



# Murrayfield Ice Skating Club

Ice Sports Centre  
Riversdale Crescent  
Edinburgh  
EH12 5XN



## Competition Conditions

The event is organised and run by the Murrayfield Ice Skating Club for the benefit of its members and potential members.

1. All competitors must be eligible persons as defined by I.S.U. rules.
2. Except where specified all competitors MUST be fully paid-up members of the Club.
3. Standards and age qualifications for ALL events must be attained by the closing date, 12th April. There is NO upper limit on Field Moves tests.
4. Skaters may enter as many competitions as they are eligible to enter. Previous winners are eligible unless otherwise specified.
5. The Club reserves the right to refuse entry without explanation.
6. The club reserves the right to limit the numbers or hold a final or restrict the number of skaters in an event.
7. Music must be on C.D. or Mini disc and both it and the box must be clearly marked with the competitor's name, length of the programme, and the competition in which they are skating and placed at the start of the Program.
8. A SEPARATE C.D. or Mini disc is required for each competition entered, and must have a SHORT lead-in (less than 10 seconds). The same C.D. or Mini disc will NOT be accepted for more than one competition. Have a spare copy readily available on the day, in a different format if possible.
9. The competitor is responsible for ensuring the quality and loudness of the recording.
10. Winners of an event are held responsible for the safekeeping and return of the trophy. This must be returned one month before the event is next held, OR on request from the club.
11. All entry forms and fees must be received by the Club at the ice rink along with any subscription due by Sunday 12<sup>th</sup> April 2009. Either put these in a sealed envelope in the Competitions Box on a Sunday or hand into the Box Office in a sealed envelope marked MISC Competition Entry Form.
12. No late entries will be accepted.
13. By entering the event there is an acceptance of your photograph being taken and performances being videoed by the club. These will be used for publicity, sales and the club web site. Unauthorised photography/recording of any competitor is not permitted. Flash Photography is strictly forbidden during the event. This is dangerous and distracts the skaters.

Cheques and postal orders should be made payable to the Murrayfield Ice Skating Club (MISC). Cash should not be sent in the post.

Fees:	Competitions	Solo Skaters	£ 15.00
		Couples	£ 25.00

**Closing Date: 12.00pm Sunday 12th April 2009**

**The draw will take place at 12.00noon on Sunday 19th April 2009.**

**ALL COMPETITIONS WILL BE JUDGED USING THE 6.0 JUDGING SYSTEM**

## Murrayfield Ice Skating Club

### Competitions for Members

**Sunday  
3rd May 2009**

**Closing Date 12.00noon Sunday 12th April 2009**

All Entry fees should be enclosed in an envelope marked MISC Competitions and posted in the Competitions Box or handed into the Box Office (marked MISC Club Competitions).

#### ENTRY FEES

Competitions	Solo Events	£ 15.00
	Couples	£ 25.00 per couple

## ARTISTIC/EXHIBITION SKATING JUDGING.

For ALL Exhibition ice skating competitions the following rules and regulations will apply.

The scale of marks is	0 -	Not Skated
	1 -	Very Poor
	2 -	Poor
	3 -	Mediocre
	4 -	Good
	5 -	Very Good
	6 -	Perfect or Faultless

Decimals to one place are used to give intermediate values eg 2.3; 3.6; 4.2; etc. The Judges marking box contains Black figures from 0 to 6 and Red (decimal) numbers from 1 to 9. The black figures are held in the right hand and the red figures in the Left hand ( the referee will advise if this has to change depending on where the announcer is sitting).

When a performance is ended each judge will decide the mark they are to award, write this on the marking sheet provided and then display this mark on a signal given by the referee (usually a whistle). All the judges display their marks simultaneously and these will remain on display until a further signal is given by the referee.

Judge 1	Precision & Difficulty	Difficulty of the steps and other skating movements involved, including steps, jumps, and spins, and how well they are performed. Additional marks for double or other complex jump sequences will not be given unless they greatly enhance the performance.
Judge 2	Costume & Design	Suitability of the costume in relation to the music and illustration of the theme (if any), continuity and linking of sections within the performance.
Judge 3	Choreography & Presentation	The interpretation of the music into skating movement, the interpretation of the rhythm and the balance of movements, steps, jumps and spins.
Judge 4	Music	Suitability of the music used in relation to the performance and the composition of the performance in relation to the harmony of the music.
Judge 5	Innovation & Entertainment	Originality of performance, general entertainment value, appeal of the performance.

