

23/12/07

ADULT OPEN COMPETITION

(A Non-Qualifying Competition)

« The Mountain Cup »

5 – 8 June 2008

**Villard-de-Lans
(Near Grenoble), France**

Organized by:

ASCPA Pessac

N° d'affiliation à la FFSG 09023

Agrément à la Préfecture de la Gironde 13746

To be held at:

**Patinoire Villard-de-Lans
38250 Villard-de-Lans
(1968 Olympic Site)**

To overcome the jet lag we would recommend skaters coming from the US, Canada Australia, New Zealand and Singapore to arrive at Villard some days prior to the competition.

Location:

Villard-de-Lans is located at an altitude of 1000 m (3300 ft.) in the center of the Vercors, an immense Natural Park surrounded by mountains. The weather in May can be fairly varied, with average temperatures of about 22°C (71 F). The temperature inside the Villard ice-rink will be about 7°C (45 F).

Travel:

120 km from Lyon airport; there is a shuttle bus service between Lyon-Saint Exupéry airport and Grenoble bus station by the company Faure, called "Navette". The bus stop is situated between Terminals 1 and 2, on level 1. The price for a one-way ticket is 20 Euros, a round-trip costs 30 Euros. Schedule will follow nearer to the competition date.

30 km by car/coach from Grenoble railway/bus station, for those who will come by TGV (= high speed train) from Paris. Local bus service between Grenoble and Villard by the company VFD (frequency 5 times a day). The price for a one-way ticket is 8 Euros, a round-trip costs 15 Euros plus 2 Euros for each piece of baggage. Schedule will follow nearer to the competition date.

Car rental:

On Lyon airport :

- Avis, Tel.++33(0)4 72 22 75 25, www.avis.fr
- Hertz, Tel.++33 (0)8 25 00 69 69, www.hertz.fr
- Europcar, Tel.++33(0)4 72 22 75 28, www.europcar.fr
(when dialling from outside France, please drop the " 0 ")

In Grenoble, the following car rental agencies are opposite to the railway station:

- Avis, Tel.++33(0)820 61 16 51, www.avis.fr (in the station)
- Hertz, Tel.++33(0)4 76 86 55 80, www.hertz.fr
- Self Car, Tel.++33(0)4 76 50 96 96, Fax:++33(0)4 76 87 37 54

Hotels: Below we recommend some hotels in different price categories.

3-star hotels:

Le Dauphin, opposite the Villard ice-rink. English spoken,
Tel.++33(0)4 76 95 95 25, Fax:++33(0)4 76 95 56 33,
e-mail: contact@hotel-le-dauphin-vercors.com
Web page: <http://www.hotel-le-dauphin-vercors.com>
Price for a single room: 60 euro, double room: 64 euro, breakfast: 8 euro

Grand Hotel de Paris, " Best Western ". English spoken,
Tel.++33(0)4 76 95 10 06, Fax:++33(0)4 76 95 10 02,
e-mail: gph@gph-vercors.com
Web page: <http://www.gph-vercors.com>
Price for a single room: 74 euro, double room: 85 euro, breakfast: 7 euro

Le Christiania, Tel.++33(0)4 76 95 12 51, Fax:++33 (0)4 76 95 00 75,
English spoken, e-mail : info@hotel-le-christiania.fr
Web page: <http://www.hotel-le-christiania.fr>
Price for a single room: 52-77 euros, double room: 100-150 euros, breakfast: 10 euros
(Tariffs for June 2008 will only be available in February 2008)

2-star hotels:

Les Bruyères, Tel.++33(0)4 76 95 11 83, Fax:++33 (0)4 76 95 58 76,
English spoken, e-mail: hotelbruyeres@club-internet.fr
Web page: <http://hotel.lesbruyeres.free.fr>

Price for 1 person: 63 euro, 2 persons: 70 euro, 3 persons: 75 euro, 4 persons: 80 euro, breakfast-buffet: 9 euro.

A 10% reduction will be credited for participants of the "Mountain Cup". Please contact the hotel directly by e-mail, phone or fax and not through the tourist office and mention that you are a participant of the MC.

Le Gerbier, Tel.++33(0)4 76 95 10 50, Fax:++33(0)4 76 94 91 27,
e-mail: contact@hotel-le-gerbier.com
Web page: <http://www.hotel-le-gerbier.com>

Price for a double room: 52-56 euro, 3-beds: 65-68 euro, breakfast: 7 euro

Hotel "Le Pré Fleuri", Route des Cochettes
Tel. ++33(0)4 76 95 10 96, Fax ++33(0)4 76 95 56 23
e-mail : le.pre.fleuri@wanadoo.fr
Web page: <http://www.planete-vercors.com>

Price for a single room: 55 euro, double room: 65 euro, breakfast: 7 euro

1-star hotel:

Le Centre, Tel.++33(0)4 76 95 14 12, Fax: +33(0)4 76 94 14 63
e-mail : hotel-du-centre.villard@orange.fr

Price for a single room: 42 euro, double room: 45 euro, 3-bed room: 53 euro, 4-bed room: 61 euro, breakfast-buffet: 6,50 euro.

Apartments :

There is a possibility to rent apartments of different sizes and prices in an apartment house with indoor swimming pool, whirlpool, work-out room, and other facilities for a week or a couple of days. The apartment house is called " Résidence Le Diamant " (e-mail : residence.le.diamant@wanadoo.fr) (webpage: <http://www.residence-le-diamant.com>) and is located at about 800 m from the rink. The kitchens in the apartments are fully equipped (including a dishwasher). Sheets/blankets, the final cleaning and the local tax are included in the rent. The managing staff speaks English. You can pay by VISA or MasterCard. Please make your own reservation (in English) by fax ++33(0)476 941271. The management will then send you a rental contract which you should fill in, sign and send back. 1/3 of the rent should be paid at this time. You may authorize the management to debit your credit card or send the money by bank transfer (at your own expenses).

Rates in June 2008 for one week:

Studio (1-2 pers.): 285 Euro, studio (2-4 pers.): 315 Euro, 2-room apartment (2-4 pers.): 380 Euro, 2-room apartment (6 pers.): 450 Euro, 3-room apartment (6-8 pers.): 525-550 Euro, 4-room apartment (6-8 pers.): 650 Euro. In case of a stay less than one week the following rates apply: 6 nights = 85% of the rent, 5 nights = 70%, 4 nights = 60%.

We ask for your understanding that skaters staying for one week are given priority when booking these apartments, e.g. skaters from overseas and those who enrol into the 3-day training camp which will follow the competition this year. According to availability other applicants will be considered. Thank you.

We would like to draw your attention to another apartment agency called CGP. You can reach them by e-mail: info@cgp-immobilier.com or fax: +33 (0)476 95 09 55, or phone +33 (0)476 95 18 55. This agency rents studios and apartments of various sizes which are in walking

distance of the rink. They are all fully equipped but you should bring your own linen and towels. You may also rent these from the agency (not included in the apartment rent). Tariffs will be given directly by the agency upon request. **Would you please inform the agency in case of your arrival after 6pm so that they can pass on your apartment keys to the organisers who will hand them over to you. Thanks.**

Payment of competition entry fee:

For all non-French skaters, we advise payment by credit card debit, because it is less expensive than money transfer. With the announcement we will send you an authorization form for debiting your credit card which we would ask you to fill in and mail back to us with your registration papers. However, we must charge 5 euros administrative costs. Please note that we can only take VISA and MasterCard (**no American Express cards**, sorry).

