

MURRAYFIELD ICE SKATING CLUB
TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS
FROM 1ST JULY 2012 to 30TH JUNE 2013

MURRAYFIELD ICE SKATING CLUB

IJS OPEN COMPETITIONS 2013

SATURDAY 4TH, SUNDAY 5TH & MONDAY 7TH
MAY 2013

SINGLES ANNOUNCEMENT

MURRAYFIELD ICE SKATING CLUB
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These competition program requirements fit with the National Test Structure requirements despite there being specification of elements in the test structure. As with the current test structure, all elements performed are as per ISU current regulations. This therefore 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. (Communications 1649, 1724, 1741 & 1760)

These Generic Criteria must be read in conjunction with the ISU Regulations 2012, any subsequent ISU communications, including the communication regarding listed jumps, and also the NISA IJS element clarifications for RJS competitions and National tests available on the NISA website. (see Figure – Singles & Pairs – rules & regulations)

Ladies and Men may not compete together in the same singles competitions. Tests passed after the closing date DO NOT allow entry to be transferred to another level under any circumstances.

Beginner sections will be judged using the RJS.
All other section will be judged using the IJS.

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.

It may be possible to achieve test passes at this IJS Open, working within NISA criteria.

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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 to 11 years F1C. 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)
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)

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<p>F5. Gylemuir for Level 2 Ladies</p> <p>F6. Craigmount for Level 2 Men</p>	Level 2	<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 	1½ Minutes (+/- 5 seconds)	<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>F7. Lauriston for Level 3 Ladies</p> <p>F8. Beachmount for Level 3 Men</p>	Level 3	<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 	1½ Minutes (+/- 5 seconds)	<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>

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<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>2 Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 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 <p>A maximum of 2 spins with different ISU abbreviations. (Min 3 revs in basic position spins or min 6 revs in combination or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>NB The axel and each different double jump may only be attempted twice in the programme.</p>
<p>F11. Ravelston Level 5 Ladies</p> <p>F12. Glenogle 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>2 Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 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 <p>A maximum of 2 spins with different ISU abbreviations ,1 of which must be a change of foot spin. (Min 3 revs in basic position spins and min 8 revs in change of position or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>N.B The Axel and each different double jump may only be attempted twice in the programme</p>

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<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>2½ 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, 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>A maximum of 2 spins with different ISU abbreviations. (Min 3 revs in basic position spins or min 8 revs in combination or change of foot spins)</p> <p>For Ladies: A Maximum of 1 choreographic sequence utilizing the full ice surface. The sequence will have a fixed base value and be evaluated in GOE only. See page 10 for definition of choreographic sequence.</p> <p>For Men: A maximum of 1 step sequence with a fixed base value and evaluated in GOE only.</p> <p>N.B. The Axel and each different double jump may only be attempted twice in the programme</p>
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<p>F15. Level 7 Ladies</p> <p>F16. Level 7 Men</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, 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>A maximum of 2 spins with different ISU abbreviations. (Min 3 revs in basic position spins or min 8 revs in combination or change of foot spins)</p> <p>For Ladies: A Maximum of 1 choreographic sequence utilizing the full ice surface. The sequence will have a fixed base value and be evaluated in GOE only. See page 10 for definition of choreographic sequence.</p> <p>For Men: A maximum of 1 step sequence with a fixed base value and evaluated in GOE only.</p> <p>N.B. The Axel and each different double jump may only be attempted twice in the programme</p>
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<p>Level 8/ Advanced Novice SHORT PROGRAMME</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><u>SHORT PROGRAMME</u></p> <p><u>Ladies</u></p> <ul 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). f) One step sequence, fully utilising ice surface. <p><u>Men</u></p> <ul 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) f) One step sequence, fully utilising the ice surface. <p>SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATIONS 1649, 1724, 1741 & 1760 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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	Level 8/ Advanced Novice FREE PROGRAMME	<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 Minutes (+/- 10 seconds)</p> <p>Men 3 ½ Minutes (+/- 10 seconds)</p>	<p><u>FREE PROGRAMME</u></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</p>
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	Level 9/ Junior SHORT PROGRAMME	<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 Mins 50 MAX</p>	<p><u>SHORT PROGRAMME</u></p> <p><u>Ladies – Group C</u></p> <ol style="list-style-type: none"> a) Double Axel b) One Double or triple Flip 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 Camel 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><u>Men - Group C</u></p> <ol style="list-style-type: none"> a) Double or Triple Axel b) One Double or triple Flip 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 Camel spin (min. 8 revolutions in position) e) Sit 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 1724 & 1741 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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<p>F19. Peak Roofing for Level 9/ Junior (Free) Ladies</p> <p>F20. J & S car sales for Level 9/ Junior (Free) Men</p>	<p>Level 9/ Junior FREE PROGRAMME</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><u>FREE PROGRAMME</u></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 1724 & 1741 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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	Level 10/ Senior SHORT PROGRAMME	<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><u>SHORT PROGRAMME</u></p> <p><u>Ladies</u></p> <ul 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><u>Men</u></p> <ul 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 1724 & 1741 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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<p>F21. Laidlaw for Level 10/ Senior (Free) Ladies</p> <p>F22. Ann Ford for Level 10/ Senior (Free) Men</p>	<p>Level 10/ Senior FREE PROGRAMME</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 Minutes (+/- 10 seconds)</p> <p>Men: 4½ Minutes (+/- 10 seconds)</p>	<p>FREE PROGRAMME 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 regs 2010 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 1724 & 1741 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</p>
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CHOREOGRAPHIC SEQUENCE

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.