### DEDUCTIONS

For infringements to the regulations a deduction of 0.1 to 0.3 will be deducted by each of the judges for each offence.

A time deduction of 0.1 will be made by each judge for each 10 seconds over the allowed time

Only one Judge (Precision & Difficulty) need be a qualified dance, synchro or figure Judge.

The Referee for Exhibition Skating Events Must be from the appointed Referees / Judges panel and must comply with the requirements for referees for Open Competitions.

The Results will be calculated using the same method of calculation as specified in the current ISU Regulations with the additional regulation being used in the event of a tie

In the event of a Tie, the Precision & Difficulty Judge's place will be ignored. If this still results in a tie, the total from the other judges will be calculated and the highest points will take the place. In the event of this being the same, the places will be tied.

## REQUIREMENTS – entry standards and competition details

These Club competitions contain events for **Single** Skating, Solo Dance, Ice Dance and Pair Skating and are for members only (you must have joined the club to skate in them).

In addition to the main competitions which are for skaters of any age, there are the age restricted competitions for those 16 years of age and under.

There is likely to be more than one competition you can enter. If you have any questions about the requirements of any event please e-mail the competition convener on [competitions@murrayfield-isc.co.uk](mailto:competitions@murrayfield-isc.co.uk)

### **Young Skaters Events (16 & under)**

***Competitions 1-5 are open to Club Members who are 16 years of age and under on the closing date and meet the entry requirements.***

#### **1. Rayburn Shield – Beginners Trophy (mixed and under 16)**

Standard	Must not have passed Level 2 elements or free
Requirements	A 1.5 minute programme, +/- 5 secs. a) No double jumps or axels permitted b) No combinations or sequences

#### **2. Grove Trophy (mixed and under 16)**

Standard	Must have passed either level 2 elements or free but not Level 4 elements or free
Requirements	A 1.5 minute programme, +/- 5 secs. a) No double jumps. (Axels permitted). b) Maximum of 2 combinations or sequences.

#### **3. Bruntsfield Shield (mixed and under 16)**

Standard	Must have passed either level 4 elements or free but not Level 6 elements or free
Requirements	A 2 minute programme. +/-5 secs. a) Axels and double jumps permitted b) Maximum of 2 combinations or sequences c) No double jump or axel may be repeated more than twice in the programme

#### **4. Glenrock for Girls (16 years of age and under)**

Standard	Must have passed either level 4 elements or free but not Level 8 elements or free
Requirements	A 2.5 minute programme +/- 10 secs. a) No double jumps permitted, but axels allowed. b) Minimum of 1 and maximum of 2 jump combinations/sequences permitted. <b>PRESENTATION MARK WILL HAVE A FACTOR OF 2.0</b>

#### **5. Lornell for Boys (16 years of age and under)**

Standard	Must have passed either level 4 elements or free but not Level 8 elements or free
Requirements	A 2.5 minute programme +/- 10 secs. a) No double jumps permitted but axels allowed. b) Minimum of 1 and maximum of 2 jump combinations/sequences permitted. <b>PRESENTATION MARK WILL HAVE A FACTOR OF 2.0</b>

All competitions from here onwards events are open to **ALL** Club Members who meet the specific entry requirements for that event. You can enter as many competitions as you wish provided you have the correct standard.

## **SOLO SKATING EVENTS for Ladies/Girls**

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### **6. Craigmount Competition for Ladies**

Standard Must have passed Skate UK Gold Star but not level 1 elements or free  
Requirements A 1.5 minute programme +/- 5 secs  
which should be well balanced with linking steps, comprising **only of single jumps**  
a) **No Double Jumps, Axel, flip or lutz are permitted.**  
b) No combinations or sequences are permitted.  
c) A maximum of 2 basic position spins with no change of foot and no change of position

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### **7. Skating World Trophy for Ladies**

Standard Must have passed either level 1 elements or free but not Level 2 elements or free  
Requirements A 1.5 minute programme +/- 5 secs.  
**No double jumps, axels or lutz jumps permitted.**  
a) Maximum of 1 combination or sequence.  
b) Maximum of 2 basic position spins with no change of foot and no change of position.  
c) 1 step sequence must be included (full ice not required).

