 2:40 minutes. Program time may be shorter without penalty.



**3. STAR 6**

- a) 8 to 16 skaters. Skaters must not have reached the age of 15 and at least 75% of skaters must have reached the age of 13 as of July 1 preceding the competition.
- b) Competition consists of two parts – Free Program #1 and Free Program #2. The same Free Program is skated in both parts.
- c) Free Program: Maximum 3:10 minutes. Program time may be shorter without penalty.

**4. STAR 8**

- a) 8 to 16 skaters. Skaters must not have reached the age of 18 as of July 1 preceding the competition.
- b) Competition consists of two parts – Free Program #1 and Free Program #2. The same Free Program is skated in both parts.
- c) Free Program: Maximum 3:10 minutes. Program time may be shorter without penalty.

**5. ADULT I**

- a) 8 to 20 skaters. Skaters must have reached the age of 18 as of July 1 preceding the competition.
- b) Competition consists of two parts – Free Program #1 and Free Program #2. The same Free Program is skated in both parts.
- c) Free Program: Maximum 3:10 minutes. Program time may be shorter without penalty.

**6. ADULT II**

- a) 8 to 20 skaters. Skaters must have reached the age of 18 as of July 1 preceding the competition.
- b) Competition consists of two parts – Free Program #1 and Free Program #2. The same Free Program is skated in both parts.
- c) Free Program: Maximum 3:10 minutes. Program time may be shorter without penalty.

**7. ADULT III**

- a) 8 to 20 skaters. Skaters must have reached the age of 18 as of July 1 preceding the competition.
- b) Competition consists of two parts – Free Program #1 and Free Program #2. The same Free Program is skated in both parts.
- c) Free Program: Maximum 2:40 minutes. Program time may be shorter without penalty.

## **GENERAL REGULATIONS**

The 2025 Prairie Regional Synchronized Skating Championships will be conducted in accordance with Skate Canada rules and regulations for qualifying Synchronized Skating events.

### **ELIGIBILITY**

The 2025 Prairie Regional Synchronized Skating Championships is open to all teams from the Saskatchewan and Manitoba sections registered with Skate Canada ([Competitions, 11. Regional Synchronized Skating Championships](#)) and meet the requirements outlined in the description of events to be held. There is no qualification process to enter the event; however, a qualifying round may be held if entry numbers warrant.

### **SINGLE ENTRY TEAMS – QUALIFYING EVENTS**

Should a category only have one entry, the team will be given the option to not attend the Prairie Regional Synchronized Skating Championships and will qualify directly to the Skate Canada Cup. Single entries will be notified no later than one week following the entry submission deadline and will be given the option to skate an exhibition and be assessed/monitored by a full panel of officials. Detail sheets by official will be provided following the performance in this case. If two or more entries have registered, the event will take place regardless of qualifying entry quotas.

### **ALTERNATES**

Each team may have up to a maximum of four (4) alternates listed on the Event team roster.



## **CONDUCT OF EVENTS**

### **SCORING OF SKATE CANADA COMPETITIONS**

Refer to Skate Canada Info Centre: [Scoring of Skate Canada Competitions](#)

### **STARTING ORDERS**

Refer to Skate Canada Info Centre: [Competitions, 3.2 Draws](#)

### **PROBLEMS DURING A PERFORMANCE**

The Assistant Referee Ice Level may ask a team alternate to go on the ice during a performance to retrieve any objects that have dropped onto the ice (hair accessories, etc.) so that a performance does not have to be interrupted and so that there is no danger to the skaters. To this end, it is requested that each team, where possible, have an alternate dressed with skates on and skate guards off, available at the entrance to the ice area during the team's performance.

### **WARM-UP AND CALL TO START**

Refer to Skate Canada Info Centre: [Competitions, 3.0 Conduct of Events - 3.8 and 3.9](#)

## **ADDITIONAL INFORMATION**

### **ON-SITE REGISTRATION**

On-site registration for all teams, coaches and team managers will take place at the Cooperators Centre. Registration will be held on Saturday, February 1, 2025, one hour prior to the first scheduled practice time.

