



SPIN, SPIRAL AND JUMP COMPETITION – 21 July 2019 – 8.45-10.15am – closing date Wed 17 July 2019, noon.

TECHNICAL SPECIFICATION

Any level of NISA field moves does not limit entry to any class. **Entry by EMAIL ONLY to kimberly_tyler@yahoo.com**

CURRENT SKATING LEVEL	SKATING CRITERIA	REQUIRED ELEMENTS (in recommended order of skating)
Skate UK Level 8	Must have completed ALL of Skate UK 8	Spin – Upright 1 foot spin (minimum two revolutions) Step Sequence - Forward Cross Rolls Step Sequence - Backwards cross overs to landing position glide (either foot)
Skate UK Bronze	Must have completed ALL of Skate UK Bronze	Spin – Upright 1 foot spin (minimum two revolutions) Spiral - Forwards Jump Sequence - Bunny hop, Bunny hop, Drag
Skate UK Silver	Must have completed ALL of Skate UK Silver	Spin – Upright 1 Foot spin (minimum two revolutions) Spiral – Tea Pot Jump – Three jump
Skate UK Gold / Beginner	Must have completed ALL of Skate UK Gold but not hold NISA Level 1 FREE or ELEMENTS	Spin – Upright (no variations) Spiral – Forward (catch foot not allowed) Jump – Single Salchow
NISA Level 1	Must have completed both NISA Level 1 but FREE and ELEMENTS but not hold NISA Level 2 FREE or ELEMENTS	Spin – Sit spin (no variations) Spiral – Backward (catch foot not allowed) Jump – Single Toe loop
Adults	Adults	Spin – Sit Spin (minimum two revolutions) Spiral – incorporate a spiral – any style / direction into a choreo sequence Jump - Single Toe loop

Elements can be performed in any order and skaters should limit the skating between the set elements to forward/backward stroking/crossovers and necessary linking steps only.

As with Club competitions, any level of NISA field moves does not limit entry to any class.

In cases of uncertainty, the Club Competition Secretary's decision is final.