BRACKNELL ICE SKATING CLUB

SPIN SPIRAL JUMP COMPETITION

Tuesday 21 October 2008   5.00 – 6.30 pm

(Closing date Tuesday 7th October 6.00 pm)

RULES

1. All entrants must be members of Bracknell Ice Skating Club and aged 21 or under at the competition date. Members must be coached at Bracknell Ice Rink in order to enter club competitions.

2. The competition classes may be sub-divided by age if there are too many entries for one class or combined if there are too few entries. If there are too many entrants overall the competition will be held over this and another separate date to be advised.

3. The NISA test standard criteria required is as at the closing date of the competition. Field moves tests will not be taken into consideration. Should an entrant pass a relevant test between entering the competition and the closing date of the competition, the class will be adjusted accordingly.

4. Entry is made by submitting a completed entry form together with the £4 entry fee in a sealed envelope marked "BISC SSJ competition" by the closing date. Entries should be placed in the Competition Secretary section of the Club Folder behind reception.   The preferred method of payment is a cheque made payable to Bracknell Ice Skating Club.

5. Entry forms are available from the Competition section of the Club folder behind reception or can be downloaded at www.bracknell-ice-skating-club.co.uk/ice-skating/forms.htm. An updated list of entries received will be displayed on the Club notice board at regular intervals so you can check that you are entered.

6. No verbal or late entries will be accepted. No forms without the entry fee will be accepted. No refunds will be given for withdrawals unless this is due to injury of the skater or change of competition date.

7. **The closing date for entries is Tuesday 7th October at 6 pm**

8. The draw for skating order will take place in the café on Tuesday 14th October at 6pm. Skaters are welcome to attend and take part in the draw.

9. In cases of uncertainty the Club Competition (free skating) Secretary's decision is final.

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

Note that the results from this competition will form part of the criteria for awarding the annual Improver Trophy.

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Technical specification

Class	Standard	Criteria	Elements (in recommended order of skating)
1	Beginner	Skaters must not have passed level 1 elements or level 1 free	Forward spiral held for a minimum of 10 metres Upright spin (min 3 revs) Three jump
2	Level 1	Skaters must not have passed level 2 elements or level 2 free	Backward spiral Sit spin (min 3 revs) Toe Loop (cherry)
3	Level 2	Skaters must not have passed level 3 elements or level 3 free	1 step sequence (full length) Camel spin (min 3 revs) Jump combination with toe loop (cherry) as the second jump
4	Level 3	Skaters must not have passed level 4 elements or level 4 free	1 circular step sequence to include Mohawks and three turns Change foot upright spin (min 4 revs on each foot) Axel
5	Level 4	Skaters must not have passed level 5 elements or level 5 free	1 spiral sequence *or* moves in the field covering a minimum of half the ice surface Flying camel spin (min 3 revs) Jump combination consisting of Axel with a single jump
6	Level 5	Skaters must not have passed level 6 elements or level 6 free	1 spiral sequence *or* moves in the field covering the full ice surface Camel change camel spin (min 3 revs each foot) Double toe loop
7	Level 6 & over	No maximum standard	1 step sequence covering the full ice surface Spin combination with one change of position and one change of foot (min 5 revs each foot) Jump combination consisting of Axel with a double toe loop or double loop jump

Note: No variations are permitted to the elements listed for a class for example an upright spin should remain an upright spin throughout and not change to a sit spin.

Skaters should limit the skating between the set elements to forward/backward stroking/crossovers and necessary linking steps only.