



Held under NISA regulations and permit.

25th to 27th APRIL 2007

(Closing date Sat 31st March 2007)

Standard:

**Under level 1 to level 10,
beginner couples/pairs to pre NJS pairs,
solo and group artistic.**

**John Nike Leisuresport Complex,
John Nike Way,
Bracknell, Berkshire.**

Bracknell Free Skating Competition

BRACKNELL ICE SKATING CLUB - OPEN COMPETITION 2007 (FREE, ARTISTIC AND PAIR SKATING)
Technical Requirements for the Competitions

Class Number and Competition Level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
Class 1 Beginner Ladies	Skate UK Gold Star (Figure) or Novice Field Moves or new Level 1 Field Moves or Level 1 Dance Moves	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, comprising only single jumps. No Axel flip or lutz jumps are permitted No combinations or sequences are permitted Max 2 basic position spins with no change of foot and no change of position 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)
Class 2 Beginner Men				
Class 3 Level 1 Ladies	Novice Field Moves or new Level 1 Field Moves or Level 1 Dance 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, comprising only single jumps. No Axel or lutz jumps are permitted Only one jump combination or sequence is permitted. Max 2 basic position spins with no change of foot and no change of position One step sequence must be included
Class 4 Level 1 Men				
Class 5 Level 2 Ladies	<ul style="list-style-type: none"> ▪ Prelim Field Moves or new Level 2 Field Moves or Level 2 Dance Moves and either ▪ Level 2 Elements or ▪ Level 2 Free 	Must not hold any of the following <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme with linking steps, comprising only single jumps. No Axels are permitted A maximum of 2 jump combinations and/or sequences are permitted Max 2 spins. Only 1 of which may have 1 change of position but no change of foot, and the other must be basic position only .2 basic position spins are also perfectly acceptable One step sequence utilising the full ice surface must be included.
Class 6 Level 2 Men				

Any Classes which are over subscribed will be split into age groupings eg; class 3a - level 1 girls 10 and under, class 3b - level 1 girls 11 and over.

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Class 7 Level 3 Ladies	Prelim Field Moves or new Level 2 Field Moves or Level 2 Dance Moves and either <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	Must not hold any of the following <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme with linking steps. No double jumps are permitted but single Axels can be included A maximum of 2 jump combinations and/or sequences are permitted. – the Axel may not be attempted more than twice in the programme. Max. 2 spins.1 may have ONLY 1 change of position and NO CHANGE OF FOOT the other may have ONLY 1 change of foot and NO CHANGE OF POSITION . 1/ 2 basic position spins are also acceptable. One step sequence utilising the full ice surface must be included.
Class 8 Level 3 Men				
Class 9 Level 4 Ladies	Inter Bronze Field Moves or new Level 4 Field Moves or Level 4 Dance Moves and either <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	Must not hold any of the following <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	2 Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme which includes a variety of jumps, spins and steps (from any level) but with: <ol style="list-style-type: none"> a) an Axel b) a maximum of 1 solo double jump c) a minimum of 1 and a maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps) d) a maximum of 2 different spins (minimum of 3 revs in each or a minimum of 6 revs in total if a spin combination is performed) e) 1 step sequence, straight line, circular or serpentine N.B. Both the Axel and each different double jump may only be attempted twice in the programme
Class 10 Level 4 Men				
Class 11 Level 5 Ladies	Inter Bronze Field Moves or new Level 4 Field Moves or Level 4 Dance Moves and either <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	Must not hold <ul style="list-style-type: none"> ▪ Level 6 Elements or ▪ Level 6 Free 	2 Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme which includes a variety of jumps, spins and steps (from any level) but with: <ol style="list-style-type: none"> a) an Axel b) a maximum of 1 solo double jump c) a minimum of 1 and a maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps) d) maximum of 2 different spins (one must be a change of foot; minimum of 3 revs in each spin and a minimum of 8 revs in total in the change foot spin) e) 1 step sequence, straight line, circular or serpentine N.B. Both the Axel and each different double jump may only be attempted twice in the programme
Class 12 Level 5 Men				

Any Classes which are over subscribed will be split into age groupings eg; class 3a - level 1 girls 10 and under, class 3b - level 1 girls 11 and over.