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### **8. Level 2 Trophy for Ladies**

Standard Must have passed either level 2 elements or free but not Level 3 elements or free  
Requirements A 1.5 minute programme +/- 5 secs.  
**No double jumps or axels permitted.**  
a) Maximum of 2 combinations or sequences.  
b) Maximum of 2 spins. 1 MAY have only 1 change of position but no change of foot. The other must be a basic position spin only, with no change of position. (2 basic position spins are also acceptable)  
c) 1 step sequence utilising the full ice surface must be included.

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### **9. Graham Trophy for Ladies**

Standard Must have passed either level 3 elements or free but not Level 4 elements or free  
Requirements A 1.5 minute programme, +/- 5 secs.  
**No double jumps are permitted** but single axels can be included. A well balanced free programme which includes:  
a) A Maximum of 2 combinations/sequences  
b) A Maximum of 2 spins. 1 may have ONLY 1 change of position and NO change of foot. The other may have ONLY 1 change of foot and NO change of position. Basic position spins are also perfectly acceptable.  
c) 1 step sequence utilising the full ice surface.  
The axel may not be attempted more than twice in the programme.

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### **10. Arnold Clark Trophy for Ladies**

Standard Must have passed either level 4 elements or free but not Level 6 elements or free  
Requirements A 2 minute programme +/- 5 secs.  
Well balanced free programme which must include:  
a) Axel  
b) A Maximum of 1 solo double jump  
c) Maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps & may be doubles)  
d) A Maximum of 2 different spins. 1 must be a change of foot with 8 revs. Other spins should have 3 revs.  
e) 1 step sequence – straight line, circular or serpentine, utilising the full ice surface.  
No double jump or axel may be repeated more than twice in the programme.

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### **11. Archibald Junior Trophy for Ladies**

Standard Must have passed either level 6 elements or free but not Level 8 elements or free  
Requirements A 2.5 minute programme +/- 10 secs.  
Well balanced free programme which must include:  
a) A Maximum of 2 different solo double jumps  
b) A Maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps & may be doubles.)  
c) A Maximum of 3 different spins (min of 5 revs in each, or min of 8 revs if combination spin is performed.)  
d) 1 step sequence, straight line, circular or serpentine, fully utilising the ice surface.  
No double jump or axel may be repeated more than twice in the programme.

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### **12. Cargil Ladies Trophy**

Standard Must have passed either level 8 elements or free but not Level 9 elements or free  
Requirements A 3 minute programme +/- 10 secs.  
Well balanced free programme which must include:  
a) A Maximum of 3 jump combinations/sequences (jumps may be different from the solo jumps & may be double jumps.)  
b) A Maximum of 3 different spins (one of which must be a flying spin with a min of 4 revs. The other spins must have a min of 5 revs or a min of 8 revs in total if a spin combination is performed.)  
c) A maximum of 1 step or spiral sequence, fully utilising the ice surface. This may be a spiral sequence but must then follow ISU regs 2008 & subsequent communications.  
Only 2 different jumps with 2 ½ or 3 revolutions can be repeated and if so should be in either a jump combination or sequence. No jump of 2 ½ or 3 revs can be attempted more than twice. The double axel may be attempted a maximum of 3 times in the programme.

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### **13. Locke Trophy for Ladies**

Standard Must have passed either level 9 elements or free but not Level 10 elements or free  
Requirements A 3.5 minute programme +/- 10 secs.  
Well balanced free programme including  
a) A Minimum of 1 and maximum of 3 jump combinations/sequences (jumps may be different from solo jumps & may be double jumps)  
b) A Maximum of 3 different spins. 1 must be a flying spin with 5 revs. Other spins must have min 5 revs or min 10 revs in total if a combination spin is performed.  
c) A maximum of 1 step sequence which must fully utilise the ice surface.  
Only 2 different jumps with 3 revs or more can be repeated and if so should be in either a jump combination or sequence. No jump of 3 revs or more can be attempted more than twice. The double axel may be attempted a maximum of 3 times in the programme.

