



National Ice Skating Association of Great Britain & N.I.



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SINGLES SKATING

National Test Manual

&

Pairs

Test Manual

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RULES AND REGULATIONS

2009

October 2009

National Ice Skating Association of UK Ltd

NEW TEST STRUCTURE
For
NATIONAL TESTS

Rules and Regulations

CONDITIONS

1. All National Tests will be organised and conducted locally after application to NISA, (unless chosen venue is a NISA accredited self organised test centre)
2. Only NISA members are entitled to apply to be candidates for NISA tests and all candidates must be fully paid up members of NISA at the time the application is submitted and the test skated. For Dance/Pairs tests, all partners of candidates taking NISA Dance/Pairs tests must also be fully paid up members of NISA at the time of the test.
3. The candidate should apply on the official NISA test application form. The candidate should have forwarded with the application his/her subscription if not already paid, plus the appropriate test fee.
4. Both the applicant and his/her coach should sign the test application.
PLEASE NOTE: APPLICATION CONFIRMS THAT THE CANDIDATE IS READY TO TAKE THE TEST. NOTE: No coach may enter candidates for tests unless he/she has attended the relevant accredited seminar.
5. No test may be taken unless the application has been submitted and accepted and the applicable test fee paid.
6. Applications for a test must be made a minimum of 28 days prior to a test date. Candidates may be called upon to skate the test at any time after the date of application. The candidate should indicate on the application form the rink at which he/she can take the test. However, a test candidate must be prepared to skate the test at another rink and on different days to that which was originally indicated on the application form. If a holiday or school examination date is known, the candidate should indicate when he/she is definitely not available.
7. Transfer of tests between rinks should be arranged between test organisers or with NISA office staff and not by parents or coaches.

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8. All successful candidates of NISA tests shall receive a certificate appropriate to the level of test passed.
9. NISA test medals may be purchased for each discipline by successful candidates, appropriate to the level of tests passed, on completion of all individual tests within each level. e.g. Field Moves, Elements and Free. Field moves, CD, OD, VD, FD, and including Field moves for Synchro and Pair tests.
10. One NISA judge will judge National Tests Levels 1 – 6 inclusive. Levels 7 – 10 inclusive require two NISA judges. However, under exceptional circumstances, all National Tests may be judged by one NISA appointed judge, who is presently qualified to judge at an ISU International or ISU Championship level. Approval for this must be given by the Judges/ Officials Director.
11. Judges have complete control during the tests, with full responsibility for ensuring that the tests run efficiently.
12. A candidate who is given a retry for a test cannot retake this test until after the expiration of 4 weeks i.e. 28 days.
13. A candidate who is entered for two or more tests on one occasion will forfeit the fee if they refuse to skate all tests.
14. Failure to attend or skate on the day and at the time arranged will result in the cancellation of the test and forfeiture of the full test fee. However, candidates who are unable to attend due to illness or school examinations must submit a Doctors' Certificate or a letter from the school to the NISA office and the test may then be held in credit.
15. Unless otherwise deemed by the NISA office, a test application is null and void one year after its receipt. The fees for void tests are forfeited.
16. The recording of videos during test sessions is NOT PERMITTED
17. Any tests that are not held in accordance with these rules may be considered null and void.

APPOINTMENT OF JUDGES

All Judges of Single/Dance/Pair /Synchronized skating tests shall be appointed by and at the discretion of NISA and must be eligible persons and current members of NISA.

NISA NATIONAL SKATING TESTS

GENERAL REGULATIONS

1. Skaters may progress up any vertical channel of the National Test Structure separately. e.g. Level 1 Elements to Level 10 Elements without holding Field Moves or Free Skating Tests. Level 1 Elements Test must be passed before taking Level 2 Elements etc.
2. Music must not be played during Field moves and singles/pairs elements tests. Background music may be played during all test warm ups if desired. Other than compulsory dance, variation dance tests, no programme music should be played during warm ups.
3. It is the responsibility of the candidate to arrange for the music to be played for all Dance/Free tests.
4. The coach must not stand on the ice during any test. Skaters must not return to their coach during a test. However before any re-skate, communication with the coach will be permitted, but must be kept to a minimum. This will always be at the discretion of the judges.
5. Candidates must not waste undue time between the completion of one field move, compulsory dance or single/pair skating element and the commencement of the next.
6. All candidates will receive a comments sheet relating to their test from the judges.

Field Move Tests

7. All tests must be skated on a clean ice surface and wherever possible at the beginning of a test session. In test levels 1-7 all field moves are compulsory. In test levels 8-10 the skater may select any 4 of the 6 Field Moves listed, and the judges must be informed of which are to be skated before the commencement of the test.
8. Crosscuts and/or gliding steps are acceptable as a means of progressing from one part of a Field Move exercise to another, but two footed skating will not be allowed at this point.
9. The minimum number of lobes and/or repetitions stipulated in the Field Moves Exercises must be completed using the full ice surface where possible. For ice surfaces less than 40 metres in length, the exercises

may be split along both sides of the rink. However the minimum number of lobes and/or repetitions must still be skated in one continuous exercise without loss of speed and still to the required standard. Levels 7 – 10 will only be permitted on ice surfaces of 40 metres and more in length.

10. During a Field Move test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardize his/her safety on account of damage to his/her clothing or equipment, or due to serious external influence, then the candidate will re-start the field move in question in order to demonstrate the flow of the exercise. This will not be classed as a re-skate. N.B. This restart rule only applies to Field Move tests.
11. A maximum of two re-skates will be permitted on two separate Field Moves and a short warm up may be given.

Single/Pairs Elements Test

12. Elements may be skated in any order. Two attempts at each separate element are permitted and the higher mark attained for each separate element will be used in the calculation of the final total before re-skates. A maximum of two re-skates on two separate elements will be permitted and a short warm up may be given, but this will be at the discretion of the judges. In free choice elements, the element originally selected by the candidate must be re-skated. The highest mark from the two attempts and the re-skate of an element will be used to determine the final total mark for the test. All step and spiral sequences in Levels 7 – 10 must be in accordance with current ISU Single's regulations. Small Rinks (less than 40 metres): - All Elements tests may be taken on small rinks, provided the step sequences and jumps can be performed to the required standard with speed consistent with that standard.

