#### **BRACKNELL ICE SKATING CLUB - OPEN COMPETITION 2008 (FREE, ARTISTIC AND PAIR SKATING)**

**Technical Requirements for the Competitions** 



Held under NISA regulations and permit.

# 30<sup>th</sup> April to 1st May 2008

(Closing date Friday 4<sup>th</sup> April 2008)

**Standard:** 

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

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

# Bracknell Free Skating Competition

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**Technical Requirements for the Competitions** 

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

Event Number	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
1*	Beginner Ladies	Skate UK Gold Star (Figure) or Novice Field Moves or new Level 1 Field Moves or Level 1 Dance Moves  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)		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
2*	Beginner Men				
3*	Level 1 Ladies	Novice Field Moves or new Level 1 Field Moves or Level 1 Dance Moves <b>and</b> either  Level 1 Elements or  Level 1 Free	Must not hold any of the following:  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.
4*	Level 1 Men				Max 2 basic position spins with no change of foot and no change of position One step sequence <b>must</b> be included (full ice not required)
5*	Level 2 Ladies	Prelim Field Moves or new Level 2 Field Moves or Level 2 Dance Moves <b>and</b> either  Level 2 Elements or  Level 2 Free	Must not hold any of the following 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
6*	Level 2 Men				Max 2 spins. 1 may have only 1 change of position but no change of foot, and the other must be basic position only, with no change of position. 2 basic position spins are also perfectly acceptable  One step sequence utilising the full ice surface <b>must</b> be included.
7*	Level 3 Ladies	Prelim Field Moves or new Level 2 Field Moves or Level 2 Dance Moves <b>and</b> either  Level 3 Elements or  Level 3 Free	Must not hold any of the following 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
8*	Level 3 Men				the programme Max. 2 spins. 1 may have ONLY 1 change of position and NO CHANGE OF FOOT and the other may have ONLY 1 change of foot and NO CHANGE OF POSITION. 1 or 2 basic position spins are also acceptable. One step sequence utilising the full ice surface must be included

9*	Level 4 Ladies	Inter Bronze Field Moves or new Level 4 Field Moves or Level 4 Dance Moves and either Level 4 Elements or Level 4 Free	Must not hold any of the following  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: 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 and may be double jumps) d) a maximum of 2 different spins (minimum of 3 revs in
10*	Level 4 Men				each or a minimum of 6 revs in total if a spin combination is performed)  e) 1 step sequence, straight line, circular or serpentine utilising the full ice surface  N.B. The Axel and each different double jump may only be attempted twice in the programme
11*	Level 5 Ladies	Inter Bronze Field Moves or new Level 4 Field Moves or Level 4 Dance Moves <b>and</b> either  Level 5 Elements or  Level 5 Free	Must not hold  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:  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 and may be double jumps)
12	Level 5 Men				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 utilising the full ice surface  N.B The Axel and each different double jump may only be attempted twice in the programme
13	Level 6 Ladies	Bronze Field Moves or new Level 6 Field Moves or Level 6 Dance Moves and either  Level 6 Elements or  Level 6 Free	Must not hold 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: 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 and may be double jumps)
14	Level 6 Me				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, straight line, circular or serpentine fully utilising the ice surface  N.B The Axel and each different double jump may only be attempted twice in the programme

15	Level 7 Ladies	Bronze Field Moves or new Level 6 Field Moves or Level 6 Dance Moves <b>and</b> either  One part Level 7 Elements or Free or  Old NISA Pre-Novice Competitive Test	Must not hold  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:  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 and may be double 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
16	Level 7 Men				is performed) d) 1 step sequence, straight line, circular or serpentine, fully utilising the ice surface (this can be a spiral sequence but must then be as per ISU regs 2006 and subsequent ISU communications)  N.B. The Axel and each different double jump may only be attempted twice in the programme
17	Level 8 Ladies	Inter-Silver Field Moves or new Level 8 Field Moves or Level 8 Dance Moves and either  One part of Level 8 Elements or Free or 1 part of the old NISA Novice Competitive Test	Must not hold  Both parts of Level 9 Elements and Free or  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:  a) a minimum of 1 and a maximum of 3 jump combinations/sequences (jumps may be different from the solo jumps and may be double 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)
18	Level 8 Men				c) a maximum of 1 step or spiral sequence, fully utilising the ice surface (this can be a spiral sequence but must then be as per ISU regs 2006 and subsequent ISU communications)  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 in the programme. Double axel may be attempted a maximum of 3 times in the programme

