

**National Ice Skating Association of UK Ltd**  
**TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS**  
**FROM 1<sup>ST</sup> SEPTEMBER 2013 to 30<sup>TH</sup> JUNE 2014**

These competition program requirements comply with ISU Basic Novice to Senior and, for a short time, may be out of line with the NISA Free Skating test structure. All elements performed are as per ISU current regulations. This 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 1760 and 1790)

**This Generic Criteria must be read in conjunction with the ISU Regulations 2012 and any subsequent ISU communications.**

**However, for the purpose of the Step Sequence in Level 1, the requirement for full ice surface will be achieved when the skater covers a minimum of 50% of the full ice surface to make this achievable for skaters at this level.**

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 is the same for all Opens, whether judged under the RJS (6.0) or the IJS with the following conditions:

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- Beginner Singles may be judged using IJS or RJS. Beginner Couples is to be judged under RJS.
- Clubs/Rinks who apply to use the IJS are free to choose which levels 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.
- IJS events from Beginner to Level 3 will be judged in accordance with the ISU Basic Novice regulations, i.e. No element can achieve higher than Level 2 and only 2 components will be scored in accordance with ISU Communication 1760.
- **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.
- **The Short programmes at levels 8 to 10 for singles and for Junior and Senior Pairs can be skated ONLY at IJS events.**
- 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. If entries are submitted for 2 events, skaters must state their preference if clubs can only accommodate skaters in one event due to time restrictions.

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.

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### TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS

#### FROM 1<sup>ST</sup> SEPTEMBER 2013 to 30<sup>TH</sup> JUNE 2014

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
	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"> <li>▪ Level 1 Elements or</li> <li>▪ Level 1 Free</li> </ul>	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"> <li>• single jumps only, excluding axel, lutz and flip</li> <li>• NO combinations or sequences are permitted</li> </ul> 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"> <li>• Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs)</li> </ul>
	Level 1	Level 1 Field Moves <b>and</b> either <ul style="list-style-type: none"> <li>▪ Level 1 Elements or</li> <li>▪ Level 1 Free</li> </ul>	Must not hold any of the following: <ul style="list-style-type: none"> <li>▪ Level 2 Elements or</li> <li>▪ Level 2 Free</li> </ul>	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme with linking steps, consisting of:  A maximum of 4 jump elements including <ul style="list-style-type: none"> <li>• single jumps only, excluding axel ,and lutz</li> <li>• A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel &amp; lutz.</li> </ul> A maximum of 2 spins <ul style="list-style-type: none"> <li>• Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs)</li> </ul> A Maximum of 1 step sequence (full ice not required)
	Level 2	Level 2 Field Moves <b>and</b> either <ul style="list-style-type: none"> <li>▪ Level 2 Elements or</li> <li>▪ Level 2 Free</li> </ul>	Must not hold any of the following <ul style="list-style-type: none"> <li>▪ Level 3 Elements or</li> <li>▪ Level 3 Free</li> </ul>	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme with linking steps, consisting of:  A maximum of 4 jump elements, consisting of <ul style="list-style-type: none"> <li>• single jumps only (no axels allowed)</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 single jumps excluding axels.</li> </ul> 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)  A Maximum of 1 step sequence utilizing the full ice surface

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	<p>Level 3</p>	<p>Level 3 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 3 Elements or</li> <li>▪ Level 3 Free</li> </ul>	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 4 Elements or</li> <li>▪ Level 4 Free</li> </ul>	<p>2 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"> <li>• Single jumps only – axels allowed</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 single jumps or axels.</li> </ul> <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><b>NB The axel may not be attempted more than twice in the programme</b></p>
	<p>Level 4 (Basic Novice A)</p> <p>Please see ISU communication 1760</p>	<p>Level 4 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 4 Elements or</li> <li>▪ Level 4 Free</li> </ul>	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 5 Elements or</li> <li>▪ Level 5 Free</li> </ul>	<p>2½ Minutes (+/- 10 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"> <li>• 1 axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 jumps in combination .A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted.</li> </ul> <p>A maximum of 2 spins with different ISU abbreviations, 1 must be a spin combination with or without change of foot (Min 6 revs in total) and 1 a spin with no change of position and with or without a change of foot (min 6 revs in total. Flying entry is allowed.</p> <p>There must be a maximum of:</p> <p>For girls - f 1 Choreographic sequence which includes at least one spiral position of at least 3 seconds long</p> <p>For boys -f 1 step sequence.</p> <p>The sequence will have a fixed base value and will be evaluated in GOE only.</p>

