

Murrayfield Ice Skating Club

IJS OPEN COMPETITIONS 2014

Friday 2nd, Saturday 3rd, Sunday 4th & Monday 5th May 2014

SINGLES ANNOUNCEMENT

TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1ST JULY 2013 to 30th JUNE 2014

These competition program requirements comply with ISU Basic Novice to Senior and, for a short time, may be out of line with the NISA Free Skating test structure. All elements performed are as per ISU current regulations. This allows skaters to perform RJS test and competition elements as per the established criteria (ISU regulations 2012) and indeed as per the IJS criteria and clarifications. (Communication 1760 and 1790)

This Generic Criteria must be read in conjunction with the ISU Regulations 2012 and any subsequent ISU communications.

However, for the purpose of the Step Sequence in Level 1, the requirement for full ice surface at base level will be achieved when the skater covers a minimum of 50% of the full ice surface to make this achievable for skaters at this level. The criteria for level 1 and above step sequences remain as per ISU

Tests passed after the closing date DO NOT allow entry to be transferred to another level under any circumstances.

All sections will be judged using the IJS. Please note that this includes the Beginner competitions.

Some skaters will be eligible at more than one level and will choose which event they enter in association with their Coach, based on their personal plans for the season. Please note that if entries overall exceed the available time for the Open, skaters entering more than one level of competition may be asked to state a preference. Short Programmes and Free Programmes are run as separate events.

IJS events from **Beginner to Level 5** will be judged in accordance with the ISU **Basic Novice A** technical regulations, i.e. No element can achieve higher than Level 2 and only 2 components (Skating Skills and Performance and Execution) will be scored in accordance with ISU Communication 1760.

Levels 6 and 7 will follow **ISU Basic Novice B** criteria, with maximum Level 2 but 3 components. (Skating Skills, Performance and Execution and Interpretation)

All skaters are asked to read carefully the communications regarding which components will be marked at each level and the factors to be used.

ISU age restrictions will NOT apply to Murrayfield IJS Opens 2014.

As per ISU Comm. 1760 no highlight for elements in the second half of the programme will be awarded at level 8 and below.

It may be possible to achieve test passes at this IJS Open, working within NISA criteria. For details please see separate announcement on website regarding the panel requirements. The ice surface meets the minimum requirements for test passes.

TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1ST JULY 2013 to 30th JUNE 2014

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
F1A. Findlay for Beginner Girls 8yrs & under F1B. Links for Beginner Girls 9yrs F1C. May Smith for Beginner Girls 10 years F1D. Riverside for Beginner Girls 11 years F1E. Roseburn for Beginner Girls 12yrs & over F2. Findlay for Beginner Boys	Beginner	Skate UK Gold Star (Figure) or Level 1 Field 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)	Must not hold any of the following: <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme with linking steps, consisting of: A maximum of 3 jump elements including <ul style="list-style-type: none"> • 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. A maximum of 2 spins, <ul style="list-style-type: none"> • Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs) (Calculation of results, Levels and components as per ISU Basic Novice A. See ISU communication 1760)
F3A. Caroline for Level 1 Ladies 11yrs & under F3B. Ellersley for Level 1 Ladies 12yrs & over F4. Athol for Level 1 Men	Level 1	Level 1 Field Moves and either <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	Must not hold any of the following: <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme with linking steps, consisting of: A maximum of 4 jump elements including <ul style="list-style-type: none"> • single jumps only, excluding axel and lutz • A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel & lutz. A maximum of 2 spins <ul style="list-style-type: none"> • Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs) A Maximum of 1 step sequence (full ice not required – see front page for clarification) (Calculation of results, Levels and components as per ISU Basic Novice A. See ISU communication 1760)

