

Helpful Information –

All competitive skaters must be affiliated to FARS, our National Governing body. This is by way of a yearly subscription dependant on age, paid through the club in September.

Competitions are held regularly throughout the year at various locations across the county. Carla will advise when a skater is ready for a competition and what events they are ready to enter.

Competition formats depend on the club. Events can include – Basic Skills, figure event, free skating events, and dance, which can include freedance

Entrance fees, and coaching fees are payable for all competitions and must be paid by the deadline given on the club calendar/email.

Club dresses must be worn for all competition presentations, figures, and test days. This is with the exception of basic skills.

Standards are set by FARS. Once all the grade tests have been taken, a skater may choose to take a medal test. Again, Carla will advise when the skater is ready. Test days are usually undertaken once or twice a year.

Standards are Newcomer, Novice, Elementary, Interbronze, Bronze, Intersilver, Silver, Intergold, and gold.

All skaters must abide by the Junior Code of Conduct for those under 18, and parents must abide by the Parents Code of Conduct.

During competitions, judges are always watching. The below is a list of helpful points to remember –

- Arms/Head/Eyes should be up – DO NOT LOOK AT YOUR FEET!
- Toes should be pointed
- Timing is very important to get this right for both free and dance
- Use of rink – use the rink, but be aware of the space and how to set your programme out/pattern of the dance
- Consider your body and arm positions
- Use the correct edges
- Think about your dress and costume

Skate maintenance is your responsibility. Skates should be checked thoroughly before any competition or training session. Toe stops/nuts/laces and wheels should be cleaned and tightened