



# BRACKNELL ICE SKATING CLUB

## SPIN SPIRAL JUMP COMPETITION

**Tuesday 11<sup>th</sup> October 2011 5.00 – 7.00 pm**

### 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 or single lutz
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.