



BRACKNELL ICE SKATING CLUB

FIELD AND DANCE MOVES COMPETITION

WEDNESDAY 5th November COMMENCING AT 6.15 P.M.

RULES

1. All entrants must be members of BISC. NISA standard as on 5/11/03
2. The fee is £3.50 per entry
3. **The closing date for entries is Sunday 2nd November at 10 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.

FIELD MOVES

Class	Standard		Elements
1	Beginner	Skaters must not have passed NISA novice field moves test	Novice FM: exercise no 1 (forward inside and forward outside curves) and exercise no 4 (backwards check position)
2	Novice	Skaters must not have passed NISA prelim field moves test	Prelim FM: exercise no 2 (forward inside curves) and exercise no 4 (backward outside cross strokes)
3	Prelim	Skaters must not have passed NISA Inter bronze field moves test	Inter-bronze FM: exercise no 2 (Progressive serpentine forward outside three turns) and exercise no 4 (Circular three turns with Mohawks)
4	Inter-Bronze	Skaters must not have passed NISA Bronze Field Moves test	Bronze FM: Exercise no 2 (Circular three turns and double three turns) and Exercise no 4 (Double Mohawk serpentine step)
5	Bronze & Over	Skaters must not have passed NISA Inter-Silver Field Moves test	Inter-Silver FM: Exercise no 1 (Back outside change of edge into double three turns) and Exercise no 6 (Continuous straight line Choctaws)
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