Single/Pairs Free Skating Tests

13. Only music without lyrics will be allowed for all free skating tests. Up to two minor errors will be permitted on different types of elements i.e. jumps or spins or spirals/steps. Failed elements would count as major errors and only one such major error will be permitted and will necessitate a re-skate in isolation with no warm-up/practice. A test may not pass if a major error remains on any required element following a re-skate. A re-skate is not allowed for an omission of a required element and the test would automatically qualify for a re-try.

Refer to Minor/Major Chart in Free Test Booklet for guidelines

In the case of minor errors, the presentation mark must be of sufficiently high standard to enable the test to pass.

Should the set elements be performed to a very high standard, with no errors, but the presentation mark was not of such a high standard, the test could still pass if the total amount of marks is equal to the passing total.

14. Small Rinks: - Free Test Levels 7 – 10 will only be allowed on rinks of 40 metres and larger.
15. During a single/pair free skating test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardize his/her safety on account of damage to his/her clothing or equipment or any other serious exceptional circumstances, then the candidate will recommence from the point of interruption. These re-starts will be at the discretion of the judges. However if the tempo or quality of the music is deficient, no re-start may be allowed if the skater fails to inform the judge within 30 seconds after the start.

Dance Tests

16. During a Compulsory/Original/Variation/Free Dance test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardize his/her safety on account of damage to his/her clothing or equipment or any other serious exceptional circumstances, then the candidate will recommence from the point of interruption. These re-starts will be at the discretion of the judges. However if the tempo or quality of the music is deficient, no re-start may be allowed if the skater fails to inform the judge within 30 seconds after the start.
17. No re-skates are permitted in a compulsory dance, variation/original dance or free dance test.
18. Small Rinks: Ice Dance Tests Levels 4-10 will only be allowed on rinks of 40 metres and larger.

Compulsory Dances Levels 1 to 3 on smaller rinks: all the dances are forward skating and use only one side of a full size rink for one sequence therefore it will take a full circuit on smaller rinks to complete one sequence and as all the dances require two sequences two circuit of a smaller rink will be required.

Note: - Further information for tests in all disciplines is available in the test organizer manual.

TABLE OF TIMINGS

TEST	WARM-UP TIME	TIME ALLOWED FOR EACH TEST (After Group Warm-Up)	MAXIMUM NO. OF SKATERS ON ICE FOR WARM-UP	TOTAL TIME FOR EACH GROUP OF TESTS
Field Moves 1 & 2	5 mins	10 mins	4	45 mins
Field Moves 3 - 6	5 mins	12 mins	3	41 mins
Field Moves 7-10	6 mins	12 mins	3	42 mins
Singles Elements 1-6	6 mins	10 mins	4	46 mins
Singles Elements 7-10	6 mins	12 mins	3	42 mins
Free Levels 1-3	3 mins	5 mins	6	33 mins
Free Levels 4-7	4 mins	7 mins	5	39 mins
Free Levels 8-10	6 mins	8 mins	4	38 mins
Pattern Dance 1-7	A minimum of 4 minutes. <i>Further time (1 minute per dance) may be added to ensure all pattern dance music is included</i>	5 mins	5 Solo Candidates Or 4 Couples	Approx. 30 mins
Pattern Dance 8-10				

6 mins

Approx. 35 Mins				
Variation 1-2	4 mins	4 mins	5 Solo Candidates or 4 Couples	Approx. 25 mins
Original Dance 3-6	4 mins		4 mins	

Approx. 25 mins		
Original Dance 7-10	5 mins	5 mins

Approx. 30 mins				
Free Dance 1-6	4 mins	4 mins	5 Solo Candidates Or 4 Couples	Approx. 25 mins
Free Dance 7-10	5 mins		5 mins	

Approx. 30 mins				
Pairs Tests 1 -6	6 mins	15 mins	2 pairs	36 mins

If any skaters are kept waiting an unacceptable length of time due to any delays for whatever reason then the judges may offer an additional 1 minute warm up, or length of time they deem appropriate.

COMPETITIVE / IJS TEST EQUIVALENCIES TO NEW FIELD MOVES

As at 1st January 2007 any skater holding a complete Competitive/ IJS (i.e. 3 parts Dance, 2 parts Pairs, 2 parts Singles) tests will be given equivalency as in the chart below.

Complete Competitive/ IJS Test Held in any Discipline	New Field Moves Equivalent
NISA Primary (ISU Novice)	Level 9
Junior	Level 10
Senior	Level 10

This means that a skater with a complete Primary Competitive/ IJS test will receive equivalency for Level 9 Field Moves and the next Field Moves test to be taken will be Level 10 Field Moves. Taking further Competitive/ IJS tests after 1st January 2007 will not give additional Field Move Test equivalencies. These tests must be taken at local test sessions

(NATIONAL) STANDARD TEST EQUIVALENCIES TO NEW FIELD MOVES

As at 1st January 2007, any skater holding old Field Moves/Dance Moves Tests, and skaters holding complete tests, Levels 9 and 10 (* see clarification below), will be given equivalency as in the chart below.

Old Singles Field Moves	Old Dance Moves	Complete Test Held	New Field Moves Equivalent
Novice	Level 1	N/A	Level 1
Prelim	Level 2	N/A	Level 2
N/A	Level 3	N/A	Level 3
Inter Bronze	Level 4	N/A	Level 4
N/A	Level 5	N/A	Level 5
Bronze	Level 6	N/A	Level 6
N/A	Level 7	N/A	Level 7
Inter Silver	Level 8	N/A	Level 8
N/A	Level 9	*Level 9	Level 9
N/A	Level 10	*Level 10	Level 10

Example:- If a skater holds the old Prelim Field Moves Test, they will receive the new Level 2 equivalency, therefore the next test level to be taken will be the new Level 3 Field Moves test

*Complete Dance Moves levels 9 (9a,9b) or 10 (10a,10b)

*Complete Standard (National) Dance Tests Levels 9 or 10 (CD,OD,FD)

*Complete Standard (National) Singles tests Levels 9 or 10 (Elements & Free)

COMPETITIVE/NATIONAL (STANDARD) TEST EQUIVALENCIES

As from 1st January, 2006 individual parts of Competitive Tests (and now IJS Competitive Tests) will receive National (Standard) Test equivalencies.