Only those skaters whose names appear on the team registration form as team members/alternates will be provided with accreditation and allowed to skate. Additionally, only those skaters whose names are listed on the team registration form for the Regional Synchronized Skating Championships will be allowed to skate in the 2025 Skate Canada Cup. No substitutions or additions shall be allowed.

### **ACCREDITATION FOR COACHES**

A maximum of two (2) coaches per team will be accredited. A maximum of two (2) people will be allowed at the ice level as determined by the team.

The [Skate Canada Coach Accreditation Policy](#) applies.

### **TEAM MANAGERS & CHAPERONES**

All team managers and chaperones must be current Skate Canada registrants.

Two (2) coaches, one (1) team manager and two (2) chaperones for a total of five (5) people per team will be accredited. The names and Skate Canada numbers for these accreditations **MUST** be included on the online registration form.

The primary coach and one (1) alternate (skater) will stand at the entrance to the ice, and the team manager and any additional alternates in the exit area (Kiss & Cry).

Chaperones will be allowed in the dressing rooms **ONLY** and will not have access to ice level during practice or competition (including Kiss & Cry).



## EVENT SCHEDULE

The competition schedule will be posted on Skate Canada - Saskatchewan website.

All Start Orders will be posted to the “Competitions” page on the Skate Canada – Saskatchewan website as well on the *Sportity* app that can be downloaded on all iOS and Android devices. The event code will be available at the registration table. **All posted Start Orders are subject to change.**

## CEREMONIES

Opening Ceremonies will be held on Saturday, February 1st, 2025, following the final practice of the day prior to the start of the competition. Following the opening ceremony, team banners may be displayed around the arena but must not cover any advertising or promotional signs or obstruct the view for spectators.

Further information regarding Opening Ceremonies will be provided in the Team Welcome Letter.

## AWARDS

Teams in STAR 3 category will be Assessed to Standard. All teams will receive a report card and ribbons. Teams in STAR 4 category will be Assessed to Standard with ranking. All teams will receive a report card, and medals presented to the top three finalists. Teams in STAR 6 to Adult III categories, medals will be presented to the top three finalists in each event with more than one entry.

**Note:** Single event entries will be awarded a participation medal.

## MEDICAL SERVICES

Ice level first aid personnel will be available for the duration of the practice and competition.

## ACCIDENTS/LIABILITY

Skate Canada, Skate Canada – Saskatchewan and the Local Organizing Committee and its volunteers undertake no responsibility for damages or injuries suffered by skaters. As a condition of and in consideration of their entries in these Championships, all competitors and their parents or guardians shall be deemed to agree to assume all risks or injuries to the competitor’s person and property resulting from, or caused by or connected with, the conduct and managements of the competitions and to release any and all claims they may have against the officials, the association, the Section, Skate Canada, the Local Organizing Committee and against the officers and their entries shall only be accepted on these conditions.

## PHOTOGRAPHY AND LIVE STREAMING

The event may be photographed and/or live streamed. By virtue of your registration for the competition, you are consenting to being included in the live streaming/photography of this event that will help to train others and to promote skating in Canada. You release Skate Saskatchewan, its officers, and employees, and each and all persons involved from any liability connected with the video & audio recordings. By attending and competing at the competition, you waive any right to inspect or approve any video or audio recordings taken by Skate Saskatchewan.

If you do not wish to have your team photographed or live streamed, please inform the Event Manager, Danielle Shaw. We cannot guarantee that you will not be photographed or live streamed, but we will do our best to accommodate the request.

## **THIS ANNOUNCEMENT IS SUBJECT TO CHANGE**

***Any rule changes or communications published by the ISU or Skate Canada may have an impact on this announcement.***