We can only finally confirm your participation at the Mountain Cup 2006 some time after the registration deadline as we need 2 competitors in each category to be able to hold an event. We will inform you as quickly as possible by e-mail.

Welcome Party:

Included in the entry fee is the traditional welcome party on Thursday, 5th June. **This year the party will be held on the ice before the grand opening of the 10th Mountain Cup by the prestigious ICE THEATRE of NEW YORK at about 7 pm.** Please be there to note your start number(s) and meet your fellow skaters! If you and accompanying persons would like to participate in this party, please fill in the registration form on page 6 and send it with your application.

“Anniversary Dinner” on Saturday Night :

The buffet-style dinner will take place on Saturday night at about 8:00pm on the ice. Please bring warm clothes. More information will be given at a later date. If you and accompanying persons would like to participate, please remember to fill in the registration form that we will be e-mailing to competitors after the registration deadline (estimated cost: 28 euros).

Farewell Drink:

On Sunday 8th June after the end of the competition, we will invite all skaters to a farewell drink. Last chance to exchange views on the competition, addresses and farewell hugs! If you and accompanying persons would like to participate in this “apéritif”, please fill in the registration form on page 6 and send it with your application.

Tourist Program:

For those of you who have time and are interested in exploring the region of the Vercors, we advise you to look up the homepage of the Villard tourist office at: www.ot-villard-de-lans.fr. The tourist office can make arrangements for visits of sites nearby.

Other sport activities:

If you would like to bring your non-skating partner, children or other accompanying persons, there is a wide range of possibilities in the Vercors, such as mountain biking, climbing, walking, horseback riding, golf, tennis, cave exploration, paragliding, water sports, balloon riding and plenty more. For more information, please look up the homepage of the Villard tourist office.

Adult Training Camp :

There will be a 3-day training camp in Free Skating and Dance from Monday 2nd June to Wednesday 4th June 2008 held by internationally and nationally well-known coaches. According to the number of skaters interested in this camp we will make groups according to skating levels. Our intention is to keep the numbers in the groups small to allow for a

maximum benefit of participants. If you are interested in participating in this camp, please send an e-mail to barbara.standke@free.fr

The first two camp days will be video taped. We propose to hold a video session for all camp participants followed by an informal "raclette" dinner (a local speciality) on Tuesday 3rd June. You are welcome to bring your accompanying family members and friends. The price of the meal and the location will be announced on the first day of the camp.

Current:

220 V; in case you intend to use electrical devices, we recommend to bring an adapter to French plugs from your home country.

General remarks :

As the number of competitors becomes larger each year but the time available for the competition is limited, the LOC can accept no more than 2 individual entries per competitor. However, a skater may enrol in additional events such as compulsory figures (which will most likely be skated on Thursday, 5th June), pairs, ice dancing for couples, interpretive for couples/pairs. Entries will be accepted on a "First come first served" basis and in order to avoid disappointment please send your registration forms as soon as possible to Barbara Standke, postal address: Les Ombelles, F-38250 Lans, FRANCE

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Registration form for the Welcome-Party on Thursday, 5th June 2008 preceding the performance of the ICE THEATRE of NEW YORK in the rink at about 7 pm. Please bring your skates and warm clothes. Accompanying persons who do not skate are invited to participate in the stands.

NO COSTS (included in registration fee)

Yes, I will attend

and I will bring accompanying persons (please put in number)

No, I will NOT attend

FIRST NAME

LAST NAME

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Registration form for the show of the ICE THEATRE of NEW YORK on Thursday, 5th June at 8:30pm.

Yes, I will attend (no costs for MC participants)

and I will bring accompanying persons (please put in number) at a reduced rate of 15 euros per ticket. Costs for the tickets of my accompanying persons may be put on my credit card.

No, I will NOT attend

FIRST NAME

LAST NAME

ALTERNATIVELY

Registration form for the show of the ICE THEATRE of NEW YORK on Sunday, 8th June at 2 pm.

Yes, I will attend (no costs for MC participants)

and I will bring accompanying persons (please put in number) at a reduced rate of 15 euros per ticket. Costs for the tickets of my accompanying persons may be put on my credit card.

No, I will NOT attend

FIRST NAME

LAST NAME

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Registration form for the „Apéritif“ on Sunday 8th June 2008 at 12.30 hrs at the rink

NO COSTS (included in registration fee)

Yes, I will attend

and I will bring accompanying persons (please put in number)

No, I will NOT attend

FIRST NAME

LAST NAME

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Please fill in and send back this page with your registration forms! Thank you.

ADULT OPEN COMPETITION
5 – 8 June 2008

1. GENERAL INFORMATION

RULES

Age and test qualifications as of **5th April 2008** (close of entries) will determine classification.

ELIGIBILITY

This event is open for participation to all eligible competitors who are members in good standing with their National Figure Skating Association. Skaters may compete one level above the test passed in as many disciplines as qualified by test level, but may compete in only one event per discipline. Entries from members of clubs having a probationary status will be accepted provided the entry is accompanied by a signed certification by the skater that (s)he is properly qualified to participate in the events mentioned.

AGE CATEGORIES

The following age categories apply to all Free Skating, Interpretive and Improvisation events:

Young Adult	18 yrs - 20 yrs
Class I	21 yrs - 28 yrs
Class II	29 yrs - 35 yrs
Class III	36 yrs - 45 yrs
Class IV	46 yrs – 55 yrs
Class V	56 and over

All age categories may be divided depending on the number of registrations. Proof of age is required for all events. Copy of birth certificate, passport or similar proof of age is acceptable. The Organizing Committee reserves the right to require additional documentation.

Based on the number of entries, some classes may be combined.

II. COMPOSITION OF EVENTS

FREE SKATING EVENTS:

Masters Free Skating – Maximum Time 3:40

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a)** A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted.

A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other

while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork.

- b)** A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin.

The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (8) for the spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c)** A maximum of one step sequence (i.e, circular, straight line, serpentine) or spiral sequence with a pattern according to the requirements.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Gold Free Skating - Maximum Time 2:40

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

- a.** A maximum of six (6) jump elements, consisting only of single jumps including the single Axel and double jumps, **excluding double Flip, double Lutz and double Axel.**

A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of single and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.

- b.** A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin.

The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (8) for the spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c. A maximum of one step sequence (i.e, circular, straight line, serpentine) or spiral sequence with a pattern according to the requirements.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Silver Free Skating – Maximum Time 2:10

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of five (5) jump elements; The Axel type jump and **only all other single jumps are permitted**. No double jumps are permitted.

A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork, preceding single or an Axel type jump.

- b. A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot.

The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (8) for the spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c. A maximum of one step sequence (i.e, circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a circle, half a serpentine, half of a straight line etc.). In the case of a **circular** step sequence a full circle is required covering 1/2 of the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Bronze Free Skating – Maximum Time 1:40

A competitor in the Bronze Free Skating event must perform a well-balanced program that must contain:

- a. A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.
A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.
A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.
Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
Non-listed jumps may be included in the program as part of connecting footwork, preceding single jumps.
- b. A maximum of two (2) spins of a different abbreviation;
The spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (8) for the spin combination with change of foot. **Flying spins are not permitted.**
There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c. A maximum of one step sequence (i.e, circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a circle, half a serpentine, half of a straight line etc.). In the case of a **circular** step sequence a full circle is required covering 1/2 of the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

OPEN DANCE EVENTS:

Adult Gold Dance

Initial Round: Kilian - 6 sequences
 Starlight Waltz - 2 sequences

Factors in each dance for program components:

Skating Skills: 0,75; Performances: 0,50; Interpretation: 0,50; Timing: 0,75

Final Round: Original Dance (OD)
 The specific requirements are as follows:

Duration -- **2 min 40** sec. maximum

In accordance with Rule 609 and all pertinent ISU Communications.

