



# MURRAYFIELD ICE SKATING CLUB



TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

# Murrayfield Ice Skating Club

## IJS OPEN COMPETITIONS 2020

**Friday 1st, Saturday 2nd, Sunday 3rd & Monday 4th May 2020**

# **SINGLES ANNOUNCEMENT**

## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

**These Generic Criteria must be read in conjunction with ISU Special Regulations and Technical Rules 2018, ISU Communications 2242, 2253, 2254 and any subsequent ISU communications. Vocal Music is allowed at all levels.**

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

The Generic Criteria is the same for all Opens, and the following conditions will apply at Murrayfield Opens 2020:

- **There are no age restrictions at any level of the Generic Criteria for competitors conforming to the Minimum and Maximum test standard requirements stated for the relevant level except at Basic and Intermediate Novice.** At these levels, skaters not age eligible should enter the Level 4/5 or 6/7 events instead.
- All singles and pairs events at Murrayfield Opens 2020 will be judged using the IJS and including video replay.
- Events from Level 1 to Level 3 will be judged in accordance with the ISU Basic Novice regulations, i.e. No element can achieve higher than Level 2 and only 2 components will be scored in accordance with ISU Communication 2242. . In Beginner events, no spin can achieve higher than Level 1
- **All skaters are asked to read carefully the communications regarding which components will be marked at each level and the factors to be used.**
- At Murrayfield IJS Open 2020 the Short Programme and Free Programme at levels 8 to 10 will **be run as 2 separate events.**
- Skaters are free to enter either or both of the 2 events at any level for which they meet the requirements. Many 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. If entries are submitted for SP and FP in events at 2 different levels, skaters must state their preference in case Murrayfield can only accommodate skaters in one event due to time restrictions. Skaters will be informed following the closing date if this is the case.
- It is anticipated that it will be possible to achieve test passes at this event, working within British Ice Skating criteria. For details please see separate announcement on BIS website regarding the panel requirements. The ice surface, judge and technical panels at Murrayfield will meet the minimum requirements for test passes.
- Following the closing date Murrayfield ISC reserves the right to further sub-divide events based on age to allow as many skaters as possible opportunity to participate in the event.
- It is **NOT** possible for skaters to enter the Level 4/5 event **AND** the Basic Novice event or the Level 6/7 event **AND** the Intermediate Novice event. Skaters at this level should note which are ranking events as listed in the criteria.

**The ice pad at Murrayfield is 60m x 30m.**

## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
<b>F1A. Bankhead for Beginner Girls 7 yrs &amp; under</b>  <b>F1B. Findlay for Beginner Girls 8yrs</b>  <b>F1C. Links for Beginner Girls 9yrs</b>  <b>F1D. May Smith for Beginner Girls 10 years</b>  <b>F1E. Riverside for Beginner Girls 11 years</b>  <b>F1F. MacKenzie for Beginner Girls age 12 and 13</b>  <b>F1G. Roseburn for Beginner Girls 14yrs &amp; over</b>  <b>F02. Findlay for Beginner Boys</b>	<p align="center"><b>Beginner</b></p>	<p>Skate UK Gold Star (Figure) or minimum Level 1 Field Moves</p> <p>A photocopy of the Skate UK passport must be submitted with the application form (unless Level 1 Field Moves already held)</p>	<p>Must not hold any of the following:</p> <ul style="list-style-type: none"> <li>▪ Level 1 Elements or</li> <li>▪ Level 1 Free</li> </ul>	<p>1½ Minutes (+/- 5 seconds)</p>	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <p>A maximum of 3 jump elements including Different single jumps only, excluding axel            NO combinations or sequences are permitted            NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element.</p> <p>A maximum of 2 spins,            2 Basic position spins (of different ISU abbreviations) only are allowed with no change of foot and no change of position. (Min 3 revs)  <b>Variations are not permitted.</b></p> <p>A maximum of 1 Choreographic Sequence fully utilising the ice surface, in either a straight line, circular or serpentine pattern.  <b>Levels explanation:</b> In Spins, <b>no</b> features/variations are permitted. Spins that meet the criteria will be given Base value and evaluated in GOE. <b>Any spin with a variation will be called No Value and receive no technical score.</b>  <b>Program Components:</b> Skating Skills &amp; Performance only.</p> <p><b>CHOREOGRAPHIC SEQUENCE for BEGINNER AND LEVEL 1 ONLY</b>            A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading etc. Listed elements such as jumps and spins are not allowed within the choreographic sequence. The pattern should be straight line, circular or serpentine and it must be clearly visible and utilise the full ice surface. It is not necessary to touch the barrier at each end of the sequence but the sequence should be large enough to cover the full ice. A tiny circle in the middle of the ice or a straight line covering only ½ the ice will not be considered as covering full ice surface. This element has a fixed base value and will be evaluated by the judges in GOE only.</p> <p>Please note the choreographic sequence does not have any compulsory move such as a spiral. The intention should be to match the musical structure, showing speed and flow over the ice without the necessity to attempt difficult turns and steps.</p>

## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

<p><b>F3A. Dovecot for Level 1 Ladies 9 &amp; under</b></p> <p><b>F3B. Caroline for Level 1 Ladies age 10 and 11yrs</b></p> <p><b>F3C. Ellersley for Level 1 Ladies 12 and 13 yrs</b></p> <p><b>F3D. Carberry for Level 1 Ladies 14 &amp; over</b></p> <p><b>F04. Athol for Level 1 Men</b></p>	<p><b>Level 1</b></p>	<p>A minimum of Level 1 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 1 Elements or</li> <li>▪ Level 1 Free</li> </ul>	<p>Must not hold any of the following:</p> <ul style="list-style-type: none"> <li>▪ Level 2 Elements or</li> <li>▪ Level 2 Free</li> </ul>	<p>1½ Minutes (+/- 5 seconds)</p>	<p>Skaters should perform a well-balanced programme with linking steps, consisting of:</p> <p>A maximum of 4 jump elements including</p> <ul style="list-style-type: none"> <li>• Any single jumps may be executed, excluding axel</li> <li>• A maximum of 1 jump combination consisting of only 2 single jumps, excluding axel</li> <li>• No jump may be executed more than twice in total.</li> </ul> <p>A maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>• In both spins flying entries are allowed.</li> <li>• A maximum of 1 Choreographic Sequence fully utilising the ice surface, in either a straight line, circular or serpentine pattern</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to Level 1 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p>
<p><b>F5A. Gylemuir for Level 2 Ladies 11 &amp; under</b></p> <p><b>F5B. Burton for Level 2 Ladies 12 &amp; over</b></p> <p><b>F6. Craigmount for Level 2 Men</b></p>	<p><b>Level 2</b></p>	<p>A minimum of Level 2 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 2 Elements or</li> <li>▪ Level 2 Free</li> </ul>	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 3 Elements or</li> <li>▪ Level 3 Free</li> </ul>	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters should 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"> <li>• Any Single jumps including Axel may be executed.</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 jumps.</li> <li>• No jump may be executed more than twice in total.</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>• In both spins flying entries are allowed</li> <li>• A Maximum of 1 step sequence utilizing the full ice surface</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each Single Axel called in the Program with no &lt; or &lt;&lt; sign</p>

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<p><b>F7A. Lauriston for Level 3 Ladies 12 &amp; under</b></p> <p><b>F7B. Haymarket for Level 3 Ladies 13 &amp; over</b></p> <p><b>F8. Beachmount for Level 3 Men</b></p>	<p><b>Level 3</b></p>	<p>A minimum of Level 3 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 3 Elements or</li> <li>▪ Level 3 Free</li> </ul>	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 4 Elements or</li> <li>▪ Level 4 Free</li> </ul>	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> <li>• Any Single and Double jumps may be executed</li> <li>• 1 Axel jump must be included</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 jumps</li> <li>• No single or double jump may be executed more than twice in total.</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</li> <li>• In both spins flying entries are allowed</li> <li>• A Maximum of 1 step sequence utilizing the full ice surface</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each Double jump called in the Program with no &lt; or &lt;&lt; sign</p>
<p><b>F09A. Redford for Level 4 Ladies 13 &amp; over (on 1st July 2019)</b></p> <p><b>F09C. Castle for Level 5 Ladies 13 &amp; over (on 1st July 2019)</b></p> <p><b>F10. Baird for Level 4/5 Men 13 &amp; over (on 1st July 2019)</b></p>	<p><b>Level 4/5</b> (Basic Novice technical requirements)</p> <p><b>NON RANKING EVENT</b></p>	<p>A minimum of Level 4 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 4 Elements or</li> <li>▪ Level 4 Free</li> </ul> <p>A minimum of Level 5 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 5 Elements or</li> <li>▪ Level 5 Free</li> </ul> <p>A minimum of Level 4 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 4 Elements or</li> <li>▪ Level 4 Free</li> </ul>	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 5 Elements or</li> <li>▪ Level 5 Free</li> </ul> <p>Must not hold any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 6 Elements or</li> <li>▪ Level 6 Free</li> </ul> <p>Must not hold any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 6 Elements or</li> <li>▪ Level 6 Free</li> </ul>	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of 1 axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or sequences. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• No single or double jump may be executed more than twice in total.</li> <li>• Triple or quadruple jumps are not permitted</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> <li>• There must be one step sequence fully utilising the ice surface.</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p>

