

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

FROM 1ST July 2018 to 30th JUNE 2019

(To read in conjunction with any relevant ISU Communications and subject to any revisions emanating from Frankfurt July 2018)

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)

This Generic Criteria must be read in conjunction with ISU Special Regulations and Technical Rules 2016, ISU Communications 2168, 2172 and 2176 and any subsequent ISU communications. Please note that these will change after the ISU Congress in June 2018. Vocal Music is allowed at all levels. ISU Age restrictions do not apply except at Basic or Intermediate Novice.

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 unless agreed by the organizing committee.

The Generic Criteria is the same for all Opens, with the following conditions:

- **There are no age restrictions at any level of the Generic Criteria for competitors conforming to the Minimum and Maximum test standard requirements stated for the relevant level except at Basic and Intermediate Novice.**
- All competitions must be judged under IJS, except exhibition events which are at the discretion of the club.
- 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 2172. In Beginners, no spin can achieve higher than Level 1.
- **Levels 8 to 10 may be skated at all events, if desired, by the Club**
- NISA Permitted events will be eligible for test passes as long as they meet minimum Panel requirements and Referee Reports are submitted
- Where Clubs/Rinks choose and are permitted to hold an event using the IJS, the Short Programme and Free Programme **CAN 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.

IMPORTANT NOTIFICATION

WHEN TEST PASSES ARE ACHIEVED A SKATER CAN ONLY COMPETE AT THE SAME LEVEL ON TWO MORE OCCASIONS AFTER WHICH THE TEST MUST BE APPLIED FOR

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Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
BL BM	Beginner Ladies Beginner Men	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 Level 1 Field 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)	<p>Skaters should perform a well balanced programme with linking steps, consisting of:</p> <p>A maximum of 3 jump elements including</p> <ul style="list-style-type: none"> • Different single jumps only, excluding axel • NO combinations or sequences are permitted <p>NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element.</p> <p>A maximum of 2 spins,</p> <ul style="list-style-type: none"> • 2 Basic position spins (of different ISU abbreviations) only are allowed with no change of foot and no change of position. (Min 3 revs) • Difficult variations will only be counted if executed before or after 2 revolutions in the basic spin position. <p>A maximum of 1 Step Sequence (min 75% ice coverage required)</p> <p>Levels explanation: In Spin elements only features up to Level 1 will be counted.</p>

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L1L	Level 1 Ladies	A minimum of Level 1 Field Moves and either	Must not hold any of the following:	1½ Minutes (+/- 5 seconds)	<p>Skaters should perform a well balanced programme with linking steps, consisting of:</p> <p>A maximum of 4 jump elements including</p> <ul style="list-style-type: none"> • Any single jumps may be executed, excluding axel • A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel • No jump may be executed more than twice in total. <p>A maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> • The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions. • The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions. • In both spins flying entries are allowed. • In spins with no change of position, difficult variations will only be counted if executed before or after 2 revolutions in the basic spin position. If a change of foot is executed this requirement only applies to the forward spin. <p>A Maximum of 1 step sequence using the full Ice surface.</p> <p>Levels explanation: In all elements subject to levels only features up to Level 2 will be counted.</p>
L1M	Level 1 Men	<ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	<ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 		