The rhythm for 2007/08 is **Folk/Country Dance**. Any type of folk/country dance music can be used. For the chosen type, there are no restrictions on the number of musical selections. Although the dance may consist of different musical selections – fast and/or slow- there must be a consist theme based on a specific country or region.

The arrangement of the chosen music should give a genuine feel for folk/country dance. It should be very distant from the feeling of the Grand Ballroom. Examples include: Village, Square, Street, Barn dance, Hoedown, Mazurka, Polka, Tarantella, Hula, Hora, Csardas, Kalinka, Gapak, Gipsy, Syrtaky, Scottish, Irish, Jig, Reel, Guajira, Cumbia, Jarabe, Fandango, Aborigines Dance, Lesginka, Country Waltz, Flamenco etc.

The couple is encouraged to choose their own country music if possible.

Tango is not included in the above mentioned Folk /Country dances as it was the rhythm used in the previous season.

The folk/country dance character and style must be translated to the ice by flow and use of edges.

Vocal music is permitted. Variations of tempo within one selection of music are permitted. Each selection of music may have different tempo.

It is meant to be a program to reflect one country dance -- it can have multiple selections of music as long as they all reflect the same country dance -- and the costumes should also reflect the dance. According to ISU Communication 1449, if appropriate, the lady and the man are permitted to wear trousers and sleeves of any length.

Please be sure to keep informed of the ISU Communications regarding Ice Dancing. They can be found on the ISU website, www.isu.org

Required elements:

- Two (2) different types of dance lifts, with a maximum of 6 seconds duration each;
- One (1) Diagonal or Midline Step Sequence in varied hold;
- One (1) Dance spin, with optional position, minimum of two (2) revolutions by each partner on one foot. A simple spin with no change of foot or a Combination Spin with a change of foot is permitted. The number of rotations and different positions are described in ISU Communication 1391 and 1399.

The multiplying factors for the Program components for the Original Dance are:

Skating Skills	0,80
Transitions, Linking Footwork, Movements	0,80
Performance, Execution	0,60
Choreography, Composition	0,60
Interpretation, Timing	1,00

Test Requirements:

One partner in the Adult Gold Dance event must have passed at least one Gold/Adult Gold dance and the other partner must have passed at least one Pre-Gold/Adult Pre-Gold dance.

Adult Pre-Gold Dance

Initial Round: American Waltz – 1 minute
Paso Doble - 3 sequences

Factors in each dance for program components:

Skating Skills: 0,75; Performances: 0,50; Interpretation: 0,50; Timing: 0,75

Final Round: Original Dance (OD)
The specific requirements are as follows:
See above under Gold Dance

Test Requirements:

One partner in the Adult Pre-Gold Dance event must have passed at least one Pre-Gold/Adult Pre-Gold dance and the other partner must have passed at least one Silver/Adult Silver dance. Entrants may not have completed the Gold/Adult Gold dance test.

Adult Silver Dance

Initial Round: European Waltz – 1 minute
Rocker Foxtrot – 4 sequences
Final Round: American Waltz – 1 minute
Tango – 2 sequences

Factors in each dance for program components:

Skating Skills: 0,75; Performances: 0,50; Interpretation: 0,50; Timing: 0,75

Test Requirements:

One partner in the Adult Silver Dance event must have passed at least one Silver/Adult Silver dance and the other partner must have passed at least one Pre-Silver /Adult Pre-Silver dance. Entrants may not have passed more than one Pre-Gold/Adult Pre-Gold dance.

Adult Pre-Silver Dance

Initial Round: Willow Waltz – 3 sequences
Foxtrot – 4 sequences
Final Round: Hickory Hoedown – 3 sequences
American Waltz – 1 minute

Test Requirements:

Both partners in the Adult Pre-Silver Dance event must have passed at least one Pre-Silver dance. Neither partner may have passed more than one silver dance.

Adult Bronze Dance

Initial Round: Cha Cha – 3 sequences
Ten-Fox – 3 sequences
Final Round: Hickory Hoedown – 3 sequences
Fourteenstep – 4 sequences

Test Requirements:

One partner in the Adult Bronze Dance event must have passed at least one Pre-Silver/Adult Pre-Silver dance and the other partner must have passed at least one Bronze/Adult Bronze dance. Entrants may not have passed more than one Silver/Adult Silver dance.

Adult Pre-Bronze Dance

Initial Round: Dutch Waltz – 3 sequences
 Cha Cha – 3 sequences
 Final Round: Rhythm Blues – 3 sequences
 Swing Dance – 2 sequences

Test requirements:

Both partners must have completed the Pre-Bronze Dance test but not higher than Bronze Dance test.

SOLO DANCE:

Open to ice dancers of either gender.

Adult Gold Dance

Solo Kilian (6 sequences)
 Solo Starlight Waltz (2 sequences)

Adult Pre-Gold Dance

Solo American Waltz (1 minute)
 Solo Paso Doble (3 sequences)

Adult Silver Dance

Solo Rocker Foxtrot (4 sequences)
 Solo American Waltz (1 minute)

Adult Pre-Silver

Solo Foxtrot (4 sequences)
 Solo Hickory Hoedown (3 sequences)

Adult Bronze Dance

Solo Ten-Fox (3 sequences)
 Solo Hickory Hoedown (3 sequences)

Adult Pre-Bronze Dance

Solo Cha Cha (3 sequences)
 Solo Rhythm Blues (3 sequences)

Adult Preliminary

Solo Canasta Tango (3 sequences)
 Solo Dutch Waltz (3 sequences)

NEW CATEGORY: SOLO FREE DANCE

Open to ice dancers of either gender.

All categories will be judged by the 6.0 scoring system.

Gold solo free dance

Duration: 2 min 10 seconds maximum (no penalty for shorter programmes)

Requirements: The Free Dance must contain one but no more than two spins (min 3 revs on one foot) and must contain one step sequence of any type.

Silver solo free dance

Duration: 1 min 40 seconds maximum (no penalty for shorter programmes)

Requirements: The Free Dance must contain one but no more than two spins (min 3 revs on one foot) and must contain one step sequence of any type.

Bronze solo free dance

Duration: 1 min 40 seconds maximum (no penalty for shorter programmes)

Requirements: The Free Dance must contain one but no more than two spins (min 3 revs on one foot) and must contain one step sequence of any type.

Skaters will be expected to enter the category they consider appropriate to their current test level in the compulsory dances.

COMPULSORY FIGURES :

Pre-Bronze Figures: No figure tests required, but preparatory work of several months recommended. This category is meant to encourage skaters to try figures.

The following figures will be skated:

ISU-nb	Name of figure
1a/b	RFO, LFO Circle Eight
2a/b	RFI, LFI Circle Eight
5a/b	FOI - FIO Serpentine (skaters may choose the starting foot)

Bronze Figures: Competitors must have passed at least the adult bronze figure or preliminary figure test and no higher than 2nd figure test or ISI figure 3 or any non-US equivalent test.

