



BRACKNELL ICE SKATING CLUB ELEMENTS COMPETITION

Tuesday 16th October 2007
Commencing at 5.00pm

RULES

- * All entrants must be members of Bracknell Ice Skating Club
- * The competition is open to all members aged 21 and under and may be further sub-divided by age
- * The closing date for entries is 6.00pm on Tuesday 9th October 2007, the draw will follow in the café
- * Attention must be paid to basic skating between each element
- * NISA standard as at the closing date, field moves tests will not be taken into consideration
- * Classes may be combined if there are too few entries

Class	Standard	Criteria	Elements
1	Beginner	Skaters must not have passed level 1 elements or free	Upright spin (minimum 3 revs) Forward spiral held for a minimum of 10 metres Three jump
2	Level 1	Skaters must not have passed level 2 elements or free	Sit spin (minimum 3 revs) Backward spiral Salchow (with flow)
3	Levels 2/3	Skaters must not have passed level 4 elements or free	Camel spin (minimum 3 revs) Step sequence fully utilising the ice surface(can be straight line or circular) Flip jump
4	Levels 4/5	Skaters must not have passed level 6 elements or free	Change foot sit spin (minimum 4 revs on each foot) Spiral sequence, covering half the ice surface Axel jump combination (double jumps not permitted)
5	Level 6 and above	No maximum standard	Flying camel spin (minimum 6 revs) Spiral sequence, fully utilising the ice surface Double toe loop (cherry flip)

The entry fee is £4 per class. Entry forms are available either from your coach, the club folder at reception or can be downloaded from the BISC website:

<http://www.bracknell-ice-skating-club.co.uk/competitions/ice-skating.htm>

Please direct any queries to: competitions@bracknell-ice-skating-club.co.uk