<p>F5. Gylemuir for Level 2 Ladies</p> <p>F6. Craigmount for Level 2 Men</p>	<p>Level 2</p>	<p>Level 2 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	<p>1½ Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps, consisting of:</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> • single jumps only (no axels allowed) • A maximum of 2 jump combinations or sequences consisting of only 2 single jumps excluding axels. <p>A maximum of 2 spins, 1 of which must be a change of position spin with only 1 change of position and no change of foot (Min 2 revs in each position) and the other a basic position spin with no change of foot and no change of position (Min 3 revs)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>(Calculation of results, Levels and components as per ISU Basic Novice A. See ISU communication 1760)</p>
<p>F7. Lauriston for Level 3 Ladies</p> <p>F8. Beachmount for Level 3 Men</p>	<p>Level 3</p>	<p>Level 3 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> • Single jumps only – axels allowed • A maximum of 2 jump combinations or sequences consisting of only 2 single jumps or axels. <p>A maximum of 2 spins, 1 of which must be a change of position spin with only 1 change of position and no change of foot (Min 2 revs in each position) and the other a change of foot spin with only 1 change of foot and no change of position (Min 2 revs on each foot)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>NB The axel may not be attempted more than twice in the programme</p> <p>(Calculation of results, Levels and components as per ISU Basic Novice A. See ISU communication 1760)</p>
<p>F9. Florence for Level 4 Ladies</p> <p>F10. Baird for Level 4 Men</p>	<p>Level 4</p>	<p>Level 4 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences consisting of only 2 jumps in combination .A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted. <p>A maximum of 2 spins with different ISU abbreviations, 1 must be a spin combination with or without change of foot (Min 6 revs in total) and 1 a spin with no change of position and with or without a change of foot (min 6 revs in total. Flying entry is allowed.</p> <p>There must be a maximum of:</p> <p>For girls - 1 Choreographic sequence which includes at least one spiral position of at least 3 seconds long For boys - 1 step sequence.</p> <p>The sequence will have a fixed base value and will be evaluated in GOE only.</p> <p>(Calculation of results, Levels and components as per ISU Basic Novice A. See ISU communication 1760)</p>

<p>F11. Ravelston Trophy for Level 5 Ladies</p> <p>F12. Glenogle Trophy for Level 5 Men</p>	<p>Level 5</p>	<p>Level 5 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Level 6 Elements or ▪ Level 6 Free 	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences consisting of only 2 jumps in combination .A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted. <p>A maximum of 2 spins with different ISU abbreviations, 1 must be a spin combination with or without change of foot (Min 6 revs in total) and 1 a spin with no change of position and with or without a change of foot (min 6 revs in total. Flying entry is allowed.</p> <p>There must be a maximum of: For girls - 1 Choreographic sequence which includes at least one spiral position of at least 3 seconds long. For boys - 1 step sequence. The sequence will have a fixed base value and will be evaluated in GOE only</p> <p>(Calculation of results, Levels and components as per ISU Basic Novice A. See ISU communication 1760)</p>
<p>F13. Peak Roofing for Level 6 Ladies</p> <p>F14. McLaren for Level 6 Men</p>	<p>Level 6</p>	<p>Level 6 Field Moves and either</p> <ul style="list-style-type: none"> • Level 6 Elements or • Level 6 Free 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Level 7 Elements or ▪ Level 7 Free or ▪ Any part of any Competitive Test 	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements for ladies and 6 for men, consisting of</p> <ul style="list-style-type: none"> • 1 Axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences. A combination may consist of only 2 jumps. A jump sequence can contain any number of jumps, but only the 2 most difficult jumps will be counted when using the IJS. <p>Only 2 jumps with 2½ or more revolutions can be repeated either in a jump combination or jump sequence.</p> <p>A maximum of 2 spins with different ISU abbreviations. One of which must be a spin combination (min 10 revs in total) and one a flying spin or spin with a flying entrance (min 6 revs in total)</p> <p>There must be for Ladies and for Men: A maximum of 1 step sequence fully utilising the ice surface. The step will receive level features and will also be evaluated in GOE.</p> <p>(Calculation of results, Levels and components as per ISU Basic Novice B. See ISU communication 1760)</p>

TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1ST JULY 2013 to 30th JUNE 2014