The following figures will be skated:

3a/b	RBO - LBO Circle Eight
7a/b	RFO – LFO Three (skaters may choose the starting foot)
9a/b	FI – BO Three (skaters may choose the starting foot)

Silver Figures: Competitors must have passed at least the adult silver figure or 2nd figure test and no higher than 3rd figure test or ISI figure 4 or any non-US equivalent test.

The following figures will be skated:

4a/b	RBI – LBI Circle Eight
6a/b	BOI – BIO Serpentine (skaters may choose the starting foot)
9a/b	FI – BO Three (skaters may choose the starting foot)

Gold Figures: Competitors must have passed at least the adult gold figure or 4th figure test and no higher than 5th figure test or ISI figure 6 or any non-US equivalent test.

The following figures will be skated:

32a/b	Change Bracket (skaters may choose the starting foot)
34a/b	Paragraph Three (skaters may choose the starting foot)
17a/b	BI Loop (skaters may choose the starting foot)

Masters Figures: Competitors must have passed at least the USFSA 5th figure test or any non-US equivalent test.

The following figures will be skated:

24a/b FOI One foot Eight (skaters may choose the starting foot)
 14a/b FO Loop (skaters may choose the starting foot)
 22a/b FO counter (skaters may choose the starting foot)

Open Figures: This is a new category open to participants from silver, gold and masters level. Skaters participating in one of these categories may additionally enrol and present three more figures of their choice from the list below:

ISU numbers: 22a/b, 23a/b, 32a/b, 33a/b, 34a/b (standard figure test 6 in the USA),
 ISU numbers: 20a/b, 21a/b, 25a/b, 31a/b, 35a/b (standard figure test 7 in the USA),
 ISU numbers: 36a/b, 37a/b, 38a/b, 39a/b, 40a/b, 41a/b (standard figures test 8 in the USA)
 (Starting foot at skaters' choice)

Please note that the awards will be participation medals without ranking.

The entry fee of each figures event will be 35 EURO and skaters can enrol into the figures event(s) in addition to two more events.

PAIR EVENT:

Pair events consist of Free Skating only. Each pair shall consist of a lady and a man.

Masters Pairs - Music not to exceed **3:40**

Masters: If both partners compete at gold or masters level in their individual free skating, they must enter the category "masters" in pairs.

A well-balanced Masters Pair program should contain:

- A. A maximum of three (3) different lifts, one of which may be a twist lift.
- B. A maximum of two (2) throw jumps (single or double).
- C. A maximum of two (2) solo jumps (single, double or triple). Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
- D. A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence (the two jumps with the highest value will count for points).
- E. A maximum of two (2) pair spins of different nature. The spins must have a required minimum number of revolutions: four (4) revolutions for a pair spin without change of foot and eight (8) for a pair spin with change of foot.
- F. A maximum of one (1) solo spin or solo spin combination. The spin must have a required minimum number of revolutions: five (5) for the flying spin and five (5) for the spin with only one position and ten (10) for the spin combination with change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- G. A maximum of one (1) death spiral or pivot spiral (position optional). At least $\frac{3}{4}$ revolutions in pivot position by the man are required.
- H. A maximum of one (1) step sequence (i.e., circular, straight line, serpentine) or spiral sequence utilizing the full ice surface. Only the first executed sequence (step or spiral sequence) will be considered.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Adult Pair Events will be skated at three different levels.

Adult Gold Pairs - Music not to exceed **3:10**

Gold Pairs: test requirements

A well-balanced adult gold pair program should contain:

- A. A maximum of three (3) different lifts, one of which may be a twist lift. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - B. A maximum of one (1) throw single jump.
 - C. A maximum of one (1) solo jump; only single jumps are permitted.
 - D. A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence (the two jumps with the highest value will count for points).
 - E. A maximum of two (2) pair spins of different nature. The spins must have a required minimum number of revolutions: three (3) revolutions for a pair spin without change of foot and six (6) in a pair spin with change of foot. There must be a minimum of two (2) revolutions in each position or the position will not count.
 - F. A maximum of one (1) solo spin or solo spin combination. The spin must have a required minimum number of revolutions: three (3) for the flying spin and three (3) for the spin with only one position and six (6) for the spin combination with change of foot.
 - G. A maximum of one (1) death spiral or pivot spiral (position optional). At least $\frac{3}{4}$ revolutions in pivot position by the man are required.
 - H. A maximum of one (1) step sequence (i.e., circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a circle, half a serpentine, half of a straight line, etc.). In the case of a **circular** step sequence a full circle is required covering $\frac{1}{2}$ the ice surface. Only the first executed sequence (step or spiral sequence) will be considered. Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.
- The panel's points for each Program Component are multiplied by a factor of 1.6

Adult Silver Pairs - Music not to exceed **2:40**

Silver Pairs: test requirements

A well-balanced adult silver pair program should contain:

- A. One lift, but not more than two different lifts, one of which must be from Group 1. The remaining lift may be either from Group 1 or 2 **or pairs may perform a twist lift. Overhead lifts are not permitted.** (Group 1: for example Lutz lift, Flip lift, Axel lift; Group 2: for example Loop lift, Twist)
- B. One throw single jump, but not more than two different throw single jumps. Throw Axel is permitted. Throw double jumps are not permitted.
- C. One solo single jump, but not more than two different solo single jumps. Axel is permitted. Double jumps are not permitted.
- D. One jump combination or sequence of jumps (the number of jumps to be included is free), limited to half and single rotational jumps, including the Axel jump, only. Double jumps are not permitted.
- E. One pair spin, but not more than two different pair spins. Change of foot or position is not permitted. Minimum of three (3) revolutions in each pair spin.
- F. One solo spin, but not more than two different solo spins. One change of position is permitted.

Change of foot is not permitted. Minimum of three (3) revolutions in each solo spin.

G. One pivot or death spiral. Skaters may choose the position and hand hold.

H. One step sequence (i.e. circular, straight line, serpentine) utilizing at least half of the ice surface.

Adult Bronze Pairs - Music not to exceed 2:10

Bronze Pairs: test requirements

A well-balanced adult bronze pair program should contain:

A. Lifts are optional, but no more than two different lifts may be performed. One may be a waist loop lift. **Overhead lifts are not permitted.**

B. One throw single jump (optional). No throw Axel or double jumps are permitted.

C. One solo single jump, but not more than two different solo single jumps. No Axels or double jumps are permitted.

D. One jump combination or sequence of jumps (the number of jumps included is free), limited to half and single rotational jumps only. No Axel or double jumps are permitted.

E. One pair spin, but not more than two different pair spins. Change of foot or position is not permitted. Minimum of three (3) revolutions in each pair spin.

F. One solo spin, but not more than two different solo spins. Change of foot or position is not permitted. Minimum of three (3) revolutions in each spin.

G. One pivot spiral (optional), but no more than one pivot spiral may be performed. Death spiral is not permitted.

H. One step sequence (i.e. circular, straight line, serpentine) utilizing at least half of the ice surface.

INTERPRETIVE SKATING EVENT:

Young Adult, Adult, and Masters Interpretive Free Skating Events shall consist of a variety of skating moves and elements selected for their value in enhancing the skaters' interpretation of the music. Axels and double jumps will not be permitted. Costumes which enhance the performance by appropriately reflecting the character of the music and theme will be considered in the judging. It is not allowed to deposit objects on the ice (this will lead to deductions). Props on the ice will not be permitted.

