

Competitions to be held at
John Nike Leisuresport Complex, John Nike Way,
Amen Corner, Bracknell RG12 8TN

Bracknell Open Singles Competition 2013

THURSDAY 25th

and

FRIDAY 26th APRIL

Closing date Friday 22nd March 2013
Held under NISA regulations and permit

Beginner entries will be judged using the RJS (6.0) marking system.
Levels 1-10 will be judged using the IJS (International Judging System)



Bracknell Open Competitions General Rules

- **The competitions are confined to eligible skaters as defined by the National Ice Skating Association of UK Ltd and will be held under NISA regulations and permit (Applied for). Please check NISA website for any amendments to Generic Criteria and Congress Decisions.**
- **Entries will only be accepted if the specified coach is NISA Licensed and has attended a Field Moves seminar and IJS seminar (IJS competitions only). These details MUST be supplied with the original entry form.**
- **Entries to all competitions will be treated on a first received basis with a limit to entries in each section determined by time available. A reserve list will be held for over-subscribed classes and all reserves will be notified of their position prior to the competition being held.**
- **Bracknell Ice Skating Club (BISC) reserves the right to refuse entries without reason assigned, or to cancel, combine or split events as required. The organising committee reserves the right to cancel any event with less than 3 entrants.**
- **Levels in all events must be attained by the closing date of the competitions. The national test standards will be strictly adhered to. If test standard should change before the closing date notification to the Opens organiser is required immediately. If such notification is not received before the draw the competitor may be withdrawn and entry fee forfeited.**
- **These competitions may be subject to doping control under NISA rules and by the ISU.**
- **Cheques should be made payable to BRACKNELL ICE SKATING CLUB, with the skater's name and event(s) on the back of the cheque. Entries accompanied by a cheque for which payment is refused will not be accepted until the entry fee is paid in cash together with an excess of £10 to cover bank charges. Entries will not be collected from the post office due to insufficient postage.**
- **All applications must be in writing and no email or late entries will be accepted. Entry fees will not be refunded for withdrawals after the closing date.**
- **ENTRY FEES - RJS BEGINNERS £25.00. IJS Level 1 to 10 £45 per entry or £75 where both Short and Free Programme are entered.**
- **Post to Jo Boland, 14 Hogarth Avenue, Reading, RG30 4QW to arrive by 5pm on Friday 22nd March 2013.**
- **Do not send by recorded delivery as forms will not be collected from delivery office.**
- **Acknowledgement of entry will be by email only.** Please do not enclose a SAE as no timetables will be sent by post.
- **The timetable will be verified after the closing date following consultation with the Referee. The time and date of the draw will be posted on the Bracknell Ice Skating Club website as soon as possible after the closing date.**
- **Music for programmes will be accepted on CD only, recorded with a single track. Music that has been edited may contain multiple tracks – this is likely to cause the programme to stop part way through. All music must be clearly marked with competitor's name. It is advisable that you have a spare disc with you.**
- **Winners of competitions (or parent/guardian) will be required to sign for trophies which are held at the winner's risk. They must be returned to BISC in the condition they were received on request.**
- **By entering the competition competitors agree to be photographed by the official photographer. In accordance with the policy of the rink management, a permit will be required for all forms of photography which will be available at the rink on the day of the competition. Anyone engaged in photography without a permit may be asked to leave the premises.**
- **Bracknell Ice Skating Club cannot accept any responsibility for any damage or loss of personal property.**
- **For further enquiries please contact Jo Boland 0118 9410030 between 6:00pm and 9:30pm, or by email bracknellopen@gmail.com**

These competition program requirements fit with the National Test Structure requirements despite there being specification of elements in the test structure. As with the current test structure, all elements performed are as per ISU current regulations. This therefore allows skaters to perform RJS test and competition elements as per the established criteria (ISU regulations 2012) and indeed as per the IJS criteria and clarifications. (Communication 1724, 1741 and 1760)

These Generic Criteria must be read in conjunction with the ISU Regulations 2012, any subsequent ISU communications, including the communication regarding listed jumps and the Communications issued after Congress in June 2012.