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### **14. Archibald Senior for Ladies**

Standard Must hold either level 10 elements or free  
Requirements A 4 minute programme +/- 10 secs.  
Well balanced free programme which must include:  
a) A Minimum of 1 and maximum of 3 jump combinations/sequences. (Jumps may be different from the solo jumps and may be double jumps)  
b) A maximum of 3 different spins. 1 must be a flying spin with a min of 6 revs. Other spins must have a min of 6 revs or min 10 revs if the combination spin is performed.  
c) A maximum of 2 step sequences, one of which must be a spiral sequence as per ISU regs 2008 and subsequent communications. Both must fully utilise the ice surface.  
Only 2 different jumps with 3 revs or more can be repeated and if so should be in either a jump combination or sequence. No jump of 3 revs or more can be attempted more than twice. The double axel may be attempted a maximum of 3 times in the programme.

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## SOLO SKATING EVENTS for Men/Boys

### 15. Skating World Trophy for Men

Standard Must have passed Skate UK Gold Star but not level 2 elements or free

Requirements A 1.5 minute programme +/- 5 secs.

**No double jumps, axels or lutz jumps are permitted.**

- Only 1 jump combination/sequence is permitted
- A maximum of 2 basic position spins with no change of foot and no change of position
- 1 step sequence must be included (full ice not required)

### 16. Alan McIver Trophy for Men

Standard Must have passed level 2 elements or free but not level 4 elements or free

Requirements A 1.5 minute programme +/- 5 secs.

**No double jumps are permitted** but single axels can be included. A well balanced free programme which includes:

- A Maximum of 2 combinations/sequences
- A Maximum of 2 spins. 1 may have ONLY 1 change of position and NO change of foot. The other may have ONLY 1 change of foot and NO change of position. Basic position spins are also perfectly acceptable.
- 1 step sequence utilising the full ice surface.

The axel may not be attempted more than twice in the programme.

### 17. Arnold Clark Trophy for Men

Standard Must have passed level 4 elements or free but not level 6 elements or free

Requirements A 2 minute programme +/- 5 secs.

Well balanced free programme which must include:

- Axel
- A Maximum of 1 solo double jump
- A Maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps & may be double jumps)
- A Maximum of 2 different spins. 1 must be a change of foot with 8 revs. Other spins should have 3 revs.
- 1 step sequence – straight line, circular or serpentine.

No double jump or axel may be repeated more than twice in the programme

### 18. Arthur Nisbet for Men

Standard Must have passed level 6 elements or free but not level 8 elements or free

Requirements A 2.5 minute programme +/- 10 secs.

Well balanced free programme which must include:

- A Maximum of 2 different solo double jumps
- A Maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps & may be double jumps.)
- A Maximum of 3 different spins (min of 5 revs in each, or min of 8 revs if combination spin is performed.)
- 1 step sequence, straight line, circular or serpentine, fully utilising the ice surface.

No double jump or axel may be repeated more than twice in the programme

### 19. Lyndon for Men

Standard Must have passed level 8 elements or free but not level 10 elements or free

Requirements A 4 minute programme +/- 10 secs.

Well balanced free programme including

- A Maximum of 3 jump combinations/sequences (jumps may be different from solo jumps & may be double jumps)
- A Maximum of 3 different spins. 1 must be a flying spin with 5 revs. Other spins must have min 5 revs or min 10 revs in total if a combination spin is performed.
- A maximum of 2 different step sequences Both must fully utilise the ice surface.

Only 2 different jumps with 3 revs or more can be repeated and if so should be in either a jump combination or sequence. No jump of 3 revs or more can be attempted more than twice. The double axel may be attempted a maximum of 3 times in the programme.

### 20. Western Autos Free Skating Trophy for Men

Standard Must have a minimum of level 10 elements or free

Requirements A 4.5 minute programme +/- 10 secs.

Well balanced free programme which must include:

- A Maximum of 3 jump combinations/sequences. (Jumps may be different from the solo jumps)
- A maximum of 3 different spins. 1 must be a flying spin with a min of 6 revs. Other spins must have a min of 6 revs or min 10 revs if the combination spin is performed.
- A maximum of 2 different step sequences. Both must fully utilise the ice surface.

