



Murrayfield Ice Skating Club

Ice Sports Centre
Riversdale Crescent
Edinburgh
EH12 5XN

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COMPETITIONS FOR BEGINNERS

CLUB MEMBERS and UK SKATE SKATERS

Sunday 21st February 2010

Closing Date 2.00pm Sunday 7th February 2010

The Draw will take place at the Rink on **Wednesday 17th February at 5.15pm**

The competitions will be held in the evening starting at 5.00pm on **Sunday 21st February**

All Entry fees should be enclosed, in an envelope marked MISC Competitions and sent to Murrayfield Ice Skating Club, Murrayfield Ice Rink, Riversdale Crescent, Edinburgh EH12 5XN
Or handed into the Rink Box Office Or to the Club desk at the Club Sunday session
NO LATER THAN SUNDAY 7th February 2010.

ENTRY FEES

Club Members
£ 4.00

Non Members
£6.00

A list of competitors and event entered in will be posted on the web site and in the rink. Please check this and advise BEFORE the Draw if you are in the wrong competition. If after the draw you are in the wrong competition you may not be able to skate and the fee will not be refunded.

Competitions for Both MISC Members & Skate UK Skaters

Competitions 1-13 are open BOTH to Club Members and Non- Members who are under 21 years of age.
Competitions 14 - 16 are open BOTH to Club Members and Non- Members who are 21 years of age & over.
All skaters must meet the entry requirements for the competition they are entering.

All the competitions are mixed (male & female)

Competitors should try to link each element with steps and arm movements

1. LEVEL ONE COMPETITION

- Standard: Must Hold Must Hold Skate UK Level 1 but not level 2.
- Requirements:
1. Forward skating on alternate feet (minimum of 6 steps)
 2. Snowplough Stop.
 3. Skate Backwards (minimum of 6 steps)
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2. LEVEL TWO COMPETITION

- Standard: Must Hold Skate UK Level 2 but not level 3.
- Requirements:
1. Forward skating on alternate feet. (Minimum 10 steps).
 2. Two footed gliding on a curve.
 3. Forward and Backward sculling (4 of each)
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3. LEVEL THREE COMPETITION

- Standard: Must Hold Skate UK Level 3 but not level 4.
- Requirements:
1. Forward One foot Glide in a straight line (Right & Left Feet) followed by a T Stop.
 2. One Forward inside curve (Right & Left Feet).
 3. Backwards skating on alternate feet and 2 foot glide.(Right & Left)
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4. LEVEL FOUR COMPETITION

- Standard: Must Hold Skate UK Level 4 but not level 5
- Requirements:
1. Forward Chasses (Minimum 4 in each direction)
 2. One Forward outside curve (Right & Left Feet)
 3. Backward Skating with backward snowplough stop
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5. LEVEL FIVE COMPETITION

- Standard: Must Hold Skate UK Level 5 but not level 6.
- Requirements:
1. Forward cross overs (minimum 4 in each direction- clockwise & anti clockwise)
 2. Backward one foot glide (Right & Left Feet)
 3. Forward Two foot slalom
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6. LEVEL SIX COMPETITION

- Standard: Must Hold Skate UK Level 6 but not level 7.
- Requirements:
1. Backward Chasses (Minimum 4 on each foot)
 2. Forward outside three turns in both directions.
 3. Forwards inside curves (Minimum 2 on each foot)
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7. LEVEL SEVEN COMPETITION

- Standard: Must Hold Skate UK Level 7 but not level 8.
- Requirements:
1. Backward crossovers (Min 4 in each direction clockwise & anti clockwise)
 2. Forward outside curves (Minimum 2 on each foot)
 3. Forward drag
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8. LEVEL EIGHT COMPETITION

- Standard: Must Hold Skate UK Level 8 but not level 9.
- Requirements:
1. Forwards inside mohawks. (ONE in each direction)
 2. Back crossovers with sustained back outside edge (Right & Left)
 3. Bunny hop and drag
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9. LEVEL NINE COMPETITION

- Standard: Must hold Skate UK Level 9 but not level 10.
- Requirements:
1. Back outside edges (Minimum 4)
 2. Forward crossrolls (Minimum 4)
 3. Forward Spiral
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10. LEVEL TEN COMPETITION