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	<p align="center"><b>Level 5</b> (Basic Novice A)</p> <p align="center">Please see ISU communication 1760</p>	<p>Level 5 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 5 Elements or</li> <li>▪ Level 5 Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Level 6 Elements or</li> <li>▪ Level 6 Free</li> </ul>	<p>2½ Minutes (+/- 10 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"> <li>• 1 axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 jumps in combination .A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted.</li> </ul> <p>A maximum of 2 spins with different ISU abbreviations, 1 must be a spin combination with or without change of foot (Min 6 revs in total) and 1 a spin with no change of position and with or without a change of foot (min 6 revs in total. Flying entry is allowed.</p> <p>There must be a maximum of:          For girls - 1 Choreographic sequence which includes at least one spiral position of at least 3 seconds long..          For boys - 1 step sequence.          The sequence will have a fixed base value and will be evaluated in GOE only.</p>
	<p align="center"><b>Level 6</b> (Basic Novice B)</p> <p align="center">Please see ISU communication 1760</p>	<p>Level 6 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>• Level 6 Elements or</li> <li>• Level 6 Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Level 7 Elements or</li> <li>▪ Level 7 Free or</li> <li>▪ Any part of any Competitive Test</li> </ul>	<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 for ladies and 6 for men, consisting of</p> <ul style="list-style-type: none"> <li>• 1 Axel type jump element (either solo or in combination or sequence)</li> <li>• 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.</li> </ul> <p>Only 2 jumps with 2½ or more revolutions can be repeated either in a jump combination or jump sequence.</p> <p>A maximum of 2 spins with different ISU abbreviations. One of which must be a spin combination (min 10 revs in total) and one a flying spin or spin with a flying entrance (min 6 revs in total)</p> <p>There must be for Ladies and for Men: A maximum of 1 step sequence fully utilising the ice surface. The step will receive level features and will also be evaluated in GOE.</p>