Field Moves and Dance Moves are not considered as part of these equivalencies.

SINGLES

Competitive Test (Now IJS)	Standard (Now National)Test
Pre-Novice	Level 7 Free
Novice SP	Level 8 Elements
Novice FP	Level 8 Free
Primary (ISU Novice) SP	Level 9 Elements
Primary (ISU Novice) FP	Level 9 Free
Junior SP	Level 10 Elements
Junior FP	Level 10 Free
Senior SP	Level 10 Elements
Senior FP	Level 10 Free

DANCE

Competitive Test (Now IJS)	Standard (Now National) Test
NISA Novice CD	Level 8 Parts 1 & 2 CD
NISA Novice FD	Level 8 OD & FD
Primary (ISU Novice) CD	Level 9 Parts 1 & 2 CD
Primary (ISU Novice) FD	Level 9 FD
Junior CD	Level 10 Parts 1 & 2 CD
Junior OD	Level 10 OD
Junior FD	Level 10 FD
Senior CD	Level 10 Parts 1 & 2 CD
Senior OD	Level 10 OD
Senior FD	Level 10 FD



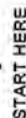
FIGURE SKATING SINGLES

2009

Please note: New coaches will be required to attend a Field Moves seminar in order to submit applications for their skaters to enter NISA Tests, Permitted Open competitions and Championships.

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FIGURE SKATING (SINGLES)



The Open Comps structure at this level allows this use of U.S. Program content within RJS Opens (both Short and Free elements within one program).

There is no facility for Short Programs in RJS events as these are now only judged at U.S. competitions and the previous judging method for them no longer exists.

Short Programs are now judged under IJS which is similar to RJS Free Program judging i.e. building marks/scores for Difficulty and Quality from nothing rather than making deductions for errors

Following this first ISU Novice (NISA Primary) event, skaters and coaches should decide whether to continue in the IJS system or to revert to the RJS (6.0) system for the remainder of the year.

This should be a near automatic decision on consideration of the IJS score sheet against the NISA National Test score document i.e. does the skater pass the test or is near the test pass score?

Once a skater has chosen to participate at Novice, Junior or Senior level within the U.S. system it is not expected that they should also participate in the National Open Competition structure unless they envisage reverting to the RUS (6.0) system and not competing in the British Championships at any level.

The U.S. system requires serious consideration of periodisation and planning and therefore skaters and coaches are advised to use the period between March-July for active rest breaks and preparation of fitness and programs for the start of the new season.

From January 2006 there will be a national Talent Identification system in place at all National Open Competitions and the NISA Cups.

KEY	SENIOR JUNIOR	(NISA) PRIMARY / ISU Novice
Snr		Beginner
Jnr		Talent I.D.
Pri/Nov		International Judging System
B		
T.I.D.		
IJS		

March 2009

PASSING MARKS FOR NATIONAL ELEMENTS TESTS

Test Level	Average Pass Mark	Passing Total	Minimum Pass Mark (*see below)
Level 1 Elements	2.0	12.0	1.5
Level 2 Elements	2.2	15.4	1.7
Level 3 Elements	2.4	16.8	1.9
Level 4 Elements	2.6	18.2	2.1
Level 5 Elements	2.8	19.6	2.3
Level 6 Elements	3.0	21.0	2.5
Level 7 Elements	3.2	22.4	2.7
Level 8 Elements	3.4	23.8	2.9
Level 9 Elements	3.6	25.2	3.1
Level 10 Elements	3.8	26.6	3.3

***The minimum pass mark is relevant to each separate element (after any re-skates)**

Should one element mark be below the minimum pass mark, the test will result in a re-try, even if the passing total were achieved

PASSING MARKS FOR NATIONAL SINGLES FREE SKATING TESTS

Test Level	Average Pass Mark	Passing Total
Level 1	2.0	4.0
Level 2	2.2	4.4
Level 3	2.4	4.8
Level 4	2.6	5.2
Level 5	2.8	5.6
Level 6	3.0	6.0
Level 7	3.2	6.4
Level 8	3.4	6.8
Level 9	3.6	7.2
Level 10	3.8	7.6

There are no minimum pass marks for singles free skating tests

Clarification of number of jumps required in National Tests

The 2 individual jumps in combinations DO NOT also count in the total number of required different solo double jumps.

e.g. Level 8 The requirements are:-

3 different solo double jumps and a jump combination of 2 double jumps (may be the same one). The correct result is a minimum of 5 double jumps in total and the minimum number of **DIFFERENT** double jumps is 3, if one of the chosen solo double jumps is also skated twice in the combination

EXAMPLES OF SOME MINOR - MAJOR ERRORS		
ELEMENT	MINOR	MAJOR
Solo Jump	Slight under-rotation (less than 1/4 turn on take-off <u>or</u> landing) NOT BOTH Touch down with free foot Touch down with one hand Weak landing (wrong edge or toe-shaky landing) Slight change of edge on take-off Poor technique i.e. position, length, height, speed, flow.	Fall (More than 1/4 turn on take-off or landing) Touch down with 1 hand plus free foot on landing Touch down with 2 hands on landing Stepping-out of jump landing Starting or landing on two feet Severe change of edge on take-off
Jump Combination or Sequence	Touch down (1 hand or free foot) on landing of one jump One jump under-rotated (less than 1/4 turn) on take-off or landing Double three between jumps (combination) Poor technique i.e. position, length, height, speed, flow.	Fall No 2nd jump due to major error on 1st jump Both jumps under rotated (less than 1/4 turn on take-off or landing) One jump under rotated (more than 1/4 turn on take-off or landing) Touch down with 1 hand plus free foot on jump landing(s) Touch down with 2 hands on jump landing(s) Starting or landing jump(s) on 2 feet Stepping out of jump landing(s) Turn(s) (with touchdown of free foot) between jumps (combination)

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ELEMENT	MINOR	MAJOR
Spins	Travelling (slight) Incomplete by 1 rotation Slight re-centering Touchdown with free foot (no weight transfer) Weak position	Fall Travelling (moderate-severe) Less than required revolutions (incomplete by more than 1 rev) Re-centering Touch down with free foot with weight transfer Position not attained
FLYING SPIN (refer to spins plus the following)	Position in air not fully attained Slight rotation on ice prior to take-off Weak positions	Fall Poor fly position in the air Incorrect take-off or landing Excessive rotation on ice prior to take-off
SPIN COMBINATIONS (refer to Spins plus the following)	Slight re-centering One revolution short on either foot Weak positions	Re-centering (completely) Less than required revolutions on one or both feet (more than one revolution)
STEP/SPIRALS	Small/short pattern Stumble Leg not above hip height Lack of speed/flow	Fall Pattern incomplete/ incorrect Lack of variety of steps (step sequence) Position not held for 3 secs minimum (spirals) No change of foot (spirals)

This list is not conclusive and only serves as a guideline to skaters, coaches and judges. The final decision on any major/minor errors will be decided by the judge/judges conducting the test.