Ladies and Men may not compete together in the same singles competitions. These singles competitions must be split into separate Ladies and Men’s events. This does not apply to any exhibition events where this is at the discretion of the club. Tests passed after the closing date DO NOT allow entry to be transferred to another level under any circumstances.

The Generic Criteria are the same for all Opens, whether judged under the RJS (6.0) or the IJS. However, the **Short programmes at levels 8 to 10 for singles and for Junior and Senior Pairs can be skated ONLY at IJS events**. Beginner sections will continue to be judged using the RJS at this point. Clubs/Rinks who apply to use the IJS are free to choose which levels between Level 1 and Level 10 are judged using the IJS and which are judged using the RJS (although IJS will be encouraged where possible) and this must be published clearly in the announcement for the event. **Levels 8 to 10 may be skated at all events, using IJS if desired by the Club but due to restrictions on levels caused by the size of the ice surface, test passes will only be available when skated on ice surfaces with a minimum size of 26 x 56 metres.** Permit requirements will be different for the two types of event.

Where Clubs/Rinks choose and are permitted to hold an event using the IJS, the Short Programme and Free Programme **MUST be run as 2 separate events**. Skaters are free to enter either or both of the 2 events at any level for which they meet the requirements. Many skaters will be eligible at more than one level and will choose which event they enter in association with their Coach, based on their personal plans for the season.

It may be possible to achieve test passes at some IJS Opens, working within NISA criteria. For details please see separate announcement on website regarding the panel requirements. Also, please see above regarding the size of the ice pad and test passes.

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
Event 1 - Beginner boys Event 2 - Beginner girls	Beginner	Skate UK Gold Star (Figure) or Level 1 Field Moves A photocopy of the Skate UK passport must be submitted with the application form (unless Novice Field Moves or Level 1 Dance Moves already held)	Must not hold any of the following: <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme with linking steps, consisting of: A maximum of 3 jump elements including <ul style="list-style-type: none"> • single jumps only, excluding axel, lutz and flip • NO combinations or sequences are permitted NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element. A maximum of 2 spins, <ul style="list-style-type: none"> • Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs)

BRACKNELL OPEN COMPETITIONS 2013 – SINGLES ENTRY CRITERIA

<p>Event 3 - Level 1 boys</p> <p>Event 4 – Level 1 girls</p>	<p>Level 1</p>	<p>Level 1 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	<p>Must not hold any of the following:</p> <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 	<p>1½ Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps, consisting of:</p> <p>A maximum of 4 jump elements including</p> <ul style="list-style-type: none"> • single jumps only, excluding axel ,and lutz • A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel & lutz. <p>A maximum of 2 spins</p> <ul style="list-style-type: none"> • Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs) <p>A Maximum of 1 step sequence (full ice not required)</p>
<p>Event 5 - Level 2 boys</p> <p>Event 6 – Level 2 girls</p>	<p>Level 2</p>	<p>Level 2 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	<p>1½ Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps, consisting of:</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> • single jumps only (no axels allowed) • A maximum of 2 jump combinations or sequences consisting of only 2 single jumps excluding axels. <p>A maximum of 2 spins, 1 of which must be a change of position spin with only 1 change of position and no change of foot (Min 2 revs in each position) and the other a basic position spin with no change of foot and no change of position (Min 3 revs)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p>
<p>Event 7 - Level 3 boys</p> <p>Event 8 – Level 3 girls</p>	<p>Level 3</p>	<p>Level 3 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	<p>1½ Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> • Single jumps only – axels allowed • A maximum of 2 jump combinations or sequences consisting of only 2 single jumps or axels. <p>A maximum of 2 spins, 1 of which must be a change of position spin with only 1 change of position and no change of foot (Min 2 revs in each position) and the other a change of foot spin with only 1 change of foot and no change of position (Min 2 revs on each foot)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>NB The axel may not be attempted more than twice in the programme</p>