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	<p align="center"><b>Level 7</b></p> <p align="center">(Basic Novice B)</p> <p align="center">Please see ISU communication 1760</p>	<p>Level 7 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 7 Elements or</li> <li>▪ Level 7 Free or</li> <li>▪ Old NISA Pre-Novice Competitive Test</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Level 8 Free or</li> <li>▪ Any part of old NISA Novice Competitive Test or higher</li> </ul>	<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 for ladies and 6 for men, consisting of</p> <ul style="list-style-type: none"> <li>• 1 Axel type jump element (either solo or in combination or sequence)</li> <li>• 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.</li> </ul> <p>Only 2 jumps with 2<sup>1</sup>/<sub>2</sub> or more revolutions can be repeated either in a jump combination or jump sequence.</p> <p>A maximum of 2 spins with different ISU abbreviations. One of which must be a spin combination (min 10 revs in total) and one a flying spin or spin with a flying entrance (min 6 revs in total)</p> <p>There must be for Ladies and for Men: A maximum of 1 step sequence fully utilising the ice surface. The step will receive level features and will also be evaluated in GOE</p>
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	<p align="center"><b>Level 8/ Advanced Novice SHORT PROGRAMME</b></p>	<p>Level 8 Field Moves and either</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Level 8 Free or</li> <li>▪ 1 part of the old NISA Novice Competitive Test</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 9 Elements and Free</li> </ul> <p>or</p> <ul style="list-style-type: none"> <li>▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher</li> </ul> <p><b>UNLESS UNDER 15 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</b></p>	<p>Ladies 2 Min 30 MAX</p> <p>Men 2 Min 30 MAX</p>	<p><b><u>SHORT PROGRAMME</u></b></p> <p><b><u>Ladies</u></b></p> <ol style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements (no repeat of double axel)</li> <li>c) Jump combination consisting of two doubles or a double and a triple jump (No repeat of jump in a) or b) )</li> <li>d) Layback or sideways leaning spin (min. 6 revs in position)</li> <li>e) Spin combination with only one change of foot – min. 5 revs on each foot. Flying entry is allowed.</li> <li>f) One step sequence, fully utilising ice surface.</li> </ol> <p><b><u>Men</u></b></p> <ol style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements (no repeat of double axel)</li> <li>c) Jump combination consisting of two double jumps or a double and a triple jump (No repeat of jump in a) or b) )</li> <li>d) Camel spin or sit spin WITH change of foot (min. 6 revs in position) NO flying entry allowed.</li> <li>e) Spin combination with only one change of foot - min. 5 revs on each foot. Flying entry is allowed</li> <li>f) One step sequence, fully utilising the ice surface.</li> </ol> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1760 &amp; 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<b>Level 8/ Advanced Novice FREE PROGRAMME</b>	<p>Level 8 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Level 8 Free or</li> <li>▪ 1 part of the old NISA Novice Competitive Test</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 9 Elements and Free</li> </ul> <p>or</p> <ul style="list-style-type: none"> <li>▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher</li> </ul> <p><b>UNLESS UNDER 15 ON PREVIOUS 1<sup>ST</sup> JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</b></p>	<p>Ladies 3 Minutes (+/- 10 seconds)</p> <p>Men 3 ½ Minutes (+/- 10 seconds)</p>	<p><b>FREE PROGRAMME</b></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"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• 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</li> </ul> <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><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1760 &amp; 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<p align="center"><b>Level 9/ Junior SHORT PROGRAMME</b></p>	<p>Level 9 Field Moves <b>and</b> either :</p> <ul style="list-style-type: none"> <li>▪ Level 9 Elements or</li> <li>▪ Level 9 Free or</li> <li>▪ 1 part of the old NISA Primary (ISU Novice) Competitive Test</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 10 Elements and Free or</li> <li>▪ Both parts of the Junior Competitive Test or higher</li> </ul> <p><b>UNLESS UNDER 19 ON PREVIOUS 1<sup>ST</sup> JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</b></p>	<p>Ladies 2 min 50 MAX</p> <p>Men 2 Mins 50 MAX</p>	<p><b><u>SHORT PROGRAMME</u></b></p> <p><b><u>Ladies</u></b></p> <ol style="list-style-type: none"> <li>a) Double Axel</li> <li>b) One Double or triple Loop immediately preceded by connecting steps and/or other comparable free skating movements</li> <li>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)</li> <li>d) Flying Sit spin (min. 8 revolutions in position)</li> <li>e) Layback or sideways leaning spin (min. 8 revolutions in position)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ol> <p><b><u>Men</u></b></p> <ol style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One Double or triple Loop immediately preceded by connecting steps and/or other comparable free skating movements</li> <li>c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying Spin (min. 8 revolutions in position)</li> <li>e) Camel spin with only one change of foot (min. 6 revolutions on each foot)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>h) One Step sequence fully utilizing the ice surface</li> </ol> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<p align="center"><b>Level 9/ Junior FREE PROGRAMME</b></p>	<p>Level 9 Field Moves <b>and</b> either :</p> <ul style="list-style-type: none"> <li>▪ Level 9 Elements or</li> <li>▪ Level 9 Free or</li> <li>▪ 1 part of the old NISA Primary (ISU Novice) Competitive Test</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 10 Elements and Free or</li> <li>▪ Both parts of the Junior Competitive Test or higher</li> </ul> <p><b>UNLESS UNDER 19 ON PREVIOUS 1<sup>ST</sup> JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</b></p>	<p>Ladies 3½ Minutes (+/- 10 seconds)  Men 4 Minutes (+/- 10 seconds)</p>	<p><b><u>FREE PROGRAMME</u></b></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"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps.</li> </ul> <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><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<p align="center"><b>Level 10/ Senior SHORT PROGRAMME</b></p>	<p>Level 10 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 10 Elements or</li> <li>▪ Level 10 Free or</li> <li>▪ One part of the Junior Competitive Test</li> </ul>	<p>No maximum test requirement</p>	<p>Ladies: 2 Min 50 MAX</p> <p>Men: 2 Min 50 MAX</p>	<p><b><u>SHORT PROGRAMME</u></b></p> <p><b><u>Ladies</u></b></p> <ul style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One Triple jump immediately preceded by connecting steps and/or other comparable free skating movements</li> <li>c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying spin (free choice – min. 8 revolutions in position)</li> <li>e) Layback or sideways leaning spin (min. 8 revolutions in position)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ul> <p><b><u>Men</u></b></p> <ul style="list-style-type: none"> <li>h) Double or Triple Axel</li> <li>i) One Triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements</li> <li>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)</li> <li>k) Flying spin (free choice – min 8 revolutions in position)</li> <li>l) Sit or camel spin with only one change of foot (min. 6 revolutions on each foot)</li> <li>m) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>n) One Step sequence fully utilizing the ice surface</li> </ul> <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><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<p align="center"><b>Level 10/ Senior FREE PROGRAMME</b></p>	<p>Level 10 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 10 Elements or</li> <li>▪ Level 10 Free or</li> <li>▪ One part of the Junior Competitive Test</li> </ul>	<p>No maximum test requirement</p>	<p>Ladies: 4 Minutes (+/- 10 seconds)</p> <p>Men: 4½ Minutes (+/- 10 seconds)</p>	<p><b>FREE PROGRAMME</b>          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"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps.</li> </ul> <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 Regulations 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><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></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.

