



# Murrayfield Ice Skating Club

Ice Sports Centre  
Riversdale Crescent  
Edinburgh  
EH12 5XN

[www.murrayfield-isc.co.uk](http://www.murrayfield-isc.co.uk)

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## COMPETITIONS FOR BEGINNERS

### CLUB MEMBERS/UK SKATE LEVEL SKATERS

## Sunday 17th May 2015

**Closing Date 5.30pm Sunday 19th April 2015**

The Draw will take place electronically on the evening of Saturday **25th April 2015**

**The competitions will be held starting at 5.15pm on Sunday 17th May 2015**

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 5.00pm Sunday 19th April 2015.**

#### ENTRY FEES

**Club Members**

**£ 5.00**

**Non Members**

**£7.00**

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.

All competitors must be members of Murrayfield Ice Skating Club members or patrons of Murrayfield Ice Rink or Murrayfield Skating Schools.

# Competitions for Both MISC Members & Skate UK Skaters

Competitions are open BOTH to Club Members and Non-Members who are patrons of Murrayfield Ice rink or Murrayfield Ice Skating Schools. Competitions 1-15 are for under 21 years of age and 16 - 18 are for 21 years of age & over. All skaters must meet the entry requirements for the competition (standard at closing date) they are entering.

All the competitions are mixed (male & female)

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

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## 1. LEVEL ONE COMPETITION

Standard: 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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# ADULTS COMPETITIONS

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

## 13. 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;
- |   |                      |
|---|----------------------|
| 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) |                      |

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## 14. 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)     |

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### Entry forms available from:

Skate UK Coaches, OR Rink Box office,  
MISC Club Notice Board OR Club website [www.murrayfield-isc.co.uk](http://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](mailto:Competitions@murrayfield-isc.co.uk)'

By entering the event there is an acceptance of your photograph being taken and performances may be videoed by the club. These will be used for publicity, sales and the club web site. Unauthorized photography/recording of any competitor is not permitted. The club are copyright owners of the event and all rights are reserved. Flash Photography is strictly forbidden during the event. This is dangerous and distracts the skater

Details and entry forms can be downloaded from the Club website [www.murrayfield-isc.co.uk](http://www.murrayfield-isc.co.uk)

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

After the draw (on Sunday 26th October) 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 **5.15pm, Sunday 17 May 2015** 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.**