



BRACKNELL ICE SKATING CLUB

ELEMENTS COMPETITION

WEDNESDAY, 1st October, 2003 commencing at 6.15 pm

RULES

1. All entrants must be members of Bracknell Ice Skating Club.
2. The competition is open to all club members and may be further sub-divided by age.
3. **The closing date for entries is 10 am Tuesday 30th September**, draw to take place in café then.
4. Attention must be paid to basic skating between each element.
5. Field moves tests will not be taken into consideration.

Class	standard		elements
1	Beginner (under level 1)	Skaters must not have passed level 1 either elements or free	Spin - upright Spiral - Forward Jump - Three jump
2	Level 1 (under level 2)	Skaters must not have passed level 2 either elements or free	Spin - upright spin Spiral - Backwards Jump - Toe-loop
3	Level 2 and 3 (under level 4)	Skaters must not have passed level 4 either elements or free	Spin - sit spin Step sequence – straight line Jump - Lutz
4	Level 4 and 5 (under level 6)	Skaters must not have passed level 6 either elements or free	Spin - with one change of position, (min 4 revs in each position), positions acceptable are sit/camel/upright variation Step sequence – circular Jump - axel
5	Level 6 and above	Skaters must have passed at least one of level 6 elements or free	Spin - flying spin (free choice) with min 6 revs in landing position Step sequence – serpentine, fully utilising ice surface Jump - double toe-loop or double salchow
6	Level 8 and above	Skaters must have passed at least one of level 8 elements or free	Spin - combination spin with (minimum) one change of foot and one change of basic position, min 5 revs on each foot Step sequence – any Jump - double flip or double loop

Fee is £3.50 per entry

Entry forms available at reception and the club table
Please ask your coaches