## Open Competitions for Couples/Pairs

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
	<b>Beginner Couples/Pairs</b>  <b>(to be judged under RJS)</b>	Each partner must have passed Level 1 Field Moves	Must not hold any old NISA Pair Test or any part of Level 4 Singles or Dance National tests (excluding Field Moves)  Must not hold Level 2 or higher new National Pair test	Free Program of 2 minutes (+/- 5 seconds)	The programme must contain <b>ONLY</b> the following elements: <ul style="list-style-type: none"> <li>▪ Mid-line step sequence utilising the full length of the ice surface.</li> <li>▪ Second step sequence (any pattern). This <b>may</b> include spirals</li> <li>▪ Pair spin/dance spin in any position and any hold (min. 2 revs). Change of foot or position optional</li> <li>▪ Side by side solo spin (min. 3 revs)</li> </ul> <p>Moves demonstrating quality edges, simple turns and footwork should be included.  At least 3 different dance/pair holds should be demonstrated throughout the programme.  Recognised pair/dance lifts are <b>not</b> allowed.  Vocal music is not permitted.</p>
	<b>Basic Novice Pairs</b>	Each partner must hold: <ul style="list-style-type: none"> <li>▪ Level 4 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice Pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 3 National Pairs Test</li> </ul>	No Maximum Test Requirement	Free Program of 3 minutes (+/- 10 seconds)	A well balanced programme which must contain: <ul style="list-style-type: none"> <li>▪ Maximum 2 lifts from groups 1 and 2 only, one arm holds are not allowed (full extension of the lifting arm is not required)..</li> <li>▪ One Twist lift (single)</li> <li>▪ One Solo jump (single or double)</li> <li>▪ One solo spin, no change of foot, change of m position optional, (min. 5 revs in position or one pair spin (min. 5 revs in total)</li> <li>▪ One pivot figure ( if a Death Spiral is executed, it is marked in accordance with ISU Regulations 2012. In other cases, thee rarer no levels.)</li> <li>▪ One choreographic sequence which includes at least 1 spiral positions of each partner of at least 3 seconds long. (Fixed base value)</li> </ul>