19	Level 9 Ladies	Inter-Silver Field Moves or new Level 8 Field Moves or Level 8 Dance Moves and either:  One part of Level 9 Elements or Free or 1 part of the old NISA Primary/ (ISU) Novice Competitive Test	Must not hold  Both parts of Level 10 Elements and Free or Both parts of the Junior Competitive Test or higher	Ladies 3½ Minutes (+/- 10 seconds)  Men 4 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:  a) a minimum of 1 and a maximum of 3 jump combinations/sequences  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
20	Level 9 Men				which must be a spiral sequence, as per ISU regs 2006 and subsequent ISU communications and a maximum of 2 different <u>step</u> sequences for men, fully utilising the ice surface  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 in the programme. Double axel may be attempted a maximum of 3 times in the programme
21	Level 10 Ladies	Inter-Silver Field Moves or new Level 8 Field Moves or Level 8 Dance Moves <b>and</b> either  One part of Level 10 or  One part of the Junior Competitive Test	No maximum test requirement	Ladies: 4 Minutes (+/- 10 seconds)  Men: 4½ Minutes (+/- 10 seconds)	includes a variety of good quality jumps, spins and steps (from any level) but also with:  a) a minimum of 1 and a maximum of 3 jump combinations/sequences 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
22	Level 10 Men				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 in the programme. Double axel may be attempted a maximum of 3 times in the programme

**Open Competitions for Couples/Pairs** 

Event Number	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
23	Beginner Couples/Pairs	Each partner must have passed either Novice Field Moves or new Level 1 Field Moves or Level 1 Dance Moves	Must not hold any National Pair Test or any part of Level 4 Singles or Dance National tests (excluding Field Moves)	Free Program of 2 minutes (+/-5 seconds)	The programme must contain ONLY the following elements:  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 the programme. Recognised pair/dance lifts are not allowed. Vocal music is not permitted.
24	Novice Pairs (NISA Novice)	Each partner must hold:  Old NISA Novice Pair Test (non-competitive) and Prelim Field Moves or new Level 2 Field Moves or Level 2 Dance Moves with either  Level 2 Elements or  Level 2 Free  OR (non-pair criteria)  Inter Bronze Field Moves or new Level 4 Field Moves or Level 4 Dance Moves plus  Level 4 Elements or  Level 4 Free	No Maximum Test Requirement	Free Program of 2½ minutes (+/- 10 seconds)	A well balanced programme which must contain:  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 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.

25	Pre IJS Pairs (Preparing for ISU Novice Free)	Each partner must hold:  Old NISA Novice Pair Test (noncompetitive) and Inter Bronze Field Moves or new Level 4 Field Moves or Level 4 Dance Moves plus  Level 4 Elements or  Level 4 Free  OR (non-pair criteria)  Bronze Field Moves or new Level 6 Field Moves or Level 6 Dance Moves plus  Level 6 Elements and  Level 6 Free	No Maximum Test Requirement	Free Program of 3 ½ minutes (+/- 10 seconds)	The well balanced programme must contain only the following elements:  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 or death spiral without restrictions i) 1 spiral sequence. A spiral position in order to be counted must be held for at least 3 secs.
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Solo and G	Froup Artistic	Classes				
Event Number		Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes	
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.	
27	Level 2/3 Artistic	Prelim Field Moves or new Level 2 Field Moves or Level 2 Dance Moves <b>and</b> either Level 2 Elements or Level 2 Free	Must not hold any of the following Level 4 Elements or Level 4 Free	Up to 2 Minutes 5 seconds	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	
28	Level 4/5 Artistic	Inter Bronze Field Moves or new Level 4 Field Moves or Level 4 Dance Moves <b>and</b> either Level 4 Elements or Level 4 Free	Must not hold any of the following Level 6 Elements or Level 6 Free	Up to 2 mins 40 secs	costume and props are being used that is being judged here rather than the actual costume/props themselves.  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	
29	Level 6 & over Artistic	Bronze Field Moves or new Level 6 Field Moves or Level 6 Dance Moves <b>and</b> either Level 6 Elements or Level 6 Free	No maximum standard	Up to 2 mins 40 secs	No fireworks (or similar) are allowed Small props means that each prop should be brought the ice by a single skater.  No intervention by a 3 <sup>rd</sup> party (not on the ice) such as recontrol or throwing on of props	
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		