More than one minor error on an individual element compounds to make a major error within that element

NATIONAL ELEMENT AND FREE TESTS

Skill requirements for Revised National Ice Figure (Free Skating) Tests

ELEMENTS	FREE PROGRAMME
Level 1 Average Pass Mark = 2.0	
1. Simple forwards perimeter stroking in both directions 2. Waltz (three) jump or Salchow 3. Toe Loop (cherry flip) (Entry must be from backwards) 4. Upright spin (min 3 revs) (Upright position only) 5. Forward and backward spiral held for a minimum of 10 metres 6. Simple step sequence (10 metres) The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates) Minimum Pass Mark = 1.5 Passing Total = 12.00	The skater must perform a well-balanced programme to include a variety of elements from any level, but with a minimum of the elements listed below. All elements must be skated to a Level1 standard or higher. - 2 different solo jumps - 1 basic position spin (min 3 revs) - 1 spiral (forward or backward) - 1 step sequence (10 metres) A program composed of elements clearly beyond the skater's ability should not pass, nor should a program that is not balanced. Programme length = 1min 30 sec +/- 5 sec Passing Total = 4.0
Level 2 Average Pass Mark = 2.2	
Prerequisite: Level 1 – Elements 1. Forward perimeter stroking with crossovers across the ends of the rink. To be skated clockwise and anti-clockwise using a maximum of four to six strokes along the sides. 2. Waltz (three) jump with flow 3. Salchow or Toe Loop (cherry flip) with flow 4. Upright spin (min 5 revs) (Optional free leg position) 5. Sit spin (min 3 revs) 6. Back upright spin with forward inside 3-turn entry (1-2 revs) (entry from forward spin not allowed-optional exit allowed) 7. Straight line step sequence (approx. 25 metres) The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates) Minimum Pass Mark = 1.7 Passing Total = 15.4	Prerequisite: Level 1 Free programme The skater must perform a well-balanced programme to include a variety of elements from any level, but with a minimum of the elements listed below. All elements must be skated to a Level 2 standard or higher. - 2 different solo jumps - 1 jump combination - 2 different basic position spins - 1 spiral (forward or backward) - 1 step sequence (2/3 the length of the rink) A program composed of elements clearly beyond the skater's ability should not pass, nor should a program that is not balanced. Programme length = 1.30 sec +/- 5 sec Passing Total = 4.4

ELEMENTS	FREE PROGRAMME
Level 3 Average Pass Mark = 2.4	
Prerequisite: Level 2 – Elements 1. Figure of eight crossovers. <i>This exercise will comprise of four alternating circles with crossovers, clockwise and anti-clockwise, both forward and backward. The exercise will commence with speed and the skater must maintain good speed throughout. Circles must be linked with simple steps. These steps must be minimal and are at the discretion of the skater.</i> 2. Loop jump 3. Flip jump 4. Jump combination with toe loop as the second jump 5. Camel spin (min 3 revs) 6. Back upright spin with a forward inside 3-turn entry (min 3 revs) Entry from forward spin not allowed (optional exit) 7. Straight line step sequence (to include forward and backward three turns) (full length) The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates) Minimum Pass Mark = 1.9 Passing Total = 16.8	Prerequisite: Level 2 Free programme The skater must perform a well-balanced programme to include a variety of elements from any level, but with a minimum of the elements listed below. All elements must be skated to a Level 3 standard or higher: - 2 different solo jumps, including a Flip jump - 1 jump combination - minimum of 2 different basic position spins (from camel, sit, upright) - 1 step sequence (full length) A program composed of elements clearly beyond the skater's ability should not pass, nor should a program that is not balanced. Programme length = 1 min 30 sec +/- 5 sec Passing Total = 4.8
Level 4 Average Pass Mark = 2.6	
Prerequisite: Level 3 Elements 1. Lutz 2. Axel 3. Jump combination of 2 single jumps (the second jump must be a loop jump) 4. Camel-sit spin with no change of foot (min 2 revs in each position) 5. Change foot upright spin (min 4 revs on each foot) 6. Incorporate 2 of the following in a simple sequence: forward spiral, backward spiral, pivot, Ina Bauer, spread eagle, drag 7. Circular step sequence (to include Mohawks and three turns) The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates) Minimum Pass Mark = 2.1 Passing Total = 18.2	Prerequisite: Level 3 Free programme The skater must perform a well-balanced programme to include a variety of elements from any Level, but with a minimum of the elements listed below. All elements must be skated to a Level 4 standard. - 2 different solo jumps, including an Axel jump - 1 jump combination - 1 spin combination (which must include one change of position - 2 revs per position) (change of foot optional) - 1 additional spin (min 4 revs) - 1 circular step sequence A program composed of elements clearly beyond the skater's ability should not pass, nor should a program that is not balanced. Programme length = 2 min +/- 5 sec Passing Total = 5.2

