

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

Bracknell Open Singles Competition 2015



Monday 20th -
Wednesday 22nd
April 2015

Closing date **Tuesday 24th March**
2015 Held under NISA regulations and
permit

Bracknell Open Competitions General Rules

- Please check NISA website for any amendments to Generic Criteria and Congress Decisions. 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.
- Entries will only be accepted if the specified coach is NISA Licensed and has attended a Field Moves seminar and IJS seminar. These details MUST be supplied with the original entry form.
- 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 If such notification is not received before the draw the competitor may be withdrawn and entry fee forfeited.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.
- No Late entries will be accepted. Entry fees will not be refunded for withdrawals after the closing date. Refunds will be via PayPal.
- The Entry fee is £35 per segment
- TO register and enter for any of the events competitors should complete the online entry form. Programme content forms can also be submitted via a link at the same time as the registration and entry form. Please have all skater and coach details to hand as multiple classes can be entered and paid for together. Payment is by PayPal or Debit/Credit card only. Confirmation of registration and entry form details will emailed to competitors along with receipt of payment.
- Please note that if the provisional timetable reaches capacity before the official closing date of 24th March 2015 no further entries will be accepted. All registrations will be recorded with date and time of receipt to ensure that the allocation of places is administered fairly. The reserve list will also be strictly on a date of application received basis and will operate up until the day before the draw. Any reserve list refunds will be by PayPal.
- The timetable and draw for skating order will be posted on the BISC website 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.
- Flash photography will not be permitted during warm-ups or competitions, either on the ice or at the rink side.
- Bracknell Ice Skating Club cannot accept any responsibility for any damage or loss of personal property.

For further enquiries please email bracknellopen@gmail.com



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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 IJS test and competition elements as per the established criteria (ISU regulations 2012) and subsequent communications.

This Generic Criteria must be read in conjunction with the ISU Regulations 2012 (to be replaced by ISU Regulations 2014 when published) ISU Communications 1861, 1874, 1886 and any subsequent ISU communications. Vocal Music is allowed at all levels

However, for the purpose of the Step Sequence in Beginner Singles, the requirement for full ice surface at base level will be achieved when the skater covers a minimum of 75% of the full ice surface to make this achievable for skaters at this level. The criteria for level 1 and above step sequences remain as per ISU.

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:

- 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.
- As per ISU Comm. 1886 no highlight will be awarded at level 8 and below.

It may be possible to achieve test passes at IJS Opens, working within NISA criteria.

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Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
Beginner	Skate UK Gold Star (Figure) or a minimum of 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) A maximum of 1 Step Sequence (min 75% ice coverage required)
Level 1	A minimum of Level 1 Field Moves and either <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	Must not hold any of the following: <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 	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"> • single jumps only, excluding axel, and lutz • A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel & lutz. • Any single jump cannot be executed more than twice in total. 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) A Maximum of 1 step sequence utilising the full ice surface



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Level 2	<p>A minimum of 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 	1½ Minutes (+/- 5 seconds)	<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. • Any single jump cannot be executed more than twice in total. <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). Please see note (1) below regarding spins.</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p>
Level 3	<p>A minimum of 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 	2 Minutes (+/- 5 seconds)	<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. • Any single jump cannot be executed more than twice in total. <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). Please see note (1) below regarding spins</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>