In Interpretive events, skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills as above. Two marks will be used by the judges. The first mark is for Skating Technique and the second mark is for Presentation.

In marking the skating techniques of the program, these aspects must be considered:

- a) the ease, flow, glide, sureness, power and depth of the edges;
- b) ability to vary the speed and direction of the skating;
- c) variety of expressive and innovative moves;
- d) the succession of movement within the program;
- e) utilization of space and ice coverage;
- f) style.

In marking the presentation of the program, the following aspects must be considered:

- a) interpretation of the music and rhythm;
- b) musical timing and understanding of the phrasing of the music;
- c) use of the entire body to develop the artistic and music expression;
- d) creativity;
- e) choreography - art of arranging movements;
- f) variation in tempo, tension, emotion, movements;
- g) suitability of music to the skater;
- h) internal motivation of movements and expressions projected to the audience.

In all Interpretive Events - the length of music is not to exceed 1:40 minutes. Vocal music is permitted. Age categories will be the same as for Free Skating events as presented in Section I.

INTERPRETIVE for COUPLES/PAIRS

Maximum programme length: 3:10 min (no penalty for shorter programmes)

A couple or pair consists of a lady and a man **or two ladies or two men**. The interpretive programme may either be dance-oriented or pair skating-oriented. **Entrants are asked to mark the respective category on the entry form. According to the number of registrations, the organisers will decide on subdividing by skating levels. Skaters will be informed on this decision shortly after the registration deadline.**

Vocal music is permitted. Axels and double jumps as well as overhead lifts will not be permitted. Costumes which enhance the performance by appropriately reflecting the character of the music and theme will be considered in the judging. It is not allowed to deposit objects on the ice (this will lead to deductions). Props on the ice will not be permitted. The event will be judged with the open judging system (6.0 system).

IMPROVISATION:

The length of the improvisation programme is 1m40s for all categories. Age categories and skating levels will be the same as for the Free Skating events. Non-vocal music will be chosen by the Local Organizing Committee for the different categories. The music on which the skaters will improvise their programmes will be played 15 minutes before taking the ice. The participants will then have to retire to the locker rooms where they will no longer be able to hear the music or watch other skaters on the ice. Coaches are not allowed to have contact with their students during this time. The dress code should be sober and of a simple nature.

This event consists of a programme executed with compulsory elements listed for each category. All additional elements will be penalized. The **artistic** note is decisive in case of a tie.

BRONZE - the programme must contain only the following elements.

- one foot upright spin (min. 4 revs),
- one foot back spin, entry optional (min. 3 revs),
- one sit spin (min. 3 revs),
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

SILVER - the programme must contain only the following elements.

- one camel spin (min. 3 revs)
- one sit spin, or original spin (the position of the spin is left for the skater's choice and will be judged on its originality) (min. 3 revs)
- one combination spin with only one position change and no change of foot (min. 3 revs)
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

GOLD - the programme must contain only the following elements.

- one combination spin with minimum one position change and one change of foot (min. 3 revs on each foot)
- one lay back, or sit spin, or original spin (the position of the spin is left for the skater's choice and will be judged on its originality) (min. 4 revs)
- one camel spin (min. 4 revs)
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

MASTERS - the programme must contain only the following elements.

- one combination spin with minimum two position changes and one change of foot (min. 4 revs/foot)
- one flying camel, or flying sit spin (min. 4 revs)
- one original spin (the position of the spin is left for the skater's choice and will be judged on its originality) (min. 4 revs)
- one split jump
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

SYNCHRONIZED SKATING:

Synchronized teams are welcome at the 2008 Mountain Cup. Please contact Barbara Standke for details.

JUDGING

The ISU Judging System will be applied to the following categories: ladies' and men's free skating, pairs, and ice dancing (couples) for the following levels: silver, pre-gold and gold. Please fill out the form "Planned Program Content", including the elements with an appropriate time code and send it together with your application.

All other events will be judged with the open judging system (6.0 system), except for Compulsory Figures which will receive closed marks (no planned program content form needs to be filled out for these events).

The decisions of the judges' panel are final and cannot be contested.

III. FACILITIES AND LOGISTICS

There will be practice ice available at the Patinoire de Villard-de-Lans. Please fill out the practice ice application and send it to:

Barbara Standke
Les Ombelles, 38250 Lans en Vercors, FRANCE
Fax N°: +33 476 95 42 91

HOTELS

In the accompanying letter we recommend hotels in different price categories. **For reservations, please contact them directly by sending them a fax or an e-mail, if available (in English).** There is also a possibility to rent apartments, mainly on the basis of one week's rent. More information is given in the accompanying letter.

COMPETITION ARENA

The rink is a full Olympic size rink, 60 x 30 m, with plastic dashers. Located in the center of Villard-de-Lans, next to the « Piscine » (swimming pool) and the « Office de Tourisme » (tourist office). Most hotels in walking distance.

DIRECTIONS TO SKATING ARENA

120 km from Lyon airport; 30 km by car/coach from Grenoble railway station, for those who will come by TGV from Paris. Local bus service between Grenoble and Villard. Schedule and ticket price will follow.

IV. ENTRIES AND REGISTRATION

Entries must be postmarked no later than **5th April 2008**. Each event requires a separate entry form. Blank entry forms may be copied. Partner entries for pairs and dance must be mailed together in the same envelop. Please mail directly to:

Barbara Standke
Les Ombelles
38250 Lans-en-Vercors, FRANCE
Fax N°: +33 476 95 42 91

Entry fees are as follows:

65 EURO for first singles event
35 EURO for second singles event

35 EURO for first pair or dance event and for each partner of pair or dance team
30 EURO for second pair or dance event and for each partner of pair or dance team
35 EURO for compulsory figures event(s)

In general, late entries will not be accepted. However, under unusual conditions, late entries may only be accepted at the discretion of the Organizing Committee and will carry a 20 EURO late entry fee.

Refunds of entry fees will be made according to CR 10.09. The Organizing Committee reserves the right to divide an event or cancel an event when necessary. All requests for entry refund must be received by the Local Organizing Committee no later than 30 days after the competition. A 20 EURO charge will be made for all checks returned by the bank for any reason and payment must be made by cash, cashier's check or money order prior to the competition.

REGISTRATION

The official Registration Desk will be open throughout the competition. Competitors must register promptly upon arrival.

AWARDS

Awards will be presented to the 1st, 2nd, 3rd and 4th place winners in each event. **Participation medals will be awarded to skaters placing 5th and following.** Skaters should receive their awards in their competition outfit.

SCHEDULES

To receive a tentative schedule (although not before mid-May 2008), please send an e-mail to: barbara.standke@free.fr

V. ADDITIONAL INFORMATION

ADMISSIONS

This event will be open to the public. There will be no fees charged.

MUSIC

Cassette tapes (no cases, please) and CDs will be accepted. They must be clearly marked with name, event entered, length of music and side to be played. Competition music must be turned in at registration and will be available for pick up at the Registration Desk at the conclusion of the event. Tapes or CDs will not be mailed back to competitors. All competitors must have an additional duplicated cassette/CD with them in the rink. The Organizers will accept no responsibility for damage to cassettes or loss of cassettes and CDs, but will take every precaution to ensure their safety. The Organizers will supply current dance music for compulsory dances and music for the improvisation events. **Please note that music downloaded from the Internet MP3 or Mpeg4 cannot be played, neither can CD-RW and minidisks be accepted. Each program must be recorded on one track on a separate disc or cassette. Thank you!**

VIDEOTAPING

Those interested in videotaping must obtain permission upon arrival at the competition. It will be restricted to one area. Except for the official videographers, only battery operated cameras will be permitted.