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Class 13 Level 6 Ladies	Bronze Field Moves or new Level 6 Field Moves or Level 6 Dance Moves and either <ul style="list-style-type: none"> ▪ Level 6 Elements or ▪ Level 6 Free 	Must not hold <ul style="list-style-type: none"> ▪ Level 7 Elements or ▪ Level 7 Free or ▪ Any part of any Competitive Test 	2½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme which includes a variety of jumps, spins and steps (from any level) but with: <ol style="list-style-type: none"> a) an Axel b) a maximum of 2 different solo double jumps c) a minimum of 1 and a maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps) d) a maximum of 3 different spins (one must be a flying spin; minimum of 3 revs in each spin and a minimum of 8 revs in total if a spin combination is performed) e) 1 step sequence, fully utilising the ice surface N.B. Both the Axel and each different double jump may only be attempted twice in the programme
Class 14 Level 6 Men				
Class 15 Level 7 Ladies	Bronze Field Moves or new Level 6 Field Moves or Level 6 Dance Moves and either <ul style="list-style-type: none"> ▪ One part Level 7 Elements or Free or ▪ Old NISA Pre-Novice Competitive Test 	Must not hold <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ Any part of old NISA Novice Competitive Test or higher 	2½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme which includes a variety of jumps, spins and steps (from any level) but with: <ol style="list-style-type: none"> a) a maximum of 2 different solo double jumps b) a minimum of 1 and a maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps) c) a maximum of 3 different spins (min. of 5 revs in each or a min of 8 revs in total if a spin combination is performed) 1 step sequence, straight line, circular or serpentine, fully utilising the ice surface (this can be a spiral sequence) N.B. Both the Axel and each different double jump may only be attempted twice in the programme
Class 16 Level 7 Men				
Class 17 Level 8 Ladies	Inter-Silver Field Moves or new Level 8 Field Moves or Level 8 Dance Moves and either <ul style="list-style-type: none"> ▪ One part of Level 8 Elements or Free or ▪ 1 part of the old NISA Novice Competitive Test 	Must not hold <ul style="list-style-type: none"> ▪ Both parts of Level 9 Elements and Free or <ul style="list-style-type: none"> ▪ Both parts of old NISA Primary/ NJS (ISU) Novice Competitive Test or higher 	Ladies 3 Minutes (+/- 10 seconds) Men 3 ½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme which includes a variety of good quality jumps, spins and steps (from any level) but also with: <ol style="list-style-type: none"> a) a minimum of 1 and a maximum of 3 jump combinations/sequences (jumps may be different from the solo jumps) b) a maximum of 3 different spins (one of which must be a flying spin with a min of 4 revs. Other spins must have a min of 5 revs or a min of 8 revs in total if a spin combination is performed) c) a maximum of 1 step or spiral sequence, fully utilising the ice surface N.B. Only 2 different jumps with 2½ or 3 revs can be repeated and if so should be in either a jump combination or jump sequence. No jump of 2½ or 3 revs can be attempted more than twice.
Class 18 Level 8 Men				

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<p>Class 19 Level 9 Ladies</p>	<p>Inter-Silver Field Moves or new Level 8 Field Moves or Level 8 Dance Moves and either :</p> <ul style="list-style-type: none"> ▪ One part of Level 9 Elements or 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>Ladies 3½ Minutes (+/- 10 seconds)</p> <p>Men 4 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme which includes a variety of good quality jumps, spins and steps (from any level) but also with:</p> <ol style="list-style-type: none"> a) a minimum of 1 and a maximum of 3 jump combinations/sequences (jumps may be different from the solo jumps) b) a maximum of 3 different spins (one of which must be a flying spin with a min of 5 revs. Other spins must have a min of 5 revs or a min of 10 revs in total if a spin combination is performed) c) a maximum of 2 step sequences for Ladies, one of which must be a spiral sequence, and a maximum of 2 different step sequences for men, fully utilising the ice surface <p>N.B. Only 2 different jumps with 3 revs or more can be repeated and if so should be in either a jump combination or jump sequence. No jump of 3 revs or more can be attempted more than twice.</p>
<p>Class 20 Level 9 Men</p>				
<p>Class 21 Level 10 Ladies</p>	<p>Inter-Silver Field Moves or new Level 8 Field Moves or Level 8 Dance Moves and either</p> <ul style="list-style-type: none"> ▪ One part of Level 10 or ▪ One part of the Junior Competitive Test 	<p>No maximum test requirement</p>	<p>Ladies: 4 Minutes (+/- 10 seconds)</p> <p>Men: 4½ Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme which includes a variety of good quality jumps, spins and steps (from any level) but also with:</p> <ol style="list-style-type: none"> a) a minimum of 1 and a maximum of 3 jump combinations/sequences (jumps may be different from the solo jumps) b) a maximum of 4 different spins (one of which must be a flying spin with a min of 6 revs or a min of 10 revs in total if a spin combination is performed) c) a maximum of 2 step sequences for Ladies, one of which must be a spiral sequence, and a maximum of 2 different step sequences for men, fully utilising the ice surface <p>N.B. Only 2 different jumps with 3 or more revs can be repeated and if so should be in either a jump combination or jump sequence. No jump of 3 revs or more can be attempted more than twice.</p>
<p>Class 22 Level 10 Men</p>				