<p>F15. Laidlaw for Ladies Level 7</p> <p>F16. CAN-AM Sports for Men Level 7</p>	<p>Level 7</p>	<p>Level 7 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 7 Elements or ▪ Level 7 Free or ▪ Old NISA Pre-Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ Any part of old NISA Novice Competitive Test or higher 	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements for ladies and 6 for men, consisting of</p> <ul style="list-style-type: none"> • 1 Axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences. A combination may consist of only 2 jumps. A jump sequence can contain any number of jumps, but only the 2 most difficult jumps will be counted when using the IJS. <p>Only 2 jumps with 2½ or more revolutions can be repeated either in a jump combination or jump sequence. A maximum of 2 spins with different ISU abbreviations. One of which must be a spin combination (min 10 revs in total) and one a flying spin or spin with a flying entrance (min 6 revs in total)</p> <p>There must be for Ladies and for Men: A maximum of 1 step sequence fully utilising the ice surface. The step will receive level features and will also be evaluated in GOE</p> <p>(Calculation of results, Levels and components as per ISU Basic Novice B. See ISU communication 1760)</p>
------------------------------------------------------------------------------------------------	----------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>F17S. Forth Trophy for Ladies Level 8 Advanced Novice SHORT PROGRAMME</p> <p>F18S Isard Trophy for Men Level 8 Advanced Novice SHORT PROGRAMME</p>	<p>Level 8</p>	<p>Level 8 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ 1 part of the old NISA Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 9 Elements and Free <p>or</p> <ul style="list-style-type: none"> ▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher <p>UNLESS UNDER 15 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</p>	<p>Ladies 2 Min 30 MAX</p> <p>Men 2 Min 30 MAX</p>	<p>SHORT PROGRAMME</p> <p>Ladies</p> <ol style="list-style-type: none"> a) Single or double Axel b) Double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements (no repeat of double axel) c) Jump combination consisting of two doubles or a double and a triple jump (No repeat of jump in a) or b)) d) Layback or sideways leaning spin (min. 6 revs in position) e) Spin combination with only one change of foot – min. 5 revs on each foot. Flying entry is allowed. f) One step sequence, fully utilising ice surface. <p>Men</p> <ol style="list-style-type: none"> a) Single or double Axel b) Double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements (no repeat of double axel) c) Jump combination consisting of two double jumps or a double and a triple jump (No repeat of jump in a) or b)) d) Camel spin or sit spin WITH change of foot (min. 6 revs in position) NO flying entry allowed. e) Spin combination with only one change of foot - min. 5 revs on each foot. Flying entry is allowed f) One step sequence, fully utilising the ice surface. <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMUNICATIONS 1760 & 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS IN THE ADVANCED NOVICE SHORT PROGRAMME</p>
<p>F17L. Superior Concrete for Ladies Level 8 Advanced Novice FREE</p> <p>F18L J&S Car Sales for Men Level 8 Advanced Novice FREE</p>	<p>Level 8</p>	<p>Level 8 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ 1 part of the old NISA Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 9 Elements and Free <p>or</p> <ul style="list-style-type: none"> ▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher <p>UNLESS UNDER 15 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</p>	<p>Ladies 3 Min (+/- 10 seconds)</p> <p>Men 3 ½ Min (+/- 10 seconds)</p>	<p>FREE PROGRAMME</p> <p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements for ladies and 7 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences, consisting of only 2 jumps if in combination. In sequence the number of jumps is free but only the 2 most difficult jumps will be counted in the technical score <p>A maximum of 2 spins with different ISU abbreviations, 1 of which must be a flying spin or spin with flying entry, (min 6 revs.) and 1 a combination spin (optional change of foot) with min 10 revs.</p> <p>A Maximum of 1 step sequence utilizing the full ice surface.</p> <p>N.B. Only 2 different jumps with 2 ½ 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 twice in the programme</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMUNICATIONS 1649, 1724, 1741 & 1760 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS IN THE ADVANCED NOVICE FREE PROGRAMME</p>

<p>F19S. Pentland Trophy for Ladies Level 9 Junior SHORT PROGRAMME</p> <p>F20S Webb Trophy for Men Level 9 Junior SHORT PROGRAMME</p>	<p>Level 9</p>	<p>Level 9 Field Moves and either :</p> <ul style="list-style-type: none"> ▪ Level 9 Elements or ▪ Level 9 Free or ▪ 1 part of the old NISA Primary (ISU Novice) Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 10 Elements and Free or ▪ Both parts of the Junior Competitive Test or higher <p>UNLESS UNDER 19 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</p>	<p>Ladies 2 Min 50 MAX</p> <p>Men 2 Min 50 MAX</p>	<p>SHORT PROGRAMME</p> <p>Ladies</p> <ol style="list-style-type: none"> a) Double Axel b) One Double or triple Loop immediately preceded by connecting steps and/or other comparable free skating movements c) One Jump combination consisting of two doubles or a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying Sit spin (min. 8 revolutions in position) e) Layback or sideways leaning spin (min. 8 revolutions in position) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface <p>Men</p> <ol style="list-style-type: none"> a) Double or Triple Axel b) One Double or triple Loop immediately preceded by connecting steps and/or other comparable free skating movements c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying Sit Spin (min. 8 revolutions in position) e) Camel spin with only one change of foot (min. 6 revolutions on each foot) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). h) One Step sequence fully utilizing the ice surface <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS IN THE JUNIOR SHORT PROGRAMME</p>
<p>F19L Junior Trophy for Ladies Level 9 Junior (Free)</p> <p>F20L. McLaren Trophy for Men Level 9 Junior (Free)</p>	<p>Level 9</p>	<p>Level 9 Field Moves and either :</p> <ul style="list-style-type: none"> ▪ Level 9 Elements or ▪ Level 9 Free or ▪ 1 part of the old NISA Primary (ISU Novice) Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 10 Elements and Free or ▪ Both parts of the Junior Competitive Test or higher <p>UNLESS UNDER 19 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</p>	<p>Ladies 3½ Minutes (+/- 10 seconds)</p> <p>Men 4 Minutes (+/- 10 seconds)</p>	<p>FREE PROGRAMME</p> <p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 7 jump elements for ladies and 8 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs), 1 a flying spin or spin with a flying entrance (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface. .</p> <p>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 twice in the programme</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS IN THE JUNIOR FREE PROGRAMME</p>