ELEMENTS	FREE PROGRAMME
Level 5 Average Pass Mark = 2.8	
Prerequisite: Level 4 Elements 1. Perimeter power crossover stroking <i>This exercise comprises of a curve type pattern of half a circle with two short edges and one slightly extended long edge with the free leg behind. i.e. LFO, RFI then an LFI edge, followed by RFO, LFI and RFI with free leg extended behind. The exercise should be skated with speed down both sides of the rink, linked by crosscuts along the ends of the rink. The skater must maintain good speed throughout. Arm positions used during the exercise are free choice.</i> 2. Axel <u>with flow</u> 3. Double Salchow 4. Jump combination, one of which must be a Lutz or a Flip 5. Flying Camel spin (min 3 revs) 6. Sit spin with a change of foot (min 4 revs on each foot) 7. Spin with one change of position and one change of foot (min 3 revs on each foot) The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates) Minimum Pass Mark = 2.3 Passing Total = 19.6	Prerequisite: Level 4 Free programme The skater must perform a well-balanced programme to include a variety of elements from any level, but with a minimum of the elements listed below. All elements must be skated to a level 5 standard or higher: - Axel jump with flow - 2 different solo jumps, including one double jump - 1 jump combination including a flip or a lutz - Minimum of 2 different spins, one spin including a change of foot and one spin including a change of position (3 revs per position or foot) - 1 spiral sequence or Moves in the Field, covering half the ice surface. A program composed of elements clearly beyond the skater's ability should not pass, nor should a program that is not balanced. Programme Length = 2 min +/- 5 sec Passing Total = 5.6
Level 6 Average Pass Mark = 3.0	
Prerequisite: Level 5 Elements 1. Double toe loop (cherry flip) 2. Jump combination consisting of Axel with a double toe loop or double loop jump 3. Jump sequence consisting of a min of two single jumps 4. Camel spin with a change of foot (min 3 revs on each foot) 5. Layback or sideways spin (min 5 rev) or a two foot cross foot spin (min 3 revs) 6. Incorporate a minimum of three of the following in a serpentine pattern – forward spiral, backward spiral, pivot, Ina Bauer, spread eagle, drag 7. Circular step sequence (full width of the ice) The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates) Minimum Pass Mark = 2.5 Passing Total = 21.0	Prerequisite: Level 5 Free programme The skater must perform a well-balanced programme to include a variety of elements from any level, but with a minimum of the elements listed below. All elements must be skated to a Level 6 standard or higher. - Axel jump with flow - 2 different solo double jumps - 1 jump sequence - Minimum of 2 different spins, one spin including a change of foot and one spin including a change of position (min 3 revs per position or foot) - 1 step sequence (using the full ice surface) A program composed of elements clearly beyond the skater's ability should not pass, nor should a program that is not balanced. Programme Length = 2 min 30 sec +/- 10 sec Passing Total = 6.0

ELEMENTS	FREE PROGRAMME
Level 7 Average Pass Mark = 3.2	
Prerequisite: Level 6 Elements 1. Double Salchow 2. Double toe loop (cherry flip) 3. Jump combination consisting of one double and one single jump 4. Flying camel spin into a back sit spin (min 4 revs in each position) 5. Spin combination with one change of position and one change of foot (min 5 revs on each foot) 6. Jump sequence consisting of three jumps, must include one double jump 7. Straight line step sequence fully utilising the ice surface The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates) Minimum Pass Mark = 2.7 Passing Total = 22.4	Prerequisite: Level 6 Free programme The skater must perform a well-balanced programme to include a variety of elements from any level, but with a minimum of the elements listed below. All elements must be skated to a Level 7 standard or higher. - Axel jump with flow - 2 different solo double jumps - 1 jump combination including a double jump - 1 jump sequence including one double jump - minimum of 2 different spins, including a spin combination and a flying spin (4 revs per position or foot) - 1 spiral sequence or Moves in the Field, utilising the full ice surface A program composed of elements clearly beyond the skater's ability should not pass, nor should a program that is not balanced. Programme length = 3 mins +/-10 secs. Passing Total = 6.4
Level 8 Average Pass Mark = 3.4	
Prerequisite: Level 7 Elements 1. Double loop 2. Axel with speed and flow 3. Jump combination consisting of two jumps with double toe loop as the second jump 4. Jump sequence to include at least two double jumps 5. Flying camel spin (min 6 revs) 6. Sit change sit spin or camel change camel spin (min 6 revs on each foot) 7. Serpentine step sequence fully utilising the ice surface The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates) Minimum Pass Mark = 2.9 Passing Total = 23.8	Prerequisite: Level 7 Free programme The skater must perform a well-balanced programme to include a variety of elements from any level, but with a minimum of the elements listed below. All elements must be skated to a Level 8 standard or higher. - Axel with speed and flow - 3 different solo double jumps - 1 jump combination including two double jumps, (may be the same as solo jumps) - Minimum of 3 different spins, including a spin combination and a flying spin (4 revs per position or foot) - 1 step sequence utilising the full ice surface. A program composed of elements clearly beyond the skater's ability should not pass, nor should a program that is not balanced. Programme length = Ladies - 3 min +/- 10 sec Men - 3 min 30 sec +/- 10 sec Passing Total = 6.8

ELEMENTS	FREE PROGRAMME
Level 9 Average Pass Mark = 3.6	
Prerequisite: Level 8 Elements 1. Double Flip 2. Jump combination consisting of two double jumps (must <u>not</u> include double loop) 3. Jump combination consisting of two double jumps (<u>must</u> include double loop as 2nd jump) 4. Flying sit spin (min 5 revs) 5. Spin combination with 1 change of foot and 2 changes of position (min 6 revs on each foot) 6. Layback or sideways spin (min 8 revs) or a two foot cross foot spin (min 6 revs) 7. Sequence of spirals (one or more), or Moves in the Field fully utilising the ice surface. As per ISU single free skating programme requirements. The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates) Minimum Pass Mark = 3.1 Passing Total = 25.2	Prerequisite: Level 8 Free programme The skater must perform a well-balanced programme to include a variety of elements from any level, but with a minimum of the elements listed below. All elements must be skated to a Level 9 standard or higher. - 4 different solo double jumps - 1 jump combination including two double jumps, (may be the same as solo jumps) - 1 flying spin (min 5 revs) - 2 different spins, including a spin combination (min 6 revs per foot) - 1 step sequence utilising the full ice surface - 1 spiral sequence or Moves in the Field utilising the full ice surface A program composed of elements clearly beyond the skater's ability should not pass, nor should a program that is not balanced. Programme length = Ladies - 3 min 30 sec +/- 10 sec Men - 4 min +/- 10 sec Passing Total = 7.2
Level 10 Average Pass Mark = 3.8	
Prerequisite: Level 9 Elements 1. Double Lutz 2. Jump combination consisting of two double jumps (one of which must be a double flip or double Lutz) 3. Jump sequence to include two double jumps 4. Death drop or flying change sit spin (min 6 revs) 5. Spin combination with one change of foot and two changes of position, demonstrating three different positions (min 6 revs on each foot) 6. Spiral step sequence or Moves in the Field fully utilising the ice surface. As per ISU single free skating programme requirements. 7. Free choice step sequence fully utilising the ice surface. As per ISU single free skating programme requirements. The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates) Minimum Pass Mark = 3.3 Passing Total = 26.6	Prerequisite: Level 9 Free programme The skater must perform a well-balanced programme to include a variety of elements from any level, but with a minimum of the elements listed below. All elements must be skated to a Level 10 standard or higher. - 5 different solo double jumps - 1 jump combination including two double jumps, (may be the same as solo jumps) - 1 flying spin (min 5 revs) - 2 different spins, including a spin combination (min 6 revs on each foot) - 1 step sequence utilising the full ice surface - 1 spiral sequence or Moves in the Field, utilising the full ice surface A program composed of elements clearly beyond the skater's ability should not pass, nor should a program that is not balanced. Programme length = Ladies - 4 min = +/- 10 sec Men - 4 min 30 sec +/- 10 sec Passing Total = 7.6