Any Classes which are over subscribed will be split into age groupings eg; class 3a - level 1 girls 10 and under, class 3b - level 1 girls 11 and over.

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Technical Requirements for the Competitions

Event Number and Competition Level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
<p>Class 23</p> <p>Beginner Couples/Pairs</p>	<p>Each partner must have passed either Novice Field Moves or new Level 1 Field Moves or Level 1 Dance Moves</p>	<p>Must not hold any National (non-competitive) Pair Test or any part of Level 6 Figure or Dance National tests</p>	<p>Free Program of 2 minutes (+/- 5 seconds)</p>	<p>The programme must contain ONLY the following elements:</p> <ul style="list-style-type: none"> ▪ mid-line step sequence utilising the full length of the ice surface. ▪ second step sequence (any pattern). This may include spirals ▪ pair spin/dance spin in any position and any hold (min. 2 revs). Change of foot or position optional ▪ side by side solo spin (min. 3 revs) ▪ Moves demonstrating quality edges, simple turns and footwork should be included ▪ at least 3 different dance/pair holds should be demonstrated throughout ▪ recognised pair/dance lifts are not allowed ▪ Vocal music is not permitted
<p>Class 24</p> <p>Novice Pairs (NISA Novice)</p>	<p>Each partner must hold:</p> <p>Old NISA Novice Pair Test (non-competitive) and Prelim Field Moves or new Level 2 Field Moves or Level 2 Dance Moves with either</p> <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free <p>OR (non-pair criteria)</p> <ul style="list-style-type: none"> ▪ Inter Bronze Field Moves or new Level 4 Field Moves or Level 4 Dance Moves plus ▪ Level 4 Elements or ▪ Level 4 Free 	<p>No Maximum Test Requirement</p>	<p>Free Program of 2½ minutes (+/- 10 seconds)</p>	<p>The well balanced programme must contain:</p> <ul style="list-style-type: none"> ▪ minimum 2 lifts, maximum 3 (only one may be a twist lift – only single twist permitted. This complies with group 2). Lifts can only be selected from Groups 1 and 2. Platter lift not permitted ▪ only 1 throw jump (single or double) ▪ only 1 solo jump (single or double) ▪ minimum 1 pair spin (min. 3 revs in total), max 2: (second pair spin, if executed, need not comply with rev. requirements) ▪ only 1 solo spin (min. 3 revs in total) ▪ minimum 1 death spiral or pivot figure, max 2 (only 1 may be a death spiral) ▪ minimum 1 step or spiral sequence.