BRACKNELL OPEN COMPETITIONS 2013 – SINGLES ENTRY CRITERIA

<p>Event 9 - Level 4 boys</p> <p>Event 10 – Level 4 girls</p>	<p>Level 4</p>	<p>Level 4 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences consisting of only 2 jumps <p>A maximum of 2 spins with different ISU abbreviations. (Min 3 revs in basic position spins or min 6 revs in combination or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>NB The axel and each different double jump may only be attempted twice in the programme.</p>
<p>Event 11 - Level 5 boys</p> <p>Event 12 – Level 5 girls</p>	<p>Level 5</p>	<p>Level 5 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Level 6 Elements or ▪ Level 6 Free 	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences consisting of only 2 jumps <p>A maximum of 2 spins with different ISU abbreviations ,1 of which must be a change of foot spin. (Min 3 revs in basic position spins and min 8 revs in change of position or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>N.B The Axel and each different double jump may only be attempted twice in the programme</p>

BRACKNELL OPEN COMPETITIONS 2013 – SINGLES ENTRY CRITERIA

<p>Event 13 - Level 6 boys</p> <p>Event 14 – Level 6 girls</p>	<p>Level 6</p>	<p>Level 6 Field Moves and either</p> <ul style="list-style-type: none"> • Level 6 Elements or • Level 6 Free 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Level 7 Elements or ▪ Level 7 Free or ▪ Any part of any Competitive Test 	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 Axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences. A combination may consist of only 2 jumps. A jump sequence can contain any number of jumps, but only the 2 most difficult jumps will be counted when using the IJS. <p>A maximum of 2 spins with different ISU abbreviations. (Min 3 revs in basic position spins or min 8 revs in combination or change of foot spins)</p> <p>For Ladies: A Maximum of 1 choreographic sequence utilizing the full ice surface. The sequence will have a fixed base value and be evaluated in GOE only. See page 10 for definition of choreographic sequence.</p> <p>For Men: A maximum of 1 step sequence with a fixed base value and evaluated in GOE only.</p> <p>N.B. The Axel and each different double jump may only be attempted twice in the programme</p>
<p>Event 15 - Level 7 boys</p> <p>Event 16 – Level 7 girls</p>	<p>Level 7</p>	<p>Level 7 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 7 Elements or ▪ Level 7 Free or ▪ Old NISA Pre-Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ Any part of old NISA Novice Competitive Test or higher 	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 Axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences. A combination may consist of only 2 jumps. A jump sequence can contain any number of jumps, but only the 2 most difficult jumps will be counted when using the IJS. <p>A maximum of 2 spins with different ISU abbreviations. (Min 3 revs in basic position spins or min 8 revs in combination or change of foot spins)</p> <p>For Ladies: A Maximum of 1 choreographic sequence utilizing the full ice surface. The sequence will have a fixed base value and be evaluated in GOE only. See page 10 for definition of choreographic sequence.</p> <p>For Men: A maximum of 1 step sequence with a fixed base value and evaluated in GOE only.</p> <p>N.B. The Axel and each different double jump may only be attempted twice in the programme</p>

<p>Event 17 - Level 8 Advanced Novice Short program – men</p>	<p>Level 8/ Advanced Novice SHORT PROGRAMME</p>	<p>Level 8 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ 1 part of the old NISA Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 9 Elements and Free <p>or</p> <ul style="list-style-type: none"> ▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher <p>UNLESS UNDER 15 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</p>	<p>Ladies 2 Min 30 MAX</p> <p>Men 2 Min 30 MAX</p>	<p><u>SHORT PROGRAMME</u></p> <p><u>Ladies</u></p> <ol style="list-style-type: none"> a) Single or double Axel b) Double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements (no repeat of double axel) c) Jump combination consisting of two doubles or a double and a triple jump (No repeat of jump in a) or b)) d) Layback or sideways leaning spin (min. 6 revs in position) e) Spin combination with only one change of foot – min. 5 revs on each foot. Flying entry is allowed. f) One step sequence, fully utilising ice surface. <p><u>Men</u></p> <ol style="list-style-type: none"> a) Single or double Axel b) Double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements (no repeat of double axel) c) Jump combination consisting of two double jumps or a double and a triple jump (No repeat of jump in a) or b)) d) Camel spin or sit spin WITH change of foot (min. 6 revs in position) NO flying entry allowed. e) Spin combination with only one change of foot - min. 5 revs on each foot. Flying entry is allowed f) One step sequence, fully utilising the ice surface. <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1724, 1741 & 1760 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
<p>Event 18 - Level 8 Advanced Novice Short program – ladies</p>					