#### **BRACKNELL ICE SKATING CLUB - OPEN COMPETITION 2008 (FREE, ARTISTIC AND PAIR SKATING )**

**Technical Requirements for the Competitions** 

- 1. All competitors must be an eligible person as defined by the NISA of UK Ltd. It is a requirement of this competition that all competitors and their coaches are members of NISA and must submit both their own and their coaches NISA membership number..
- 2. The competitions will be held in accordance with the NISA of UK Ltd regulations and bye-laws permits applied for as necessary.
- 3. CLOSING DATE FOR ENTRIES WILL BE FRIDAY 4<sup>TH</sup> APRIL 2008. Competitors to be of said standard and age on closing date.
- 4. The competitions will be held on **Wednesday 30<sup>th</sup> April and Thursday 1<sup>st</sup> May 2008** at Bracknell Ice Rink
- 5. Music can be on CD or mini disc but must be clearly marked on both container and media with name, club and running time, No vocal music unless otherwise stated.
- 6. Classes which are over subscribed will be split by age at the discretion of the referee. However, in the event that too many competitors apply in any one class, the entries will be allocated on a first come first served basis. A Reserve list made up from the unsuccessful entries will operate up the order of skate draw as per N.I.S.A. ruling. All reserves will be notified of their position prior to the competition being held.
- 7. In the event of only one entry in a competition, the entrant(s) will be advised of having to skate to standard.
- 8. The organising committee reserves the right to refuse any entry without reason assigned. Entries will not be collected from the post office due to insufficient postage.
- 9. Competition winners will be required to sign a receipt for the trophies and return them in the condition they were received in, to the Trophy Secretary of the Bracknell Ice Skating Club no later than one month prior to the published date of the next Bracknell Open competitions.
- 10. The time and date of the draw will be advertised on the Bracknell Ice Skating Club website
- 11. Fees will not be returned for cancellations received after the closing date unless there are extenuating circumstances.
- 12. Only written applications will be accepted.
- 13. Please forward a separate cheque and entry form for each competition entered. Cheques should be made payable to **BRACKNELL ICE SKATING CLUB**, with the skater's name and competition on the back of the cheque.
- 14. 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 bank charges
- 15. Skaters may compete at only the level relevant to their test standard as appropriate at the closing date for the event. Tests passed <u>after</u> the closing date <u>**DO NOT**</u> allow entry to be transferred to another level under any circumstances.
- 16. ENTRY FEES CLASSES 1 22 (SINGLES up to level 10) £18.00 per entry CLASSES 23 25 (PAIRS) £20 per entry CLASSES 26 29 (SOLO ARTISTIC) £18.00 per entry CLASS 30 (GROUP ARTISTIC) £20 per entry (not per person)
- 17. Entry forms should be sent to **Laura Hetebrij**, **12 Strand Way**. **Lower Earley**, **Reading RG6 4BU**. For further enquiries please contact Laura Hetebrij. 01189750631 before 10 p.m, or Email <a href="mailto:freecompetitions@bracknell-ice-skating-club.co.uk">freecompetitions@bracknell-ice-skating-club.co.uk</a>.
- 18. Acknowledgement of entry and notification of timetable will be by email only . Please only send stamped addressed envelopes if you do not have access to email.
- 19. Bracknell Ice Skating Club cannot accept any responsibility for any damage or loss of personal property.
- 20. **PHOTOGRAPHY -** To comply with the NISA Child Protection Policy and Procedures, ALL competitors are requested to provide consent to being photographed and videoed prior to the event. By entering the event, there is an acceptance that the child / participant may be photographed, unless the photography consent form states otherwise, and images may be published by the National Ice Skating Association. Private photography or the taking of private video is NOT permitted within the Bracknell Ice Rink without official permit. Parents/guardians must apply in advance (via Entry Form) for a photo permit and this will permit the photography of the named skater only. Permits will not be issued at the event.