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<p>Class 25</p> <p>Pre NJS Pairs (Preparing for ISU Novice Free)</p>	<p>Each partner must hold:</p> <p>Old NISA Novice Pair Test (non-competitive) and Inter Bronze Field Moves or new Level 4 Field Moves or Level 4 Dance Moves plus</p> <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free <p>OR 2007 NJS ENTRY (non-pair criteria)</p> <ul style="list-style-type: none"> ▪ Bronze Field Moves or new Level 6 Field Moves or Level 6 Dance Moves plus ▪ Level 6 Elements and ▪ Level 6 Free 	<p>No Maximum Test Requirement</p>	<p>Free Program of 3 ½ minutes (+/- 10 seconds)</p>	<p>The well balanced programme must contain only the following elements:</p> <ul style="list-style-type: none"> a) 2 different lifts (1 must be from Group 3 or 4) b) 1 twist lift (single or double) c) 1 or 2 throw jumps (single or double) d) 1 solo jump (single or double) e) 1 jump combination or sequence. The jump combination may consist of only 2 jumps. The jump sequence may consist of any number of jumps. f) 1 solo spin or solo spin combination (min. 5 revs in total) g) 1 pair spin or pair spin combination (min. 5 revs in total) h) 1 pivot figure without restrictions i) 1 spiral sequence which must fully utilise the ice surface. A spiral position in order to be counted must be held for at least 3 secs.
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Solo and Group Artistic Classes				
Event Number and Competition Level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
Class 26 Level 1 & under Artistic	Skate UK Gold Star (Figure) or Novice Field Moves or new Level 1 Field moves or Level 1 Dance Moves	Must not hold any of the following Level 2 Elements or Level 2 Free	Up to 2 Minutes 5 seconds	Props can be used but they must be positioned only by the skater. Vocal music may be used. There will be five judges each marking an individual section. Judge 1 Technical Merit Judge 2 Artistic Impression Judge 3 Musical Interpretation Judge 4 Choreography Judge 5 Costume/Props – note that it is the way that the costume and props are being used that is being judged here, rather than the actual costume/props themselves.
Class 27 Level 2/3 Artistic	Either Level 2 Elements or Free	Must not hold any of the following Level 4 Elements or Level 4 Free	Up to 2 Minutes 5 seconds	Each judge will also give a second mark for Entertainment value. Both sets of marks per judge will be added with the highest overall score being the winner. In the event of a tie, the Entertainment Value mark will be used as the tiebreaker. No fireworks (or similar) are allowed Small props means that each prop should be brought onto the ice by a single skater. No intervention by a 3 rd party (not on the ice) such as remote control or throwing on of props
Class 28 Level 4/5 Artistic	Either Level 4 Elements or Free	Must not hold any of the following Level 6 Elements or Level 6 Free	Up to 2 mins 40 secs	
Class 29 Level 6 & over Artistic	Either Level 6 Elements or Free	No maximum standard	Up to 2 mins 40 secs	
Class 30 Group artistic of two to four persons	Skate UK Gold Star (Figure) or Novice Field Moves or new Level 1 Field moves or Level 1 Dance Moves	No Maximum standard	Up to 3 mins	

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Technical Requirements for the Competitions

EXPLANATION OF INTEGRATION OF NATIONAL TESTS, NATIONAL OPEN COMPETITIONS AND NJS EVENT PROGRAMME CRITERIA

Open Level	Min. Entry	Max. Entry	Prog. Length	Prog. Content	Equivalent Test Content/Length	Skaters who <u>can</u> enter in addition to National Open Comp. skaters	Skaters who <u>cannot</u> enter
Opens L7	Bronze FM or new L6 FM or L6 DM plus 1 part L7 Elements or Free Or old (NISA) Pre-Novice Comp. Test	No part L8 Elements or Free Or old NISA Novice Comp. Test	2 ½	L7 test	L7 (2 ½)	Working towards NJS or National Tests/Comps. 1or 2 parts L7 working towards L7 Free and L8 Elements Tests.	As per max. entry standard.
Opens L8	Inter Silver FM or new L8 FM or L8 DM plus 1 part L8 Elements or Free or 1 part old (NISA)Novice Comp. Test	Not 2 parts L9 Elements or Free or 2 parts old Primary Comp. Test or NJS (ISU) Novice test	3 (ladies) 3 ½ (men)	L8 test/ ISU Novice NJS	L8 (3) ladies (3 ½) men	Working towards ISU Novice NJS if ISU Novice age i.e. not yet got 2 parts old Primary/NJS (ISU) Novice Or working towards L8 Free & L9 Element Tests	Skaters with 2 parts NJS (ISU) Novice/old Primary working towards NISA (ISU) Novice Champs as they should not normally be skating within National Opens
Opens L9	Inter Silver FM or new L8 FM or L8 DM plus 1 part L9 Elements or Free or 1 part old NISA Primary Comp. or NJS (ISU) Novice test	Not 2 parts L10 Elements or Free or 2 parts Junior Comp. Test	3 ½ (ladies) 4 (men)	L9 test/ ISU Junior NJS	L9 (3 ½) ladies (4) men	Working towards Junior NJS if Junior age i.e. 1or 2 parts ISU Novice/old Primary if too old for (ISU) Novice champs. Also does allow skaters with no part or 1 part Junior test to skate champ. prog. length Or working towards L9 Free and L10 Element Tests.	Skaters with 2 parts Junior working towards Junior Champs as they should not normally be skating within National Opens
Opens L10	Inter silver FM or new L8 FM or L8 DM plus 1 part L10 or 1 part Junior Comp. Test	No max. entry	4 (ladies) 4 ½ (men)	L10 test/ ISU Senior NJS	L10 (4) ladies (4 ½) men	Working towards Snr. NJS i.e. 1 or 2 parts Junior.if too old for Junior Champs. Also does allow skaters with no part or 1 part Senior test to skate Champ prog. length Or working towards L10 free test.	None, but Skaters with 2 parts Senior. Should normally only skate at this level if they are no longer working towards British Championships.