BRACKNELL OPEN COMPETITIONS 2013 – SINGLES ENTRY CRITERIA

<p>Event 19 - Level 8 Advanced Novice Free program – men</p> <p>Event 20 - Level 8 Advanced Novice Free program – ladies</p>	<p>Level 8/ Advanced Novice FREE PROGRAMME</p>	<p>Level 8 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ 1 part of the old NISA Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 9 Elements and Free <p>or</p> <ul style="list-style-type: none"> ▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher <p>UNLESS UNDER 15 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</p>	<p>Ladies 3 Minutes (+/- 10 seconds)</p> <p>Men 3 ½ Minutes (+/- 10 seconds)</p>	<p><u>FREE PROGRAMME</u></p> <p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements for ladies and 7 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences, consisting of only 2 jumps if in combination. In sequence the number of jumps is free but only the 2 most difficult jumps will be counted in the technical score <p>A maximum of 2 spins with different ISU abbreviations, 1 of which must be a flying spin or spin with flying entry, (min 6 revs,) and 1 a combination spin (optional change of foot) with min 10 revs.</p> <p>A Maximum of 1 step sequence utilizing the full ice surface.</p> <p>N.B. Only 2 different jumps with 2 ½ revs or more can be repeated and if so should be in either a jump combination or jump sequence. No jump of 3 revs or more can be attempted more than twice in the programme. Double axel may be attempted a maximum of twice in the programme</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1724, 1741 & 1760 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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BRACKNELL OPEN COMPETITIONS 2013 – SINGLES ENTRY CRITERIA

<p>Event 21 - Level 9 Junior Short program – men</p> <p>Event 22 - Level 9 Junior Short program – ladies</p>		<p>Level 9/ Junior SHORT PROGRAMME</p>	<p>Level 9 Field Moves and either :</p> <ul style="list-style-type: none"> ▪ Level 9 Elements or ▪ Level 9 Free or ▪ 1 part of the old NISA Primary (ISU Novice) Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 10 Elements and Free or ▪ Both parts of the Junior Competitive Test or higher <p>UNLESS UNDER 19 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</p>	<p>Ladies 2 min 50 MAX</p> <p>Men 2 Mins 50 MAX</p>	<p><u>SHORT PROGRAMME</u></p> <p><u>Ladies – Group C</u></p> <ol style="list-style-type: none"> a) Double Axel b) One Double or triple Flip immediately preceded by connecting steps and/or other comparable free skating movements c) One Jump combination consisting of two doubles or a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying Camel spin (min. 8 revolutions in position) e) Layback or sideways leaning spin (min. 8 revolutions in position) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface <p><u>Men - Group C</u></p> <ol style="list-style-type: none"> a) Double or Triple Axel b) One Double or triple Flip immediately preceded by connecting steps and/or other comparable free skating movements c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying Camel spin (min. 8 revolutions in position) e) Sit spin with only one change of foot (min. 6 revolutions on each foot) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). h) One Step sequence fully utilizing the ice surface <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1724 & 1741 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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BRACKNELL OPEN COMPETITIONS 2013 – SINGLES ENTRY CRITERIA