Only 2 different jumps with 3 revs or more can be repeated and if so should be in either a jump combination or sequence. No jump of 3 revs or more can be attempted more than twice. The double axel may be attempted a maximum of 3 times in the programme.

## SOLO SKATING EVENTS for ADULTS

### 21. Caroline Trophy (over 21 but under 50 years of age)

Standard Open **over 21 but under 50 years of age**

Requirements The maximum time is 1:40 sec., but may be less.

A well-balanced program that must contain:

- A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.
- A jump combination may consist of the same or another single jump. There may be up to three (3) jump combinations or jump sequences in the Free Program. One (1) jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.
- A maximum of two (2) spins; (free choice)  
The chosen spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot, four (4) for the spin combination with no change of foot and eight (8) for the spin combination with change of foot. **Flying spins are not permitted.** There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- A maximum of one (1) step sequence (i.e. circular, straight line, serpentine) or spiral sequence.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

### 22. Adult Trophy 2

Standard Open **50 years of age and over**

Requirements The maximum time is 1:40 sec., but may be less.

A well-balanced program that must contain:

- A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.
- A jump combination may consist of the same or another single jump. There may be up to three (3) jump combinations or jump sequences in the Free Program. One (1) jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence. Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.
- A maximum of two (2) spins; (free choice)  
The chosen spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot, four (4) for the spin combination with no change of foot and eight (8) for the spin combination with change of foot. **Flying spins are not permitted.** There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- A maximum of one (1) step sequence (i.e. circular, straight line, serpentine) or spiral sequence.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.



## SOLO ICE DANCING

### 23. Cumlodden Trophy

Standard No minimum test requirement **under 14 years of age**  
Requirements a) Willow Waltz 2 sequences  
b) 14 Step 2 sequences

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### 24. Nicolson Trophy

Min Standard Level 2 Compulsory Ice Dance **under 16 years of age**  
Requirements a) European Waltz 1 circuit - 2 lobes  
b) Foxtrot 2 sequences

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### 25. Lennel Trophy

Min Standard Level 4 Compulsory Ice Dance **under 18 years of age**  
Requirements a) American Waltz 1 circuit - 2 lobes  
b) Silver Samba 2 sequences

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### 26. Noel Grimshaw Cup

Min Standard Level 5 Compulsory Ice Dance **Under 20 years of age**  
Requirements a) Kilian 3 sequences  
b) Starlight Waltz 2 sequences

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### 27. Abbeyhill Trophy

Standard Open  
Requirements a) Cha Cha Congelado 2 sequences  
b) Argentine Tango 2 sequences

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### 28. Grimshaw solo dance (Adult)

Standard Open Standard **21 years of age and over**  
Requirements a) Willow Waltz 2 sequences  
b) 14 step 3 sequences

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### 29. Burton/Findlay Solo Free Dance Trophy

Standard No minimum test requirement **under 14 years of age**  
Requirements 1min 30secs + / - 5secs Novice Free Dance Requirements  
See appendix for Required Elements

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### 30. Burton Free Dance Trophy

Min Standard Level 2 Compulsory Ice Dance **under 16 years of age**  
Requirements 1½ minutes +/- 5 seconds Primary Free Dance Requirements  
See appendix for Required Elements

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### 31. Findlay Free Dance Trophy

Min Standard Level 4 Compulsory Ice Dance **under 18 years of age**  
Requirements 2 minutes +/- 5 seconds Junior Free Dance Requirements  
See appendix for Required Elements

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### 32. Glenogle Free Dance Trophy

Min Standard Level 5 Compulsory Ice Dance **under 20 years of age**  
Requirements 2mins + / - 5secs Intermediate Free Dance Requirements  
See appendix for Required Elements

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### 33. Hermiston Free Dance Trophy

Standard Open  
Requirements 3 minutes +/- 10 seconds Senior Free Dance Requirements  
See appendix for Required Elements

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### 34. Grimshaw Free dance (Adult)

Standard Open, **21 years of age and over**  
Requirements Minimum 1 ½ mins, maximum 2mins Free Dance (+/- 5 secs)  
a) Min1, Max 2 spins (minimum 3 revolutions on one foot before any change of foot)  
b) 1 step sequence of any type must be included.