Non-European skaters interested in videotaping are recommended to bring their own cameras and films, as the European format is different.

ADDITIONAL INFORMATION

Further questions regarding the 2008 Adult Open Competition at Villard-de-Lans can be answered by contacting:

Barbara Standke
 Tel. +33 873 18 04 43 (home)
 Fax. + 33 476 95 42 91 (home)
 e-mail: barbara.standke@free.fr

Please remember the time difference between your home country and France before telephoning.

VI. LIABILITY

The Patinoire Villard-de-Lans and the Organizers of this competition undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of the entries or participation therein, all entrants, their family members and officials shall be deemed to agree to assume all risk of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, the Patinoire Villard-de-Lans and against the Organizers, and their entries shall be accepted only on such conditions (see CR 10.12).

Below please find a table of calculations for the events judged with the 6.0 system

Event	Mode of Calculation
Compulsory figures	3 figures; 1 mark per figure; result: sum of marks
Improvisation	2 marks; result: sum of marks; priority on 2 nd mark in case of tie
Interpretive	2 marks; result: sum of marks; priority on 2 nd mark in case of tie
Dance (Solo)	2 compulsory dances; 2 marks per dance; priority on 2 nd mark; result per dance; coefficient per dance: 0.5 Final result: priority on 2 nd dance and, if necessary, priority on result of the 2 nd day of the competition.
Dance (Couples)	1 st round: 2 compulsory dances; 2 marks per dance; priority on 2 nd mark; result per dance; coefficient per dance: 0.5 Final round: same as above; coefficient per dance: 1 Final result: priority on 2 nd dance and, if necessary, priority on result of the 2 nd day of the competition.

**ADULT OPEN COMPETITION « The Mountain Cup » VILLARD-DE-LANS
5 – 8 June 2008
ENTRY FORM**

Partners must complete separate entry forms

First Name / Last Name	USFSA # CFSA # NISA # other	Sex: F M
Address	City	State / Zip code
e-mail or fax n°	Age on 05/04/2008	Date of birth
Home club	Name of partner	Partner's e-mail or fax n°

Highest test passed (please look up « comparative table » enclosed):

USFSA Adult	Free Skating:	Dance:	Pair:
ISU/ISI	Free Skating:	Dance:	Pair:
Other :	Free Skating:	Dance:	Pair:

Please check off age class and sex:

<input type="checkbox"/> 18-20	<input type="checkbox"/> 21-28	<input type="checkbox"/> 29-35	<input type="checkbox"/> 36-45	<input type="checkbox"/> 46-55	<input type="checkbox"/> 56 and +	<input type="checkbox"/> M	<input type="checkbox"/> F
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Please check off event(s) you wish to enter:

Free Skating <input type="checkbox"/> Masters program length: minutes <input type="checkbox"/> Gold (2:40) <input type="checkbox"/> Silver (2:10) <input type="checkbox"/> Bronze (1:40)	Dance (couples) <input type="checkbox"/> Gold <input type="checkbox"/> Pre-Gold <input type="checkbox"/> Silver <input type="checkbox"/> Pre-Silver <input type="checkbox"/> Bronze <input type="checkbox"/> Pre-Bronze	Solo-Dance <input type="checkbox"/> Gold <input type="checkbox"/> Pre-Gold <input type="checkbox"/> Silver <input type="checkbox"/> Pre-Silver <input type="checkbox"/> Bronze <input type="checkbox"/> Pre-Bronze <input type="checkbox"/> Preliminary	Figures <input type="checkbox"/> Masters <input type="checkbox"/> Gold <input type="checkbox"/> Silver <input type="checkbox"/> Bronze <input type="checkbox"/> Pre-Bronze <input type="checkbox"/> "OPEN"	Interpretive <input type="checkbox"/> Masters <input type="checkbox"/> Adult <input type="checkbox"/> Young Adult Interpretive-couples <input type="checkbox"/> 1 lady/1 man <input type="checkbox"/> 2 ladies/2 men <input type="checkbox"/> dance-oriented <input type="checkbox"/> Freestyle-oriented Partner's name:
Improvisation <input type="checkbox"/> Masters <input type="checkbox"/> Gold <input type="checkbox"/> Silver <input type="checkbox"/> Bronze	Pairs <input type="checkbox"/> Masters <input type="checkbox"/> Adult Gold <input type="checkbox"/> Adult Silver <input type="checkbox"/> Adult Bronze Partner's name:	Solo Free Dance <input type="checkbox"/> Gold <input type="checkbox"/> Silver <input type="checkbox"/> Bronze		

pto

Entry Fees:
65 EURO First Singles Event
35 EURO Second Singles Event
35 EURO Each Partner of Pair or Dance Team (1st event)
30 EURO Each Partner of Pair or Dance Team (2nd event)
35 EURO Figures Event

A Complete Entry Will Contain the Following: ___ Entry Form (completed)
___ Proof of Age
___ Copy of test certificate
___ Entry Fees
___ Practice Ice Application

There is no need to send a proof of age if you have already competed in a Mountain Cup competition and no need to send a test certificate unless you have tested recently.

- Authorization Form to debit your credit card or
- Copy of a money order payable for EURO

Make the money order payable to:
Glaces & Co (MC2008)

DEADLINE : April 5th , 2008

CERTIFICATION BY CLUB OFFICER

I hereby approve the entry of this skater and certify that he/she is a Member of the Club in good standing, is eligible to compete in the events entered and is an eligible skater in accordance with the current USFSA Rulebook.

Signature of Club Officer _____

Title _____

Print Name _____

Home Club _____

Accidents and Liability

The Patinoire Villard-de-Lans and the Organizers undertake no responsibility for damages or injuries suffered by skaters or officials. As a condition of and in consideration of the acceptance of entries of participation, all entrants, family members, coaches and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by, or connected with the conduct or management of the competition. Entries will be accepted only under such condition.

Signature of competitor: _____

ADULT OPEN COMPETITION " The Mountain Cup "

5th – 8th June 2008, Villard-de-Lans, France

Dear Adult Skater,

We are pleased to send you this announcement of an Adult Open Competition, called "The Mountain Cup", to be held at Villard-de-Lans, France, 5th – 8th June 2008. The competition is organized by ASCPA Pessac and the Local Organising Committee in Villard as an interclub competition according to the rules of the French Figure Skating Federation FFSG ("Federation Francaise des Sports de Glace").

The first "Mountain Cup" competition was held in Villard-de-Lans on 29-30 May 1999 with 94 participants from 8 countries (Australia, Belgium, Canada, Ecuador, France, Germany, Great Britain, and the USA). The second "Mountain Cup" took place from 19 to 21 May 2000 with 71 participants from 10 countries (Belgium, Canada, Ecuador, Estonia, France, Germany, Great Britain, Singapore, Switzerland and the USA). The third edition was held from 1 to 3 June 2001 with 68 participants from 8 countries. In 2002, 103 skaters from 12 countries made the "Mountain Cup" the biggest ever international adult competition worldwide! The fifth "anniversary" edition of the competition in 2003 brought 116 skaters from 11 countries to Villard and the sixth saw a maximum participation with 140 skaters from 12 countries. In 2005, again 130 skaters from 12 countries (New Zealand was represented for the first time!) met in the French Alps. A team of 8 skaters from Moscow and a dance team from Japan attended the 2006 MC for the first time among the 130 skaters from 15 countries. In 2007, due to the record number of starts, we already started the competition on Thursday night with compulsory figures. 135 skaters from 18 countries came to Villard in 2007, among them first-time participants from Hungary and Luxemburg.

