



BRACKNELL ICE SKATING CLUB

FIELD AND DANCE MOVES COMPETITION

TUESDAY 8th November COMMENCING AT 5.00 P.M.

Notice that entries may need to be limited because of reduced club ice time on Tuesdays. Limiting will be done strictly on a first come-first served basis. Although you still need to provide a paper entry form and money, you may enter by email to get yourself in the list of entries as soon as you like. Email to competitions@bracknell-ice-skating-club.co.uk

RULES

1. All entrants must be members of BISC. NISA standard as on 6/11/05
2. The fee is £4 per entry
3. **The closing date for entries is Sunday 6th 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 to the skater that the judges choose overall. If we have to limit numbers, then those who have entered both field moves and dance moves will be required to withdraw one of those entries before any other skater is asked to withdraw.

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 3 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 |