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1. **Step Sequence** - Jumps, Spins, Stops and Pirouettes are not permitted during the step sequence
  2. **Music – Vocals are permitted in Free Dance.** ISU Rule 509 applies (**also see appendix**)
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## Dance (Couples)

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### 35. Alan McIver Dance

Standard **No part** of a level 4 Dance test by **either partner**  
Requirements a) Golden Skaters Waltz 2 sequences  
b) Riverside Rhumba 2 sequences

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### 36. Dickson Dance

Standard **No part** of a level 8 dance test by **either partner**  
Requirements a) Willow Waltz 2 sequences  
b) Foxtrot 2 sequences

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### 37. Nisbet Dance Quai

Standard 1 partner to have passed any part of a level 5 dance test  
Requirements a) 14 step International 2 sequences  
b) Blues 2 sequences

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### 38. Stirling and Wilson Dance

Standard Open  
Requirements a) Starlight Waltz 2 sequences  
b) Paso Doble 2 sequences

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### 39. Coats Free Dance

Standard Open  
Requirements Minimum 1 ½ mins, Maximum 2mins Free Dance (+/- 5 secs)  
a) Min1, Max 2 spins (minimum 3 revolutions on one foot before any change of foot)  
b) Min 1 Lift  
b) 1 step sequence of any type.

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## Pair Skating Competitions

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### 40. Victoria Pairs Trophy

Standard Open  
Requirements 2 minute + / - 5 secs programme

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### 41. Caledonian Pairs Trophy

Standard Open  
Requirements 3 minute + / - 5 secs programme

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## Exhibition Events

(Exhibition judging rules apply – Vocal music allowed)

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### 42. James Allan Exhibition Skating Trophy for Ladies (18yrs & over)

Standard Open **18 years of age and over**  
Requirements 2 minute programme.

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### 43. J & M Exhibition Skating Trophy for Men

Standard Open **Any age**  
Requirements 2 minute programme.

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### 44. Valerie Dawson Exhibition Trophy (mixed)

Standard Open **17 years of age and under**  
Requirements 2 minute programme.

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# APPENDIX FREE DANCE REQUIRED ELEMENTS.

## A. All Sections

TWIZZLES: ONE set of twizzles. (Additional sets of twizzles are permitted but only the FIRST performed SET of twizzles (not included in the step sequence) will be identified as the required element.)

The following set of twizzles is required for all sections and is in addition to any that may be skated during the step sequence.

ONE clockwise & ONE anti clockwise with rotations as listed, i.e.

- Event No's **29 and 30: Minimum TWO (2)** continuous rotations
- Event No's **31, 32 & 33: Minimum THREE (3)** continuous rotations

None are to be skated as 3's – but must be performed on one foot or on either foot. The skater must travel across the ice during the turns (if the action stops they become spins). It should be noted that the end of the first twizzle should be controlled and checked, enabling the second twizzle to be executed on the same axis, with no more than THREE (3) steps between the two twizzles.

## B. Events 29 and 30

1. **ONE** Mid Line step sequence skated fully corner to corner of the rink must be included.
2. **ONE** spin only must be included. Minimum 3 revolutions on one foot before any change of foot.

## C. Events 31, 32 and 33

1. STEPS: ONE Circular anti clockwise step sequence utilising the full width of the rink on the short axis included (Reference ISU Communication No 1449, page 6)  
**Event 33 only:** A second step sequence must be included and skaters must choose to skate either a Midline or Diagonal step sequence, fully end to end.
2. SPINS: TWO spins only must be included. Minimum of 3 revolutions on one foot before any change of foot. Each spin must be from a different category a) Upright b) Sit or c) Camel or a combination spin incorporating different categories, as per ISU Communication 1449, page 14

## NB. ALL FREE DANCE SECTIONS

1. **Jumps, spins, stops and pirouettes are not allowed during the Free dance step sequence.**
2. **Whilst there are no restrictions on the number of half revolution jumps, skaters may also include one jump of no more than one revolution.**