What's new this year?

Interpretive for couples/pairs

This category was successfully conducted for the first time in 2007. However, some skaters asked for a change of rules in order to open this category for even more skaters. In 2008, we will subdivide this category into two groups, a) Couples consisting of a lady and a man and b) couples consisting of 2 ladies or 2 men. We will keep the separation of dance-oriented or pair-skating oriented couples. For more details, please check the respective paragraph in the announcement.

Solo free dance

Good news for all solo dancers! A new category, solo free dance at bronze, silver and gold level will be conducted (read more in the announcement about the requirements).

Opening Ceremony of the 10th Mountain Cup

We are delighted to announce that the prestigious **ICE THEATRE** of **NEW YORK** will skate the grand opening of the 10th Anniversary of the Mountain Cup on Thursday 5th June. The traditional welcome party will be held before their performance at 7 pm on the ice. Please bring your skates and warm clothes.

Admission to the show of the ITNY for MC participants is FREE. Accompanying persons may order their tickets at a reduced rate of 15 euros/person. Please fill out page 6. In case you have not yet arrived in Villard on Thursday you may alternatively watch the show on Sunday, 8th June at 2 pm.

For more information on the ITNY please check: <http://www.icetheatre.org>

Set forth below is supplementary information on the competition site, the region, accommodation, travel, payment, etc.

To overcome the jet lag we would recommend skaters coming from the US, Canada Australia, New Zealand and Singapore to arrive at Villard some days prior to the competition.

Location:

Villard-de-Lans is located at an altitude of 1000 m (3300 ft.) in the center of the Vercors, an immense Natural Park surrounded by mountains. The weather in May can be fairly varied, with average temperatures of about 22°C (71 F). The temperature inside the Villard ice-rink will be about 7°C (45 F).

Travel:

120 km from Lyon airport; there is a shuttle bus service between Lyon-Saint Exupéry airport and Grenoble bus station by the company Faure, called "Navette". The bus stop is situated between Terminals 1 and 2, on level 1. The price for a one-way ticket is 20 Euros, a round-trip costs 30 Euros. Schedule will follow nearer to the competition date.

30 km by car/coach from Grenoble railway/bus station, for those who will come by TGV (= high speed train) from Paris. Local bus service between Grenoble and Villard by the company VFD (frequency 5 times a day). The price for a one-way ticket is 8 Euros, a round-trip costs 15 Euros plus 2 Euros for each piece of baggage. Schedule will follow nearer to the competition date.

Car rental:

On Lyon airport :

- Avis, Tel.++33(0)4 72 22 75 25, www.avis.fr
- Hertz, Tel.++33 (0)8 25 00 69 69, www.hertz.fr
- Europcar, Tel.++33(0)4 72 22 75 28, www.europcar.fr
(when dialling from outside France, please drop the " 0 ")

In Grenoble, the following car rental agencies are opposite to the railway station:

- Avis, Tel.++33(0)820 61 16 51, www.avis.fr (in the station)
- Hertz, Tel.++33(0)4 76 86 55 80, www.hertz.fr
- Self Car, Tel.++33(0)4 76 50 96 96, Fax:++33(0)4 76 87 37 54

Hotels: Below we recommend some hotels in different price categories.

3-star hotels:

Le Dauphin, opposite the Villard ice-rink. English spoken,
Tel.++33(0)4 76 95 95 25, Fax:++33(0)4 76 95 56 33,
e-mail: contact@hotel-le-dauphin-vercors.com
Web page: <http://www.hotel-le-dauphin-vercors.com>
Price for a single room: 60 euro, double room: 64 euro, breakfast: 8 euro

Grand Hotel de Paris, " Best Western ". English spoken,
Tel.++33(0)4 76 95 10 06, Fax:++33(0)4 76 95 10 02,
e-mail: gph@gph-vercors.com
Web page: <http://www.gph-vercors.com>
Price for a single room: 74 euro, double room: 85 euro, breakfast: 7 euro

Le Christiania, Tel.++33(0)4 76 95 12 51, Fax:++33 (0)4 76 95 00 75,
English spoken, e-mail : info@hotel-le-christiania.fr
Web page: <http://www.hotel-le-christiania.fr>
Price for a single room: 52-77 euros, double room: 100-150 euros, breakfast: 10 euros
(Tariffs for June 2008 will only be available in February 2008)

2-star hotels:

Les Bruyères, Tel.++33(0)4 76 95 11 83, Fax:++33 (0)4 76 95 58 76,

English spoken, e-mail: hotelbruyeres@club-internet.fr

Web page: <http://hotel.lesbruyeres.free.fr>

Price for 1 person: 63 euro, 2 persons: 70 euro, 3 persons: 75 euro, 4 persons: 80 euro, breakfast-buffet: 9 euro.

A 10% reduction will be credited for participants of the "Mountain Cup". Please contact the hotel directly by e-mail, phone or fax and not through the tourist office and mention that you are a participant of the MC.

Le Gerbier, Tel.++33(0)4 76 95 10 50, Fax:++33(0)4 76 94 91 27,

e-mail: contact@hotel-le-gerbier.com

Web page: <http://www.hotel-le-gerbier.com>

Price for a double room: 52-56 euro, 3-beds: 65-68 euro, breakfast: 7 euro

Hotel "Le Pré Fleuri", Route des Cochettes

Tel. ++33(0)4 76 95 10 96, Fax ++33(0)4 76 95 56 23

e-mail : le.pre.fleuri@wanadoo.fr

Web page: <http://www.planete-vercors.com>

Price for a single room: 55 euro, double room: 65 euro, breakfast: 7 euro

1-star hotel:

Le Centre, Tel.++33(0)4 76 95 14 12, Fax: +33(0)4 76 94 14 63

e-mail : hotel-du-centre.villard@orange.fr

Price for a single room: 42 euro, double room: 45 euro, 3-bed room: 53 euro, 4-bed room: 61 euro, breakfast-buffet: 6,50 euro.

Apartments :

There is a possibility to rent apartments of different sizes and prices in an apartment house with indoor swimming pool, whirlpool, work-out room, and other facilities for a week or a couple of days. The apartment house is called " Résidence Le Diamant " (e-mail : residence.le.diamant@wanadoo.fr) (webpage: <http://www.residence-le-diamant.com>) and is located at about 800 m from the rink. The kitchens in the apartments are fully equipped (including a dishwasher). Sheets/blankets, the final cleaning and the local tax are included in the rent. The managing staff speaks English. You can pay by VISA or MasterCard. Please make your own reservation (in English) by fax ++33(0)476 941271. The management will then send you a rental contract which you should fill in, sign and send back. 1/3 of the rent should be paid at this time. You may authorize the management to debit your credit card or send the money by bank transfer (at your own expenses).