It is expected that skaters will work towards element tests before free tests and therefore remain in the lower standard opens until they have gained the element tests. Therefore skaters **MAY NOT** compete in more than one level at National Open Competitions or NISA Cup events.

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COMPETITION RULES

1. **CLOSING DATE FOR ENTRIES is Saturday 31st March 2007.**
2. The competitions will be held on **Wednesday 25th to Friday 27th April 2007** at Bracknell Ice Rink.
3. The competitions will be held under NISA Regulations and are open to eligible members as defined by NISA
4. All competitors must quote their membership number on the entry form and be paid up members of NISA on the day of the competition.
5. **ONLY WRITTEN APPLICATIONS WILL BE ACCEPTED.**
6. Entries will not be accepted unless **ALL NEW NATIONAL AND COMPETITIVE levels** with dates of test passes have been properly completed.
7. A copy of the **Skate UK passport** must be supplied for all beginner competitions.
8. Test standards and age are as at closing date. (31ST March 2007)
9. Classes may be split by age at the discretion of the club and referee.
10. Entries may be limited determined by the time available and a reserve list will operate up until the draw.
11. The Committee of Bracknell Ice Skating Club reserve the right to refuse entry without reason or to cancel a competition because of insufficient entries.
12. The draw for competitions for classes 1- 22 and 26 to 30 will take place on Tuesday 24th April 2007 at Bracknell Ice Rink.
13. Music on cassette, mini disc or compact disc will be accepted. **THESE SHOULD BE CLEARLY MARKED** with name, club and competition and handed in at the club reception table on arrival. Only one track **must** be recorded.
14. Competitors are advised to bring a back up copy of their music, preferably recorded on a different media.
15. Trophies must be signed for and held at the winner's risk. They must be returned in good condition to the Trophy Secretary, Bracknell Ice Skating Club by the 1st April 2008 or on request.
16. Entry fees will not be refunded for withdrawals after the closing date.
17. Please forward a separate cheque and entry form for each competition entered.
18. Cheques should be made payable to **BRACKNELL ICE SKATING CLUB**, with the name and competition on the back of the cheque.
19. **Entries accompanied by a cheque that bounces will not be accepted until the entry fee is paid in cash together with an excess of £10 to cover any charges incurred.**
20. **ENTRY FEES**
CLASSES 1 - 22 (SINGLES up to level 10) £18.00 per entry
CLASSES 23 - 25 (PAIRS) £20 per entry
CLASSES 26 - 28 (SOLO ARTISTIC) £18.00 per entry
CLASS 30 (GROUP ARTISTIC) £20 per entry (not per person)
21. Entry forms should be sent to **Laura Hetebrij, 12 Strand Way, Lower Earley, Reading RG6 4BU** enclosing a **STAMPED ADDRESSED ENVELOPE**.
22. For further enquiries please contact Laura Hetebrij. 0118 9750631 after 6.00 p.m. and before 9.30 p.m. there is an answerphone available.
Or Email competitions@bracknell-ice-skating-club.co.uk
23. Bracknell Ice Skating Club cannot accept any responsibility for any damage or loss of personal property.

**Any Classes which are over subscribed will be split into age groupings
eg; class 3a - level 1 girls 10 and under, class 3b - level 1 girls 11 and over.**