<p>F21S. The Addison Trophy for Ladies Level 10 Senior (Short)</p> <p>F22S. Murray Trophy for Men Level 10 Senior (Short)</p>	<p>Level 10 Senior Short Program</p>	<p>Level 10 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 10 Elements or ▪ Level 10 Free or ▪ One part of the Junior Competitive Test 	<p>No maximum test requirement</p>	<p>Ladies: 2 Min 50 MAX</p> <p>Men: 2 Min 50 MAX</p>	<p>SHORT PROGRAMME</p> <p>Ladies</p> <ol style="list-style-type: none"> a) Double or Triple Axel b) One Triple jump immediately preceded by connecting steps and/or other comparable free skating movements c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying spin (free choice – min. 8 revolutions in position) e) Layback or sideways leaning spin (min. 8 revolutions in position) f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). g) One Step sequence fully utilizing the ice surface <p>Men</p> <ol style="list-style-type: none"> h) Double or Triple Axel i) One Triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements j) One Jump combination consisting of a double and a triple jump, or two triple jumps, or a quadruple jump with a double or a triple (No repeat of a or b) k) Flying spin (free choice – min 8 revolutions in position) l) Sit or camel spin with only one change of foot (min. 6 revolutions on each foot) m) Spin combination with only 1 change of foot (min. 6 revolutions on each foot). n) One Step sequence fully utilizing the ice surface <p>Note - The landing position of the flying spin (d) must be different to the position selected in the one position spin (e).</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS IN THE SENIOR SHORT PROGRAMME</p>
<p>F21L. The Banks Trophy for Ladies Level 10 Senior (Free)</p> <p>F22L. Western Trophy for Men Level 10 Senior (Free)</p>	<p>Level 10 Senior Free Program</p>	<p>Level 10 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 10 Elements or ▪ Level 10 Free or ▪ One part of the Junior Competitive Test 	<p>No maximum test requirement</p>	<p>Ladies: 4 Min (+/- 10 seconds)</p> <p>Men: 4½ Min (+/- 10 seconds)</p>	<p>FREE PROGRAMME</p> <p>Skaters must perform a well balanced programme with linking steps consisting of:</p> <p>A maximum of 7 jump elements for ladies and 8 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs) 1 a flying spin or spin with flying entry (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence and 1 choreographic sequence utilizing the full ice surface, as per ISU Regulations 2012 and any subsequent ISU communications. (see below for definition of choreographic sequence)</p> <p>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 max of twice in the programme</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1790 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS IN A SENIOR FREE PROGRAMME</p>

TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1ST JULY 2013 to 30th JUNE 2014

CHOREOGRAPHIC SEQUENCE – JUNIOR AND SENIOR

A choreographic sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauer, hydroblading, transitional (unlisted) jumps, spinning movements etc. A choreographic sequence for Ladies must include at least one spiral (not a kick) of any length. The sequence commences with the first move and is concluded with the last move of the Skater. The pattern is not restricted, but the Sequence must fully utilize the ice surface. If this requirement is not fulfilled, the sequence will have no value. The choreographic sequence has to be performed later than the step sequence. The choreographic sequence has a base value and will be evaluated by the judges in GOE only.

CHOREOGRAPHIC SEQUENCE – NOVICE A AND ADVANCED NOVICE

- i) for Girls one (1) choreographic sequence which includes at least one (1) spiral position at least (3) seconds long. The sequence will have a fixed Base value and evaluated in GOE only.
- (ii) for Boys maximum of one (1) step sequence **without Level** value. The sequence will have a fixed Base value and evaluated in GOE only. A SPIRAL IS NOT REQUIRED.