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<p><b>F11A. Florence Trophy for Level 4 Ladies</b></p> <p><b>F11C Ravelston Trophy for Level 5 &amp; over Ladies</b></p> <p><b>F12. Glenogle Trophy for Men</b></p>	<p><b>Basic Novice</b></p> <p>Please see ISU Communication 2242</p> <p><b>RANKING EVENT</b></p>	<p>A minimum of Level 4 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>Level 4 Elements or</li> <li>Level 4 Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>No Maximum standard</li> </ul> <p><b>MUST NOT HAVE NOT REACHED THE AGE OF 13 BEFORE THE 1<sup>ST</sup> OF JULY 2019.</b></p>	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters should 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"> <li>• A minimum of 1 axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or sequences. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• No single or double jump may be executed more than twice in total.</li> <li>• Triple or quadruple jumps are not permitted</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> <li>• There must be one step sequence fully utilising the ice surface.</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each Double Axel called in the Program with no &lt; or &lt;&lt; sign</p>
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## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

<p><b>F13. Peak Roofing for Level 6/7 Ladies 15 &amp; over (on 1st July 2019)</b></p> <p><b>F14. McLean for Level 6/7 Men 15 &amp; over (on 1st July 2019)</b></p>	<p><b>Level 6/7</b> (Intermediate Novice technical requirements)</p> <p><b>NON RANKING EVENT</b></p>	<p>A minimum of Level 6 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>• Level 6 Elements or</li> <li>• Level 6 Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Level 8 Free</li> </ul>	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of A maximum of 5 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of one Axel type jump.</li> <li>• Maximum of two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• No single or double (including Double Axel) jump may be executed more than twice in total.</li> <li>• No triple and quadruple jumps allowed</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with change of foot (minimum eight (8) revolutions), or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> <li>• A maximum of 1 step sequence fully utilising the ice surface.</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Performance and Interpretation only</p>
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## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

<p><b>F15. Laidlaw for Ladies</b></p> <p><b>F16. CAN-AM Sports for Men</b></p>	<p><b>INTERMEDIATE NOVICE</b></p> <p>Please see ISU Communication 2242</p> <p><b>RANKING EVENT</b></p>	<p>A minimum of Level 6 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 6 Elements or</li> <li>▪ Level 6 Free or</li> <li>▪ Old NISA Pre-Novice Competitive Test</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ No Maximum Standard</li> </ul> <p><b><u>SKATERS MUST NOT HAVE REACHED THE AGE OF 15 BEFORE THE 1<sup>ST</sup> OF JULY 2019</u></b></p>	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters should perform a well-balanced programme with linking steps consisting of a maximum of 5 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of one Axel type jump.</li> <li>• Maximum of two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• No single or double (including Double Axel) jump may be executed more than twice in total.</li> <li>• No triple and quadruple jumps allowed</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with change of foot (minimum eight (8) revolutions), or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> <li>• A maximum of 1 step sequence fully utilising the ice surface.</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Performance and Interpretation only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded to each Double Axel called in the Program with no &lt; or &lt;&lt; sign</p>
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## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