<p>Event 23 - Level 9 Junior Free program – men</p> <p>Event 24 - Level 9 Junior Free program – ladies</p>		<p>Level 9/ Junior FREE PROGRAMME</p>	<p>Level 9 Field Moves and either :</p> <ul style="list-style-type: none"> ▪ Level 9 Elements or ▪ Level 9 Free or ▪ 1 part of the old NISA Primary (ISU Novice) Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 10 Elements and Free or ▪ Both parts of the Junior Competitive Test or higher <p>UNLESS UNDER 19 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</p>	<p>Ladies 3½ Minutes (+/- 10 seconds)</p> <p>Men 4 Minutes (+/- 10 seconds)</p>	<p><u>FREE PROGRAMME</u></p> <p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 7 jump elements for ladies and 8 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs), 1 a flying spin or spin with a flying entrance (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface. .</p> <p>N.B. Only 2 different jumps with 3 revs or more can be repeated and if so should be in either a jump combination or jump sequence. No jump of 3 revs or more can be attempted more than twice in the programme. Double axel may be attempted a maximum of twice in the programme</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1724 & 1741 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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<p>Event 25- Level 10 Senior Short program – men</p> <p>Event 26- Level 10 Senior Short program – ladies</p>	<p>Level 10/ Senior SHORT PROGRAMME</p>	<p>Level 10 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 10 Elements or ▪ Level 10 Free or ▪ One part of the Junior Competitive Test 	<p>No maximum test requirement</p>	<p>Ladies: 2 Min 50 MAX</p> <p>Men: 2 Min 50 MAX</p>	<p><u>SHORT PROGRAMME</u></p> <p><u>Ladies</u></p> <ul style="list-style-type: none"> a) Double or Triple Axel b) One Triple jump immediately preceded by connecting steps and/or other comparable free skating movements c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying spin (free choice – min. 8 revolutions in position) e) Layback or sideways leaning spin (min. 8 revolutions in position) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface <p><u>Men</u></p> <ul style="list-style-type: none"> h) Double or Triple Axel i) One Triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements j) One Jump combination consisting of a double and a triple jump, or two triple jumps, or a quadruple jump with a double or a triple (No repeat of a or b) k) Flying spin (free choice – min 8 revolutions in position) l) Sit or camel spin with only one change of foot (min. 6 revolutions on each foot) m) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). n) One Step sequence fully utilizing the ice surface <p>Note - The landing position of the flying spin (d) must be different to the position selected in the one position spin (e).</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1724 & 1741 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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BRACKNELL OPEN COMPETITIONS 2013 – SINGLES ENTRY CRITERIA

<p>Event 27 - Level 10 Senior Free program – men</p> <p>Event 28- Level 10 Senior Free program – ladies</p>	<p>Level 10/ Senior FREE PROGRAMME</p>	<p>Level 10 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 10 Elements or ▪ Level 10 Free or ▪ One part of the Junior Competitive Test 	<p>No maximum test requirement</p>	<p>Ladies: 4 Minutes (+/- 10 seconds)</p> <p>Men: 4½ Minutes (+/- 10 seconds)</p>	<p>FREE PROGRAMME Skaters must perform a well balanced programme with linking steps consisting of: A maximum of 7 jump elements for ladies and 8 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs) 1 a flying spin or spin with flying entry (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence and 1 choreographic sequence utilizing the full ice surface, as per ISU regs 2012 and any subsequent ISU communications. (see below for definition of choreographic sequence)</p> <p>N.B. Only 2 different jumps with 3 revs or more can be repeated and if so should be in either a jump combination or jump sequence. No jump of 3 revs or more can be attempted more than twice in the programme. Double axel may be attempted a max of twice in the programme</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1724 & 1741 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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CHOREOGRAPHIC SEQUENCE

A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauer, hydroblading, transitional (unlisted) jumps, spinning movements etc. A choreographic sequence for Ladies must include at least one spiral (not a kick) of any length. The sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but the Sequence must fully utilize the ice surface. If this requirement is not fulfilled, the sequence will have no value. The choreographic sequence has to be performed later than the step sequence. The choreographic sequence has a base value and will be evaluated by the judges in GOE only.