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	<p><b>Advanced Novice Pairs SHORT PROGRAMME</b></p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ Level 6 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 4 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 2 ½ minutes (MAX)</p>	<p>The Short programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>• 1 lift (from groups 1 to 4) One arm hold not allowed</li> <li>• 1 Twist lift (single or double)</li> <li>• 1 solo jump (single or double)</li> <li>• 1 solo spin or solo spin combination (min. 5 revs in total)</li> <li>• 1 death spiral or any other pivot figure ( if a Death Spiral is executed, it is marked in accordance with ISU Regulations 2012. In other cases, the rarer no levels.)</li> <li>• 1 step sequence fully utilising the ice surface.</li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATION 1760 &amp; 1790 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<b>Advanced Novice Pairs FREE PROGRAMME</b>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ Level 6 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 4 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 3 ½ minutes (+/- 10 seconds)</p>	<p>The well balanced programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>• <b>2 different lifts from groups 1 to 4</b> one arm holds are not allowed, (in Group 1 and 2 full extension of the lifting are of the partner is not required)</li> <li>• <b>1 Twist lift (single or double)</b></li> <li>• <b>1 Throw jumps (single or double)</b></li> <li>• <b>1 solo jump (single or double)</b></li> <li>• <b>1 pair spin or pair spin combination (min. 5 revs in total)</b></li> <li>• <b>1 death spiral or any other pivot figure</b> ( if a Death Spiral is executed, it is marked in accordance with ISU Regulations 2012. In other cases, thee rarer no levels.) <ul style="list-style-type: none"> <li>▪ <b>1 choreographic sequence which includes at least 1 spiral positions of each partner of at least 3 seconds long. (Fixed base value)</b></li> </ul> </li> <li>• <b>( See page 14 for definition of choreographic sequence.)</b></li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATION 1760 &amp; 1790 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<b>Junior Pairs SHORT PROGRAMME</b>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ Level 9 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 6 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Short Program of 2 mins 50 secs MAX</p>	<p>The well balanced programme must contain only the following elements:</p> <ol style="list-style-type: none"> <li>a) 1 Toe Lasso lift take off (Group 5)</li> <li>b) 1 double twist lift</li> <li>c) Double or Triple Toe Loop Throw jump</li> <li>d) Double Loop or double Axel Solo Jump</li> <li>e) 1 Pair spin combination with only 1 change of foot (min. 8revs in total)</li> <li>f) 1 backward inside death spiral</li> <li>g) 1 step sequence.</li> <li>h) .</li> </ol> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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	<p align="center"><b>Junior Pairs FREE PROGRAMME</b></p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ Level 9 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 6 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 4 minutes (+/- 10 seconds)</p>	<p>The well balanced programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>a) Maximum 2 Lifts, one of which must be from Group 3 or 4 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm</li> <li>b) Maximum 1 twist lift</li> <li>c) Maximum 2 different Throw jumps</li> <li>d) Maximum 1 Solo Jump</li> <li>e) Maximum 1 jump combination or sequence</li> <li>f) Maximum 1 Solo Spin combination 10 revs in total</li> <li>g) Maximum 1 Pair spin combination (Min 6 revs in total)</li> <li>h) Maximum 1 death spiral</li> <li>• Maximum 1 choreographic sequence ( See page 14 for definition of choreographic sequence.)</li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
	<p align="center"><b>Senior Pairs SHORT PROGRAMME</b></p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ Level 10 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 6 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Short Program of 2 mins 50 secs max</p>	<p>The well balanced programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>a) 1 Lasso Lift take off (Group 5)</li> <li>b) 1 Double or Triple Twist lift</li> <li>c) 1 Double or Triple Throw jump</li> <li>d) 1 Double or Triple Solo Jump</li> <li>e) 1 Pair Spin combination with only 1 change of foot min. 8 revs in total)</li> <li>f) 1 backward Inside death spiral</li> <li>g) 1 step sequence, fully utilizing the ice surface.</li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATION 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>

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	<b>Senior Pairs FREE PROGRAMME</b>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ Level 10 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p>AND EITHER</p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 6 National Pairs Test</li> </ul>	No Maximum Test Requirement	Free Program of 4 minutes 30 secs (+/- 10 seconds)	<p>The well balanced programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>• Maximum 3 Lifts One Lift must be from Group 3 or 4 (Min 1 and max 3 ½ revs of Man) with full extension of lifting arm. If 2 x group 5 lifts are executed, the take offs have to be of a different nature. If the take off is not different the 2<sup>nd</sup> executed group 5 lift will not be marked but will block a lift box.</li> <li>• Maximum 1 Twist Lift</li> <li>• Maximum 2 different Throw jumps</li> <li>• Maximum 1 Solo Jump</li> <li>• Maximum 1 jump combination or sequence</li> <li>• Maximum 1 Solo Spin combination (10 revs in total)</li> <li>• Maximum 1 Pair spin combination (Min 6 revs in total)</li> <li>• Maximum 1 death spiral DIFFERENT FROM SHORT PROGRAMME</li> <li>• Maximum 1 choreographic sequence ( See page 14 for definition of choreographic sequence.)</li> </ul> <p style="text-align: center;"><b>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMUNICATION 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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**PAIRS 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.