



BRACKNELL ICE SKATING CLUB

FIELD AND DANCE MOVES COMPETITION

TUESDAY 9th November COMMENCING AT 6.15 P.M.

RULES

1. All entrants must be members of BISC. NISA standard as on 7/11/04
2. The fee is £4 per entry
3. **The closing date for entries is Sunday 7th November at 9.30 am**, draw in café then.
4. Please note that no late entries will be taken and no telephone entries. Thank you for your cooperation.
5. Please only enter either Field moves, or dance moves, according to which is your highest level
 - eg if you have Bronze field moves and level 3 dance moves, then enter field moves because that is your highest level. See below for table of equivalences. **However, if you really really want to enter more than one – you must see Sue Truby before putting in your entries!**

We will be presenting the Field Moves Trophy on the night to the skater that the judges choose overall.

FIELD MOVES Please check with your coach if you're not clear which exercise is which.

Class	Standard		Elements
1	Beginner	Skaters must not have passed NISA novice field moves test	Novice FM: exercise no 1 and exercise no 4
2	Novice	Skaters must not have passed NISA prelim field moves test	Prelim FM: exercise no 1 and exercise no 5
3	Prelim	Skaters must not have passed NISA Inter bronze field moves test	Inter-bronze FM: exercise no 3 and exercise no 4
4	Inter-Bronze	Skaters must not have passed NISA Bronze Field Moves test	Bronze FM: Exercise no 2 and Exercise no 4
5	Bronze & Over	Skaters must not have passed NISA Inter-Silver Field Moves test	Inter-Silver FM: Exercise no 1 and Exercise no 6
6	Inter-Silver and over.	Skaters must have passed NISA Inter-Silver Field Moves test	Make up your own. Judging will be for innovation as well as performance.

DANCE MOVES

class	standard		elements
1	Under level 3	Skaters must not have passed NISA level 3 dance moves test	Level 1 DM, exercise 1 = Continuous FO cross rolls Level 2 DM, exercise 1 = FI curves.
2	Under level 6	Skaters must not have passed NISA level 6 dance moves test	Level 4 DM, exercise 2 = Progressive FO 3 turns Level 6 DM, exercise 2 = Double Mohawk serpentine sequence
3	open	no requirements	Level 7 DM, exercise 2 = Forward Choctaw and back 3 turn Level 8 DM, exercise 2 = Rocker and Choctaw serpentine

The judges will be looking in the first instance at good skating and good style. Competition entry forms are available on the club table or at reception. Please indicate on the forms whether you are entering dance or field moves.

Equivalences:

Field Moves	Dance Moves
Novice	Level 1
Prelim	Level 2
inter-bronze	Level 4
bronze	Level 6
inter-silver	Level 8