<p><b>F17S. Forth Trophy for Level 8/Advanced Novice Ladies SHORT PROGRAMME</b></p> <p><b>F18S Isard Trophy for Level 8/Advanced Novice Men SHORT PROGRAMME</b></p>	<p style="text-align: center;"><b>Level 8 Advanced Novice SHORT PROGRAMME</b></p> <p style="text-align: center;">Please see ISU Communication 2242</p>	<p>A minimum of Level 8 Field Moves and either</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Level 8 Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 9 Elements and Free</li> </ul> <p><b>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1st OF JULY 2019</b></p>	<p>Ladies &amp; Men 2 Min 20 +/- 10 secs</p>	<p><b>SHORT PROGRAMME</b></p> <p><b>Ladies</b></p> <ol style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump, may not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or a double and a triple jump, jumps may not repeat a jump in a) or b) )</li> <li>d) Layback or sideways leaning spin or spin in one basic position with no change of foot. (min. 6 revs in position) and no flying entrance.</li> <li>e) Spin combination with only one change of foot – min. 5 revs on each foot. Flying entry is allowed.</li> <li>f) One step sequence, fully utilising ice surface.</li> </ol> <p><b>Men</b></p> <ol style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump, may not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or a double and a triple jump, jumps may not repeat a jump in a) or b)</li> <li>d) Camel, sit or upright spin (minimum of five (5) revolution on each foot) with change of foot and no flying entrance.</li> <li>e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed</li> <li>f) One step sequence, fully utilising the ice surface.</li> </ol> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Transitions, Performance and Interpretation only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded to each Double Axel or Triple Jump called in the Program with no &lt; or &lt;&lt; sign</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMUNICATIONS INCLUDING 2242, 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

<p><b>F17L. Superior Concrete for Level 8/ Advanced Novice Ladies FREE PROGRAMME</b></p> <p><b>F18L J&amp;S Car Sales for Level 8 Advanced Novice Men FREE PROGRAMME</b></p>	<p style="text-align: center;">Level 8</p> <p style="text-align: center;">Advanced Novice FREE PROGRAMME</p> <p style="text-align: center;">Please see ISU Communication 2242</p>	<p>A minimum of Level 8 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Level 8 Free or</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 9 Elements and Free</li> </ul> <p><b>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1st OF JULY 2019</b></p>	<p>Ladies #7 Men 3 Min (+/- 10 seconds)</p>	<p><b>FREE PROGRAMME</b></p> <p>Skaters should perform a well-balanced programme with linking steps consisting of A maximum of 6 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or sequences. One jump combination could consist of up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• No quadruple jumps are allowed.</li> <li>• No single, double (including Double Axel) or triple jump may be executed more than twice in total. Only two (2) triple jumps can be repeated either in a jump combination or a jump sequence.</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> <li>• one must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed</li> <li>• one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).</li> <li>• A Maximum of 1 step sequence fully utilizing the full ice surface.</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Transitions, Performance and Interpretation only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded to each Double Axel or Triple Jump called in the Program with no &lt; or &lt;&lt; sign</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMUNICATIONS INCLUDING 2242, 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

<p><b>F19S. Pentland Trophy for Level 9/Junior Ladies SHORT PROGRAMME</b></p> <p><b>F20S Webb Trophy for Level 9/Junior Men SHORT PROGRAMME</b></p>	<p><b>Level 9</b></p> <p><b>Junior SHORT PROGRAMME</b></p> <p>(as per ISU regulations)</p>	<p>A minimum of Level 9 Field Moves <b>and</b> either :</p> <ul style="list-style-type: none"> <li>▪ Level 9 Elements or</li> <li>▪ Level 9 Free or</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 10 Elements and Free or</li> <li>▪ Both parts of the Junior Competitive Test or higher</li> </ul> <p><b>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 19 BEFORE THE 1st OF JULY 2019</b></p>	<p>Ladies 2 min 40 +/- 10 secs</p> <p>Men 2 Mins 40 +/- 10 secs.</p>	<p><b>SHORT PROGRAMME</b></p> <p><b>Ladies</b></p> <ol style="list-style-type: none"> <li>a) Double Axel</li> <li>b) One double or triple Loop</li> <li>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)</li> <li>d) Flying Sit spin (min. 8 revolutions in position)</li> <li>e) Layback or sideways leaning spin or Camel spin without change of foot (min. 8 revolutions in position)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ol> <p><b>Men</b></p> <ol style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One double or triple Loop</li> <li>c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying Sit spin (min. 8 revolutions in position)</li> <li>e) Camel spin with only one change of foot (min. 6 revolutions on each foot)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ol> <p><b>Bonus:</b> A bonus of 1.0 will be awarded to each non-compulsory Triple Jump called in the Program with no &lt; or &lt;&lt; sign</p> <p>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