- Standard: Must hold Skate UK Level 10 but no higher.
- Requirements:
1. Forward crossovers in a figure of eight
 2. Simple Step sequence
 3. Three jump
- Above should be performed using no more than ½ ice
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11. BRONZE STAR COMPETITION

- Standard: Must hold Skate UK Level Bronze Star but no higher
- Requirements:
1. Forward Spiral
 2. Salchow Jump
 3. One foot spin
- To be linked with steps and arm movements using no more than ½ ice
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12. SILVER STAR COMPETITION

- Standard: Must Hold Skate UK Level Silver Star but no higher
- Requirements:
1. Toe Loop jump
 2. One foot spin (with correct entry and exit)
 3. Backward spiral
 4. Step sequence
- To be linked with steps and arm movements using no more than ½ ice
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13. GOLD STAR COMPETITION

- Standard: Must Hold Skate UK Level Gold Star but no higher and must not have skated in an 'open' competition.
- Requirements:
1. One minute 30 secs programme to music of skaters choice to include
Skaters must perform a well balanced programme with linking steps, consisting of
 - (a) A maximum of 3 jump elements including
 - single jumps only, excluding axel, lutz and flip.
 - NO combinations or sequences are permitted
 - NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element.
 - (b) A maximum of 2 spins
 - Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs)
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ADULTS COMPETITIONS

These Competitions are for both NON MEMBERS & MEMBERS 21 years of age and over.

14. ADULTS SKATE UK LEVEL 1 TO 5 INCLUSIVE COMPETITION

Standard: Must Hold Skate UK Level 1 but no higher than Skate UK Level 5

Requirements: Select four skills from the following list and on half-ice perform the selected elements with linking footwork;

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|---|----------------------|
| a) Forward skating | b) T-Stop |
| c) Forward Chasses (both directions) | d) Two foot spin |
| e) Forward crossovers (both directions) | e) Backward Sculling |
| f) One foot glide on a curve, outside or inside edge (Right & Left) | |

15. ADULTS SKATE UK LEVEL 6 TO 10 INCLUSIVE COMPETITION

Standard: Must Hold Skate UK Level 6 but no higher than Skate UK Level 10 and must **NOT** have skated in an 'open' competition.

Requirements: Select four skills from the following list and on half-ice perform the selected elements with linking footwork;

- | | |
|---|---|
| a) Forward crossovers (both directions) | b) Backward crossovers (both directions) |
| c) Forward crossrolls | d) Outside or Inside Three turns (Min 1 on each foot) |
| e) Forward drag | f) Forward or Backward outside curves (Minimum 4) |
| g) One foot or two foot spin | h) Forward inside Mohawks (ONE in each direction) |

16. ADULTS STAR COMPETITION

Standard: Must Hold A Skate UK Level Bronze, Silver or Gold Star but no higher and must not have skated in an 'open' competition.

- Requirements: 1. One minute 30 secs programme to music of skaters choice to include Skaters must perform a well balanced programme with linking steps, consisting of
- (c) A maximum of 3 jump elements including
 - single jumps only, excluding axel, lutz and flip.
 - NO combinations or sequences are permitted
 - NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element.
 - (d) A maximum of 2 spins
 - Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs)

Entry forms available from:

Skate UK Coaches, OR Rink Box office,
MISC Club Notice Board OR Club website www.murrayfield-isc.co.uk

All completed entry forms should be sealed in an envelope with the appropriate Entry Fee and placed in the Competitions Box or handed in to the Box Office. All Envelopes must be Marked 'MISC **Competition Entry**'.

Cheques or P.O.'s should be made payable to MISC.

Any questions or queries about this announcement should be sent to 'Competitions@murrayfield-isc.co.uk'

Details and entry forms can be downloaded from the Club website www.murrayfield-isc.co.uk

The timetable for the event will be posted in the ice rink and on the website as soon as possible after the closing date.

After the draw (on Wednesday 17th February) the order of skating will be posted in the ice rink and on the website. It will not be possible to advise everyone individually of the order of skating.

The Competitions will start at **5.00pm, Sunday 21st February** and skaters should be ready to skate **30 minutes before their event**.

Skaters placed first, second and third in each event will be presented with an award at the end of the event.