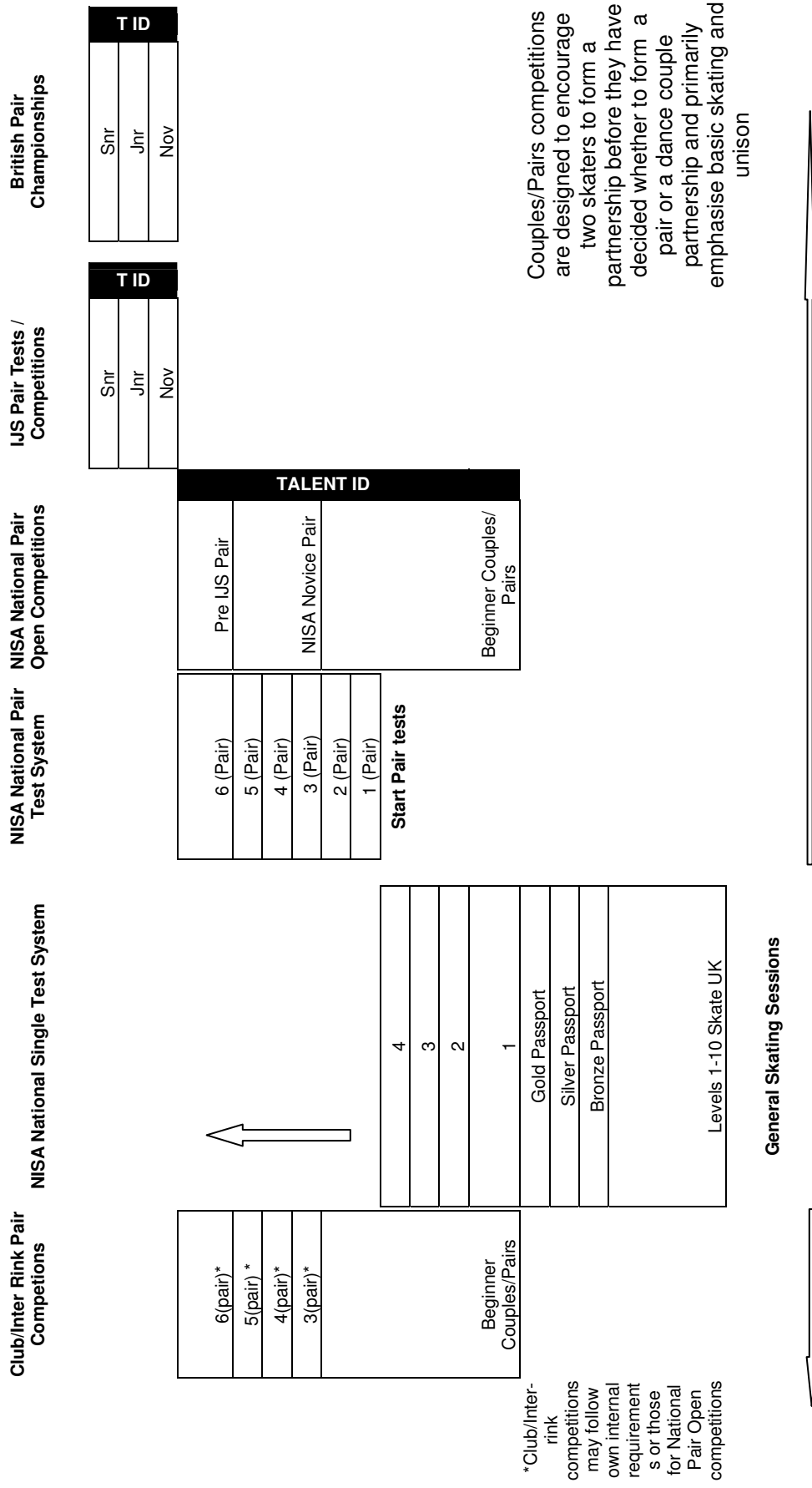


NATIONAL PAIR TEST MANUAL

2009

Please note: New coaches will be required to attend a Field Moves seminar in order to submit applications for their skaters to enter NISA Tests, Permitted Open competitions and Championships.

NISA POTENTIAL & SQUAD PERFORMANCE



Entry criteria to National Open Competitions is displayed as set for 2009. See separate chart for interim requirements 2007 and 2008.

START HERE

October 2009

EQUIVALENCIES AND ADDITIONAL ENTRY CRITERIA FOR PAIR TESTS

The new National Pair tests will commence 1st May, 2008. Skaters must both hold Level 4 Singles Elements and Free + Level 4 New Field Moves (or equivalent) to enter any National Pair test. Tests may be taken with any partner (coach or competitor) who has passed the pre-requisite previous pair test plus level 4 singles and field moves tests. Each partner must have submitted an individual test application and fee in order to skate and be accredited with any test pass. Each partner accredited with a test pass will retain that individual level of test for any future partnerships.