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<p>L2L</p> <p>L2M</p>	<p>Level 2 Ladies</p> <p>Level 2 Men</p>	<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 	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters should 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"> • Any single jumps may be executed Including Axel • A maximum of 2 jump combinations or sequences consisting of only 2 single jumps Including Axels. • No jump may be executed more than twice in total. <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> • The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions. • The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions. • In both spins flying entries are allowed • In spins with no change of position, difficult variations will only be counted if executed before or after 2 revolutions in the basic spin position. If a change of foot is executed this requirement only applies to the forward spin. <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>Levels explanation: In all elements subject to levels only features up to level 2 will be counted.</p>
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<p>L3L</p> <p>L3M</p>	<p>Level 3 Ladies</p> <p>Level 3 Men</p>	<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 	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters should 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"> • Any Single and Double jumps may be executed • 1 Axel jump must be included • A maximum of 2 jump combinations or sequences • No single or double jump may be executed more than twice in total. <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> • The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions. • The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions. • In both spins flying entries are allowed • In spins with no change of position, difficult variations will only be counted before or after 2 revolutions in the basic spin position. If a change of foot is executed this requirement only applies to the forward spin. <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>Levels explanation: In all elements subject to levels only features up to level 2 will be counted.</p>
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<p>L4L</p> <p>L4M</p>	<p>Level 4/5 Ladies</p> <p>Level 4/5 Men</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 6 Elements or ▪ Level 6 Free 	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters should 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. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. • Any single or double jump cannot be executed more than twice in total. • Triple or quadruple jumps are not permitted <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> • The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions. • The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions. • In both spins flying entries are allowed <p>There must be one step sequence fully utilising the ice surface.</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>NL</p> <p>NM</p>	<p>Basic Novice Ladies</p> <p>Basic Novice Men</p> <p>(Ranking Event)</p> <p>Please see ISU communication 2172</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</p> <ul style="list-style-type: none"> ▪ No Maximum Standard <p>MUST NOT HAVE NOT REACHED THE AGE OF 13 BEFORE THE 1ST OF JULY 2018.</p>	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters should 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. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. • Any single or double jump cannot be executed more than twice in total. • Triple or quadruple jumps are not permitted <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> • The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions. • The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions. • In both spins flying entries are allowed <p>There must be one step sequence fully utilising the ice surface.</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> <p>Bonus: A bonus of 1.0 will be awarded to Double Axels called in the Progra with no < or << sign</p>
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<p>L6L</p> <p>L6M</p>	<p>Level 6/7 Ladies</p> <p>Level 6/7 Men</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 8 Elements or ▪ Level 8 Free or 	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> • A minimum of one Axel type jump. • Maximum of two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. • Any single or double (including Double Axel) jump cannot be executed more than twice in total. • No triple and quadruple jumps allowed <p>There must be a maximum of two (2) spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> • One must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed • One must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions) <p>There must be for Ladies and for Men</p> <p>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>IL</p> <p>IM</p>	<p>Intermediate Novice Ladies</p> <p>Intermediate Novice Men</p> <p>(Ranking Event)</p> <p>Please see ISU communication 2172</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 or ▪ Old NISA Pre-Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ No Maximum Standard <p><u>SKATERS MUST NOT HAVE REACHED THE AGE OF 15 BEFORE THE 1ST OF JULY 2018.</u></p>	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> • A minimum of one Axel type jump. • Maximum of two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. • Any single or double (including Double Axel) jump cannot be executed more than twice in total. • No triple and quadruple jumps allowed <p>There must be a maximum of two (2) spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> • One must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed • One must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions). <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> <p>Bonus: A bonus of 1.0 will be awarded to Double Axels called in the Program with no < or << sign</p>
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<p>ALS</p> <p>AMS</p>	<p>Advanced Novice Ladies</p> <p>Advanced Novice Men</p> <p>SHORT PROGRAMME</p> <p>Please see ISU Communication 2172</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>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1ST OF JULY 2018</p>	<p>Ladies and Men 2 Min 20 +/- 10 secs</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, 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 or spin in one basic position with no change of foot. (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, 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, sit or upright spin (minimum of five (5) revolution on each foot) with change of foot and no flying entrance. e) Spin combination with only one change of foot (minimum of five(5) revolutions 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>Bonus: A bonus of 1.0 will be awarded to each Double Axel or Triple Jump called in the Program with no < or << sign</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMUNICATIONS INCLUDING 2168 & 2176 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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<p>JLS</p>	<p>Junior Ladies</p>	<p>A minimum of Level 9 Field Moves and either:</p>	<p>Must not hold</p>	<p>Ladies and Men 2 min 40 +/- 10 secs</p>	<p><u>SHORT PROGRAMME</u></p>
<p>JMS</p>	<p>Junior Men</p> <p>SHORT PROGRAMME</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 	<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 2018</u></p>		<p><u>Ladies</u></p> <ul style="list-style-type: none"> a) Double Axel b) One double or triple Flip 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 or sit spin without change of foot (min. 8 revolutions in position) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface <p><u>Men</u></p> <ul style="list-style-type: none"> a) Double or Triple Axel b) One double or triple Flip 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>Bonus: A bonus of 1.0 will be awarded to each Triple Jump called in the Program with no < or << sign</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2168 & 2176 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>

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<p>JLF</p> <p>JMF</p>	<p>Junior Ladies</p> <p>Junior Men</p> <p>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><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 19 BEFORE THE 1ST OF JULY 2018</u></p>	<p>Ladies and Men 3½ Minutes (+/- 10 seconds)</p>	<p><u>FREE PROGRAMME</u></p> <p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 7 jump elements which must contain</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 2016 applies. See also ISU Communication 2014</p> <p>Bonus: A bonus of 1.0 will be awarded to each Triple Jump called in the Program with no < or << sign</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2168 & 2176 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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<p>SLS</p> <p>SMS</p>	<p>Senior Ladies</p> <p>Senior Men</p> <p>SHORT PROGRAMME</p>	<p>Level 10 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 10 Elements or ▪ Level 10 Free or ▪ One part of the Junior Competitive Test 	<p>No maximum test requirement</p>	<p>Ladies and Men: 2 Min 40 +/- 10 secs.</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 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) or sit/camel spin without change of foot (minimum 8 revolutions in position) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface <p><u>Men</u></p> <ul style="list-style-type: none"> h) Double or Triple Axel i) One Triple or quadruple jump 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 COMUNICATIONS INCLUDING 2168 & 2176 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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FROM 1ST July 2018 to 30th JUNE 2019

(To read in conjunction with any relevant ISU Communications and subject to any revisions emanating from Frankfurt July 2018)

<p>SLF</p> <p>Senior Ladies</p> <p>SMF</p> <p>Senior Men</p> <p>FREE PROGRAMME</p>	<p>Level 10 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 10 Elements or ▪ Level 10 Free or ▪ One part of the Junior Competitive Test 	<p>No maximum test requirement</p>	<p>Ladies and Men 4 Minutes (+/- 10 seconds)</p>	<p><u>FREE PROGRAMME</u> Skaters should perform a well balanced programme with linking steps consisting of: A maximum of 7 jump elements which must consist of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs) 1 a flying spin or spin with flying entry (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence and 1 choreographic sequence utilizing the full ice surface, as per ISU Regulations 2016 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 2016 applies. See also ISU Communication -</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2168 & 2176 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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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 must be obvious, e.g. have an enhancement, to make it clear is not simply the wind up.

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 2089 and any subsequent updates.