Rates in June 2008 for one week:

Studio (1-2 pers.): 285 Euro, studio (2-4 pers.): 315 Euro, 2-room apartment (2-4 pers.): 380 Euro, 2-room apartment (6 pers.): 450 Euro, 3-room apartment (6-8 pers.): 525-550 Euro, 4-room apartment (6-8 pers.): 650 Euro. In case of a stay less than one week the following rates apply: 6 nights = 85% of the rent, 5 nights = 70%, 4 nights = 60%.

We ask for your understanding that skaters staying for one week are given priority when booking these apartments, e.g. skaters from overseas and those who enrol into the 3-day training camp which will follow the competition this year. According to availability other applicants will be considered. Thank you.

We would like to draw your attention to another apartment agency called CGP. You can reach them by e-mail: info@cgp-immobilier.com or fax: +33 (0)476 95 09 55, or phone +33 (0)476 95 18 55. This agency rents studios and apartments of various sizes which are in walking

distance of the rink. They are all fully equipped but you should bring your own linen and towels. You may also rent these from the agency (not included in the apartment rent). Tariffs will be given directly by the agency upon request. **Would you please inform the agency in case of your arrival after 6pm so that they can pass on your apartment keys to the organisers who will hand them over to you. Thanks.**

Payment of competition entry fee:

For all non-French skaters, we advise payment by credit card debit, because it is less expensive than money transfer. With the announcement we will send you an authorization form for debiting your credit card which we would ask you to fill in and mail back to us with your registration papers. However, we must charge 5 euros administrative costs. Please note that we can only take VISA and MasterCard (**no American Express cards**, sorry).

We can only finally confirm your participation at the Mountain Cup 2006 some time after the registration deadline as we need 2 competitors in each category to be able to hold an event. We will inform you as quickly as possible by e-mail.

Welcome Party:

Included in the entry fee is the traditional welcome party on Thursday, 5th June. **This year the party will be held on the ice before the grand opening of the 10th Mountain Cup by the prestigious ICE THEATRE of NEW YORK at about 7 pm.** Please be there to note your start number(s) and meet your fellow skaters! If you and accompanying persons would like to participate in this party, please fill in the registration form on page 6 and send it with your application.

“Anniversary Dinner” on Saturday Night :

The buffet-style dinner will take place on Saturday night at about 8:00pm on the ice. Please bring warm clothes. More information will be given at a later date. If you and accompanying persons would like to participate, please remember to fill in the registration form that we will be e-mailing to competitors after the registration deadline (estimated cost: 28 euros).

Farewell Drink:

On Sunday 8th June after the end of the competition, we will invite all skaters to a farewell drink. Last chance to exchange views on the competition, addresses and farewell hugs! If you and accompanying persons would like to participate in this “apéritif”, please fill in the registration form on page 6 and send it with your application.

Tourist Program:

For those of you who have time and are interested in exploring the region of the Vercors, we advise you to look up the homepage of the Villard tourist office at: www.ot-villard-de-lans.fr. The tourist office can make arrangements for visits of sites nearby.

Other sport activities:

If you would like to bring your non-skating partner, children or other accompanying persons, there is a wide range of possibilities in the Vercors, such as mountain biking, climbing, walking, horseback riding, golf, tennis, cave exploration, paragliding, water sports, balloon riding and plenty more. For more information, please look up the homepage of the Villard tourist office.

Adult Training Camp :

There will be a 3-day training camp in Free Skating and Dance from Monday 2nd June to Wednesday 4th June 2008 held by internationally and nationally well-known coaches. According to the number of skaters interested in this camp we will make groups according to skating levels. Our intention is to keep the numbers in the groups small to allow for a

maximum benefit of participants. If you are interested in participating in this camp, please send an e-mail to barbara.standke@free.fr

The first two camp days will be video taped. We propose to hold a video session for all camp participants followed by an informal "raclette" dinner (a local speciality) on Tuesday 3rd June. You are welcome to bring your accompanying family members and friends. The price of the meal and the location will be announced on the first day of the camp.

Current:

220 V; in case you intend to use electrical devices, we recommend to bring an adapter to French plugs from your home country.

General remarks :

As the number of competitors becomes larger each year but the time available for the competition is limited, the LOC can accept no more than 2 individual entries per competitor. However, a skater may enrol in additional events such as compulsory figures (which will most likely be skated on Thursday, 5th June), pairs, ice dancing for couples, interpretive for couples/pairs. Entries will be accepted on a "First come first served" basis and in order to avoid disappointment please send your registration forms as soon as possible to Barbara Standke, postal address: Les Ombelles, F-38250 Lans, FRANCE

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Registration form for the Welcome-Party on Thursday, 5th June 2008 preceding the performance of the ICE THEATRE of NEW YORK in the rink at about 7 pm. Please bring your skates and warm clothes. Accompanying persons who do not skate are invited to participate in the stands.

NO COSTS (included in registration fee)

Yes, I will attend

and I will bring accompanying persons (please put in number)

No, I will NOT attend

FIRST NAME

LAST NAME

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Registration form for the show of the ICE THEATRE of NEW YORK on Thursday, 5th June at 8:30pm.

Yes, I will attend (no costs for MC participants)

and I will bring accompanying persons (please put in number) at a reduced rate of 15 euros per ticket. Costs for the tickets of my accompanying persons may be put on my credit card.

No, I will NOT attend

FIRST NAME

LAST NAME

ALTERNATIVELY

Registration form for the show of the ICE THEATRE of NEW YORK on Sunday, 8th June at 2 pm.

Yes, I will attend (no costs for MC participants)

and I will bring accompanying persons (please put in number) at a reduced rate of 15 euros per ticket. Costs for the tickets of my accompanying persons may be put on my credit card.

No, I will NOT attend

FIRST NAME

LAST NAME

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Registration form for the „Apéritif“ on Sunday 8th June 2008 at 12.30 hrs at the rink

NO COSTS (included in registration fee)

Yes, I will attend

and I will bring accompanying persons (please put in number)

No, I will NOT attend

FIRST NAME

LAST NAME

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Please fill in and send back this page with your registration forms! Thank you.

**ADULT OPEN COMPETITION VILLARD-DE-LANS
5 – 8 June 2008**

PRACTICE ICE APPLICATION

Competition practice ice will be available for all competitors beginning on Wednesday 4th June (afternoon) until Thursday 5th June 2008 (morning). Reservations should be made in advance. All requests for reservations must be accompanied by ***an authorization to debit your credit card*** and mailed to:

**Barbara Standke
Les Ombelles
38250 Lans en Vercors, France
Fax N°: +33 476 95 42 91**

Refunds will be given for sessions not assigned or for sessions cancelled 24 hours in advance. **No refunds will be given for assigned sessions not used.** On site registration for practice sessions will be available on a cash basis only.

No requests for practice ice will be taken over the phone!
Deadline for pre-registration is 5th April 2008.

Practice sessions (30 min.) are available at the following rates:
All Free Skating, Dance, Comp. Figs. and Pairs Sessions are **5 EURO** per person
(or 10 EURO per couple).

Wednesday, 4 th June (afternoon)	# of Freestyles	_____
	# of Dance Sessions	_____
	# of Pairs Sessions	_____
	# of Compulsory Figs*	_____

Thursday, 5 th June (morning)	# of Freestyles	_____
	# of Dance Sessions	_____
	# of Pairs Sessions	_____
	# of Compulsory Figs*	_____

*according to availability

Total EURO	_____
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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Local Hotel during competition _____

Date of Arrival: _____ Arrival Time: _____