<p><b>F19L Junior Trophy for Level 9/Junior Ladies FREE PROGRAMME</b></p> <p><b>F20L. McLaren Trophy for Level 9/Junior Men FREE PROGRAMME</b></p>	<p><b>Level 9</b></p> <p><b>Junior FREE PROGRAMME</b></p> <p>(as per ISU regulations)</p>	<p>A minimum of Level 9 Field Moves <b>and</b> either :</p> <ul style="list-style-type: none"> <li>▪ Level 9 Elements or</li> <li>▪ Level 9 Free or</li> <li>▪ 1 part of the old NISA Primary (ISU Novice) Competitive Test</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 10 Elements and Free or</li> <li>▪ Both parts of the Junior Competitive Test or higher</li> </ul> <p><b>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 19 BEFORE THE 1st OF JULY 2019</b></p>	<p>Ladies 3½ Minutes (+/- 10 seconds)</p> <p>Men 3 ½ Minutes (+/- 10 seconds)</p>	<p><b>FREE PROGRAMME</b></p> <p>Skaters should perform a well-balanced programme with linking steps consisting of A maximum of 7 jump elements which must contain</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps.</li> </ul> <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. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2018 applies.</p> <p><b>Bonus:</b> A bonus of 1.0 will be awarded to each Triple Jump called in the Program with no &lt; or &lt;&lt; sign</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

<p><b>F21S. The Addison Trophy for Level 10/ Senior Ladies SHORT PROGRAMME</b></p> <p><b>F22S. Murray Trophy for Level 10/ Senior Men SHORT PROGRAMME</b></p>	<p><b>Level 10 Senior Short Program</b> (as per ISU regulations)</p>	<p>Level 10 Field Moves and either</p> <ul style="list-style-type: none"> <li>▪ Level 10 Elements or</li> <li>▪ Level 10 Free or</li> </ul>	<p>No maximum test requirement</p>	<p>Ladies: 2 Min 40 (+/- 10 secs)</p> <p>Men: 2 Min 40 (+/- 10 secs)</p>	<p><b>SHORT PROGRAMME</b></p> <p><b>Ladies</b></p> <ul style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One Triple jump</li> <li>c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying spin (free choice – min. 8 revolutions in position)</li> <li>e) Layback or sideways leaning spin (min. 8 revolutions in position) or sit/camel spin without change of foot (minimum 8 revolutions in position)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ul> <p><b>Men</b></p> <ul style="list-style-type: none"> <li>h) Double or Triple Axel</li> <li>i) One Triple or quadruple jump</li> <li>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)</li> <li>k) Flying spin (free choice – min 8 revolutions in position)</li> <li>l) Sit or camel spin with only one change of foot (min. 6 revolutions on each foot)</li> <li>m) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>n) One Step sequence fully utilizing the ice surface</li> </ul> <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 THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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## TECHNICAL REQUIREMENTS for SINGLES & PAIRS OPEN COMPETITIONS 2020

<p><b>F21L. The Banks Trophy for Level 10/ Senior Ladies FREE PROGRAMME</b></p> <p><b>F22L. Western Trophy for Level 10/ Senior Men FREE PROGRAMME</b></p>	<p><b>Level 10 Senior Free Program</b> (as per ISU regulations)</p>	<p>Level 10 Field Moves and either</p> <ul style="list-style-type: none"> <li>▪ Level 10 Elements or</li> <li>▪ Level 10 Free or</li> </ul>	<p>No maximum test requirement</p>	<p>Ladies: 4 Min (+/- 10 seconds)  Men: 4 Min (+/- 10 seconds)</p>	<p><b>FREE PROGRAMME</b> Skaters should perform a well-balanced programme with linking steps consisting of: A maximum of 7 jump elements which must consist of</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps.</li> </ul> <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) A Maximum of 1 step sequence and 1 choreographic sequence utilizing the full ice surface, as per ISU Regulations 2016 and any subsequent ISU communications. (see below for definition of choreographic sequence)</p> <p>N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2016 applies. See also ISU Communication</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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**1) SPIN WITH NO CHANGE OF POSITION.** A “spin with no change of position”, in which another basic position is executed with more than two (2) revolutions, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin combination”. However, the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as the skater is executing only the final wind up without any enhancements. NB. This means in a spin with only one change of position, if the second position is an Upright position it must be obvious, e.g. have an enhancement, to make it clear is not simply the wind up.

**2) CHOREOGRAPHIC SEQUENCE**

A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. It can be performed before or after the Step Sequence. This element has a fixed base value and will be evaluated by the judges in GOE only. As per ISU Special Regulations & Technical Rules, Single & Pair Skating 2018 and any subsequent updates.