Old NISA Standard Pair Test	Competitive Test As At June 2005	IJS Test	New National Pair Test Equivalent
Old NISA Novice	N/A	N/A	Level 4
NISA Prelim (Elements)	Primary Competitive SP	ISU Novice SP (originally NISA Primary)	Level 6
NISA Prelim (Free)	Primary Competitive Free	ISU Novice FP (originally NISA Primary)	Level 6
NISA Bronze (Elements)	Junior Competitive SP	ISU Junior SP	Level 6
NISA Bronze (Free)	Junior Competitive Free	ISU Junior FP	Level 6
NISA Silver/Gold (Elements)	Senior Competitive SP	ISU Senior SP	Level 6
NISA Silver/Gold (Free)	Senior Competitive Free	ISU Senior FP	Level 6

Entry qualifications for pair competitions 2007/8 – 2009/10 are listed in the following charts and in the Technical Criteria for Open Competitions and IJS Event Entry documents published annually:-

OPEN COMPETITIONS

Comp Entry	2007/8			2008/9			2009/10		
	FM	Pair	Singles	FM	Pair	Singles	FM	Pair	Singles
Beginner	1	N/A	No part Level 6 Singles/ Dance	1	Max 2	No part Level 4 Singles/Dance	1	Max 2	No part Level 4 Singles/ Dance
Novice	2	NISA NOV	2 Elem or 2 Free	4	3	4 Elem & 4 Free	4	3	4 Elem & 4 Free
OR	4		4 Elem or 4 Free	4	NISA NOV	4 Elem & 4 Free	4	NISA NOV	4 Elem & 4 Free
Pre-IJS	4	NISA NOV	4 Elem or 4 Free	6	4	4 Elem & 4 Free	6	6	4 Elem & 4 Free
OR	6		6 Elem & 6 Free	6	NISA NOV	4 Elem & 4 Free			4 Elem & 4 Free

IJS EVENTS

	2007/8			2008/9			2009/10		
	FM	Pair	Elem/Free Singles	FM	Pair	Elem/Free Singles	FM	Pair	Elem/Free Singles
Novice IJS	8	NISA NOV		8	6		8	6	
OR	8		6 Elem & 6 Free	8	Any Comp /IJS Test		8	Any Comp /IJS Test	
Junior IJS	9	NISA NOV		9	6		9	6	
OR	9		6 Elem & 6 Free	9	Any Comp /IJS Test		9	Any Comp /IJS Test	
Senior IJS	10	NISA NOV		10	6		10	6	
OR	10		6 Elem & 6 Free	10	Any Comp /IJS Test		10	Any Comp /IJS Test	

All pairs with (old) NISA Novice will receive Level 4 National Pair Test equivalency.

Pairs who have competed in IJS events 2006 or 2007 will receive Level 6 Pair Test equivalency.

NATIONAL PAIR TEST STRUCTURE

Refer to Rules and Regulations on pages 1 – 5 of Singles test structure for general information.

Warm-up times for all National Pair Tests

6 mins

max 2 pairs on ice

Further clarification of holds:-

When an element states “side by side” the pair will usually choose no hold at all, but holding hands is also permitted (this is known as “open hold”).

Judges

2 judges are required for all National Pair Tests

Please note that throughout all Pair tests, judges will be looking for unison. When stipulated, tracking (partners changing sides) is compulsory. At all other times, when tracking is performed correctly, this will increase the difficulty and should increase the quality of the element performed.

<u>Level 1</u> Pre-requisite: Level 4 Singles, Elements and Free Average Pass Mark = 2.0 Minimum Pass Mark = 1.5 Passing Total = 12.0 The minimum pass mark is relevant to each separate element (<u>after</u> any re-skates).	
ELEMENTS	DESCRIPTION
1. Basic Forward Continuous Edges	Level 1 Exercise 1 from National Field Moves. Performed side by side at arm's length (no hold). Must demonstrate unison. The pair must change sides at the end of the rink. (This is known as Tracking)
2. Landing Position Exercise	The pair begins this element side by side with a few optional steps, followed by a forward outside three turn and two backward crosscuts in a circular pattern. The back outside edge will then be held in a landing position, with a bent skating knee and extended free leg. To be performed in both directions.
3. Stroking	This element is to be performed with no hold, around the perimeter of the rink, crossing the middle of the rink, to form a complete figure of eight pattern. Stroking round the edges and crosscuts at the ends and across the middle of the rink.
4. Forward Spiral	This element is to commence with speed. The pair performs side by side forward spirals in a circular pattern (approx. 10 metres). The size of the circle may vary according to the strength and size of the skaters. The free leg must be above hip height and should be in unison. The spirals may be performed on either foot, either edge and in either direction.
5. Solo Upright Spin	The pair performs this element side by side with entry and exit in unison (min. 4 revs in position) As a minimum requirement, there must be some movement into the spin, and the spin must not be commenced from a standstill position
6. Solo Jump	The pair performs a single loop or toe loop jump side by side with entry and exit in unison

Level 2

Average Pass Mark = 2.2 Minimum Pass Mark = 1.7 Passing Total = 13.2

Pre-requisite: Level 1 National Pair Test

The minimum pass mark is relevant to each separate element (after any re-skates)

ELEMENTS	DESCRIPTION
1. Basic Backward Continuous Edges	Level 2 exercise 1 from National Field Moves. Performed side by side at arm's length (no hold). Must demonstrate unison. The pair must change sides at the end of the rink.
2. Figure of Eight Crosscuts	This exercise is to commence with speed. The pair performs side by side forward crosscuts (no hold) in a figure eight using artistic arm movements in unison.
3. Pair Upright Spin	Any entry into a pair upright spin (min. 3 revs in position). Must demonstrate correct hold.
4. Backward Spiral	The pair performs backward spirals in Kilian hold, in a circular pattern (approx. 10 metres). The free leg must be above hip height and should be in unison. The spirals may be performed on either foot, either edge, and in either direction.
5. Solo Sit Spin	Side by side sit spin (min. 3 revs in position) with entry and exit in unison.
6. Solo Jump	Side by side single Flip or Lutz jump, entry and exit in unison.

Level 3

Average Pass Mark = 2.4 Minimum Pass Mark = 1.9 Passing Total = 16.8

Pre-requisite: Level 2 National Pair Test

The minimum pass mark is relevant to each separate element (after any re-skates).

