



## BRACKNELL ICE SKATING CLUB

### SPIN SPIRAL JUMP COMPETITION

Tuesday 19 October 2010 5.00 – 6.30 pm

(Closing date Tuesday 12 October 8.30 am)

#### RULES

1. All entrants must be members of Bracknell Ice Skating Club and can be any age. Members must be currently coached at Bracknell Ice Rink (this includes Bracknell Academy/Learn to skate/Passport courses) 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 may be extended that evening.
3. The NISA test standard criteria required is as at the date of the draw (16<sup>th</sup> October). Field moves tests will not be taken into consideration. Should an entrant pass a relevant test between entering the competition and the date of the draw, the class will be adjusted accordingly. Only one class may be entered.
4. Entry is made by submitting a completed entry form together with the **£5** entry fee in a sealed envelope marked "BISC SSJ competition" by the closing date. Entries should be placed in the section for completed entry forms in 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 in the Club folder behind reception or can easily be downloaded at [www.bracknell-ice-skating-club.co.uk/ice-skating/forms.htm](http://www.bracknell-ice-skating-club.co.uk/ice-skating/forms.htm).
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/illness of the skater or change of competition date.
- 7. The closing date for entries is Tuesday 12<sup>th</sup> October at 8.30 am**
8. The draw for skating order will take place in the café on Saturday 16<sup>th</sup> October at 8.30 am. Skaters are welcome to attend and take part in the draw. The timetable for the competition will be posted on the Club noticeboard and on the competitions section of the website.
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](mailto:competitions@bracknell-ice-skating-club.co.uk)



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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 (no axels) with toe loop (cherry) as the second jump
4	Level 3	Skaters must not have passed level 4 elements or level 4 free	1 step sequence full length or circular Camel sit combination spin min 3 revs each position Axel
5	Level 4	Skaters must not have passed level 5 elements or level 5 free	1 spiral sequence <b>or</b> 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 <b>or</b> moves in the field covering the full ice surface Camel change camel spin (min 3 revs each foot) Double toe loop or double salchow
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.