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<p>Level 4 (Basic Novice A)</p> <p>Please see ISU communication 1886</p>	<p>A minimum of 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>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"> • A minimum of 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 in combination .A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted. • Any single or double jump cannot be executed more than twice in total. • Triple jumps not permitted • There must be one step sequence fully utilising the ice surface. <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>Levels explanation: In all elements subject to levels only features up to level 2 will be counted.</p> <p>Program Components: Skating Skills & Performance/ Execution only.</p>
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<p>Level 5 (Basic Novice A)</p> <p>Please see ISU communication 1886</p>	<p>A minimum of 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>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"> • A minimum of 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 in combination .A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted. • Any single or double jump cannot be executed more than twice in total. • Triple jumps not permitted. • There must be one step sequence fully utilising the ice surface. <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>Levels explanation: In all elements subject to levels only features up to level 2 will be counted.</p> <p>Program Components: Skating Skills & Performance/ Execution only.</p>
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<p>Level 6 (Basic Novice B)</p> <p>Please see ISU communication 1886</p>	<p>A minimum of 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><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1ST OF JULY 2014.</u></p>	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of A maximum of 5 jump elements for ladies and 6 for men, 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. • Any single or double jump (including double axel) cannot be executed more than twice in total. • Only 2 jumps with 2 ½ revolutions or more can be repeated either in a jump combination or jump sequence. <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> <p>Levels explanation: In all elements subject to levels only features up to level 2 will be counted.</p> <p>Program Components: Skating Skills , Performance/ Execution and Interpretation only</p>
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<p>Level 7 (Basic Novice B) Please see ISU communication 1886</p>	<p>A minimum of 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><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1ST OF JULY 2014.</u></p>	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of A maximum of 5 jump elements for ladies and 6 for men, 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.. • Any single or double jump (including double axel) cannot be executed more than twice in total. • Only 2 jumps with 2 ½ revolutions or more can be repeated either in a jump combination or jump sequence. <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> <p>Levels explanation: In all elements subject to levels only features up to level 2 will be counted.</p> <p>Program Components: Skating Skills, Performance/ Execution and Interpretation only.</p>
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<p>Level 8/ Advanced Novice SHORT PROGRAMME</p> <p>Please see ISU com 1886</p>	<p>A minimum of 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><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1ST OF JULY 2014.</u></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, may not repeat jump in a) c) One jump combination consisting of two double jumps or a double and a triple jump, both jumps may not repeat a 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, may not repeat jump in a) c) One jump combination consisting of two double jumps or a double and a triple jump, both jumps may not repeat a jump in a) or b) d) Camel spin or sit spin (min. 6 revolutions in position) with a change of foot and no flying entrance 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>Levels explanation: In all elements subject to levels only features up to level 3 will be counted.</p> <p>Program Components: Skating Skills , Transitions, Performance/ Execution and Interpretation only.</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMUNICATIONS INCLUDING 1861 & 1886 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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<p>Level 8/ Advanced Novice FREE PROGRAMME</p> <p>Please see ISU com 1886</p>	<p>A minimum of 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><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1ST OF JULY 2014.</u></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 • Any single or double jump (including a double axel) cannot be executed more than twice in total. • A Maximum of 1 step sequence utilizing the full ice surface. <p>A maximum of two (2) spins with different ISU abbreviations, One (1) of which must be a combination spin (min 10 revolutions) and one (1) a flying spin or spin with flying entry, (min 6 revolutions.)</p> <p>Levels explanation: In all elements subject to levels only features up to level 3 will be counted.</p> <p>Program Components: Skating Skills, Transitions, Performance/ Execution and Interpretation only.</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1861 & 1886 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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Level 9/ Junior SHORT PROGRAMME	<p>A minimum of 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><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 19 BEFORE THE 1ST OF JULY 2014.</u></p>	<p>Ladies 2 min 50 MAX</p> <p>Men 2 Mins 50 MAX</p>	<p><u>SHORT PROGRAMME</u></p> <p><u>Ladies</u></p> <ul style="list-style-type: none"> a) Double Axel b) One Double or triple Lutz 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 utilising the ice surface <p><u>Men</u></p> <ul style="list-style-type: none"> a) Double or Triple Axel b) One Double or triple Lutz 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 ALL RELEVANT - ISU COMMUNICATIONS INCLUDING 1861 <u>and 1874</u> WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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<p>Level 9/ Junior FREE PROGRAMME</p>	<p>A minimum of 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>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 19 BEFORE THE 1ST OF JULY 2014.</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. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2014 applies. See also ISU Communication 1874.</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1861 <u>and 1874</u> WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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Level 10/ Senior SHORT PROGRAMME	<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 	No maximum test requirement	<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 utilising 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 ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1861 <u>and</u> 1874 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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Level 10/ Senior FREE PROGRAMME	Level 10 Field Moves and either <ul style="list-style-type: none"> ▪ Level 10 Elements or ▪ Level 10 Free or ▪ One part of the Junior Competitive Test 	No maximum test requirement	Ladies: 4 Minutes (+/- 10 seconds) Men: 4½ Minutes (+/- 10 seconds)	<p><u>FREE PROGRAMME</u> Skaters must perform a well balanced programme with linking steps consisting of:</p> <ul style="list-style-type: none"> • A maximum of 7 jump elements for ladies and 8 for men, consisting of <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 utilising 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. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2014 applies. See also ISU Communication 1874.</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1861 and 1874 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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1) **SPIN WITH NO CHANGE OF POSITION.** A “spin with no change of position”, in which another basic position is executed with more than two (2) revolutions, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin combination”. However, the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as the skater is executing only the final wind up without any enhancements. NB. This means in a spin with only one change of position, if the second position is an Upright position it should be obvious, e.g. have an enhancement, to make it clear is is not simply the wind up.

2) **CHOREOGRAPHIC SEQUENCE**

A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. It can be performed before or after the Step Sequence. This element has a fixed base value and will be evaluated by the judges in GOE only. As per ISU communication 1874 and any subsequent updates.



National Ice Skating Association of UK Ltd
TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS
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