ELEMENTS	DESCRIPTION
1. Forward Change of Edges	Level 3 Exercise 1 from National Field Moves. Performed side by side at arm's length (no hold). Must demonstrate unison.
2. Crosscuts in Hold	The pair should perform forward crosscuts in a figure of eight in open hold. Open hold is holding hands, with one partner leading. (The cross cuts should be done in open hold but with a change in the timing of the cross cuts, so 2 fast and 2 slow, keeping the speed and unison. The exercise should be skated twice around the first circle before changing to the second circle, in the other direction, twice around the second circle).
3. Backward Cross Rolls	The pair should perform side by side backward outside cross rolls down the centre of the ice for a distance of approximately 30 metres.
4. Spiral into Drag	The pair begins this element by skating an optional number of steps into side by side spirals in Kilian hold on a bold curve (free leg should be above hip height) with a few linking steps into a side by side drag in a straight line down the rink. The linking steps and drag may be performed in any hold or side by side with no hold.
5. Pair Upright Spin	This element to be performed in Kilian hold (min. 4 revs in position). Emphasis on entry and exit in unison
6. Throw Jump	Throw waltz (three) jump or throw single Salchow.
7. Lift	An Armpit lift (Group 1) - minimum 1, max 3½ revolutions of the man. Full extension of the man's arms is not compulsory. There must be reasonable lifting action by the man for this to be recognised as a lift.

Level 4

Average Pass Mark = 2.6 Minimum Pass Mark = 2.1 Passing Total = 18.2

Pre-requisite: Level 3 National Pair Test

The minimum pass mark is relevant to each separate element (after any re-skates).

ELEMENTS	DESCRIPTION
1. Forward Three Turns	Level 4 Exercise 1 from National Field Moves. Performed side by side at arm's length (no hold). Must demonstrate unison.
2. Backward Crosscuts in Figure Eight	This exercise to be performed in open hold, demonstrating power and unison - and a complete figure of eight should be performed.
3. Step Sequence	A straight line step sequence (in hold or without hold), incorporating a change of position of partners (eg one partner may change from behind, to in front of the other partner, or from one side to the other) - full length of rink.
4. Side by Side Spiral Sequence	The pair begins this element side by side as closely together as possible. Each partner must demonstrate a minimum of 2 spiral positions. The free leg must be above hip height and should be in unison. Pattern is optional but should cover the full ice surface.
5. Pair Upright Spin	The spin must demonstrate a minimum of 4 revs (in position) in waltz hold, showing entry and exit in unison.
6. Jump Sequence	The pair performs a jump sequence consisting of 2 single listed jumps that may be linked by non listed jumps and/or hops <u>immediately</u> following each other while maintaining the jump rhythm. There can be NO turns/steps (not even as an entry into a jump) during the sequence. There can be NO crossovers or stroking. The take off and landing of the jumps should be in unison and have good flow and speed on entry and exit.
7. Lift	A Waist lift (Group 2), taking off from a loop jump take off (minimum 1, max 3½ revolutions of the man,). Full extension of the man's arms is not compulsory. There must be reasonable lifting action by the man for this to be recognised as a lift

Level 5

Average Pass Mark = 2.8 Minimum Pass Mark = 2.3 Passing Total = 19.6

Pre-requisite: Level 4 National Pair Test or old NISA Novice Pair Test

The minimum pass mark is relevant to each separate element (after any re-skates).

ELEMENTS	DESCRIPTION
1. Backward Change of Edges	Level 5 Exercise 1 from National Field Moves. Performed side by side as closely as possible (no hold). Must demonstrate unison
2. Pivot Spiral	The man must perform one complete revolution whilst in pivot position, and the lady must maintain a spiral position until the completion of this revolution in <u>backward</u> pivot position. The lady must be on a back outside edge.
3. Circular Step Sequence	The pair must fully utilise the ice surface and demonstrate unison, strong edges, flow and edge control. Two different holds must be shown
4. Spiral Sequence	The pair must demonstrate a minimum of 2 different spiral positions, including forward and backward by each partner whilst fully utilising the ice surface. The free leg must be above hip height (pattern optional).
5. Pair Camel Spin	Pair camel spin in any catch position (min. 5 revs in position), entry and exit in unison. The free leg must be above hip height.
6. Throw Single Jump	Throw single Loop or Toe Loop.
7. Lift	The pair must perform a Press lift (Group 4), with a minimum of 1, maximum 3½ revolutions by the man,). Full extension of the man's arms is <u>not</u> required.

Level 6

Average Pass Mark = 3.0 Minimum Pass Mark = 2.5 Passing Total = 21.0

Pre-requisite: Level 5 National Pair Test

The minimum pass mark is relevant to each separate element (after any re-skates).

ELEMENTS	DESCRIPTION
1. Progressive Serpentine Forward Double Three Turns	Level 6 Exercise 1 from National Field Moves. To be performed side by side at arm's length (no hold). Must demonstrate unison.
2. Serpentine Step Sequence	The pair must fully utilise the ice surface and demonstrate unison, strong edges, flow and edge control.
3. Pair Sit Spin	Pair sit spin in any catch position (min 5 revs in position), entry and exit in unison.
4. Spiral Sequence	The pair must demonstrate a minimum of 2 spiral positions and a change of edge spiral by each partner whilst fully utilising the ice surface. The free leg must be above hip height and should be in unison.
5. Solo Double Jump	Any solo double jump, entry and exit in unison, performed side by side
6. Solo Single Jump Combination	Side by side solo single jump combination, entry and exit in unison (maximum of 2 single listed jumps).
7. Lift	The pair must perform a lift from either Group 3 (Hand to Hip) or 4 (Hand to Hand). The lift must demonstrate full extension of the lifting arms and must have a minimum of 1, maximum 3½ revolutions of the man.

ADDITIONAL NOTES

1. Care must be taken that judges have the Field Move section of the Manual with them when judging pair tests as all Field Move exercises are identical to those for single skaters.
2. If two skaters have both applied to skate a pair test together they skate only one performance and both are judged on this performance.
3. One marking sheet must be used by judges for the actual test. This should then either be photocopied or rewritten and completed with the details of the individual applicants.
4. Pair applicants must ensure that they include the name of the pair partner for the test on the application form as this may be different to their normal pair partner. (e.g .a coach)

NOTES





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