

# Murrayfield Ice Skating Club

## IJS OPEN COMPETITIONS 2016

**Friday 29th, Saturday 30th April, Sunday 1st & Monday 2nd  
May 2016**

### SINGLES and PAIRS ANNOUNCEMENT

These competition program requirements comply with ISU Basic Novice to Senior and, for a short time, may be out of line with the NISA Free Skating test structure. All elements performed are as per ISU current regulations. This allows skaters to perform IJS test and competition elements as per the established criteria (ISU regulations 2015/16) and all subsequent communications.

**This Generic Criteria must be read in conjunction with ISU Special Regulations and Technical Rules 2014, ISU Communications 1944, 1947 and any subsequent ISU communications. Vocal Music is allowed at all levels. ISU Age restrictions do not apply.**

**However, for the purpose of the Step Sequence in Beginner Singles, the requirement for full ice surface at base level will be achieved when the skater covers a minimum of 75% of the full ice surface to make this achievable for skaters at this level. The criteria for level 1 and above step sequences remain as per ISU.**

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

The Generic Criteria is the same for all Opens, and the following conditions will apply at Murrayfield Opens 2016:

- All singles events at Murrayfield Opens 2016 will be judged using the IJS.
- Beginner couples will be judged using the RJS system. All other pair events will use the IJS system.
- Events from Beginner to Level 5 will be judged in accordance with the ISU Basic Novice A technical regulations, i.e. No element can achieve higher than Level 2 and only 2 components (Skating Skills and Performance and Execution) will be scored in accordance with ISU Communication 1947.
- Levels 6 and 7 will follow ISU Basic Novice B criteria, with maximum Level 2 but 3 components. (Skating Skills, Performance and Execution and Interpretation) as per 1947
- Advanced Novice (Level 8) will follow ISU Advanced Novice, with a maximum of level 3 and 4 components as per ISU Communication 1947.
- Junior and Senior (Levels 9 and 10) will follow ISU Junior and Senior, with a maximum of level 4 and all 5 components as per ISU Communication 1944.
- **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 2016, as per the published rules, 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 2 events, 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 may be possible to achieve test passes, working within NISA criteria. For details please see separate announcement on NISA website regarding the panel requirements. The ice surface meets the minimum requirements for test passes.
- As per ISU Communication 1947 no highlight will be awarded at level 8 and below.
- Following the closing date Murrayfield ISC reserves the right to sub-divide events based on age to allow as many skaters as possible opportunity to participate in the event.

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

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
<b>F1A. Findlay for Beginner Girls 8yrs &amp; under</b>  <b>F1B. Links for Beginner Girls 9yrs</b>  <b>F1C. May Smith for Beginner Girls 10 years</b>  <b>F1D. Riverside for Beginner Girls 11 years</b>  <b>F1E. Roseburn for Beginner Girls 12yrs &amp; over</b>  <b>F2. Findlay for Beginner Boys</b>	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"> <li>▪ Level 1 Elements or</li> <li>▪ Level 1 Free</li> </ul>	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"> <li>• single jumps only, excluding axel, lutz and flip</li> <li>• NO combinations or sequences are permitted</li> <li>• No single jump may be repeated more than once.</li> </ul> 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"> <li>• 2 Basic position spins (of different ISU abbreviations) only are allowed with no change of foot and no change of position. (Min 3 revs)</li> </ul> A maximum of 1 Step Sequence (min 75% ice coverage required for base )  <b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.  <b>Program Components:</b> Skating Skills & Performance/ Execution only
<b>F3A. Caroline for Level 1 Ladies 11yrs &amp; under</b>  <b>F3B. Ellersley for Level 1 Ladies 12yrs &amp; over</b>  <b>F4. Athol for Level 1 Men</b>	Level 1	A minimum of Level 1 Field Moves <b>and</b> either <ul style="list-style-type: none"> <li>▪ Level 1 Elements or</li> <li>▪ Level 1 Free</li> </ul>	Must not hold any of the following: <ul style="list-style-type: none"> <li>▪ Level 2 Elements or</li> <li>▪ Level 2 Free</li> </ul>	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"> <li>• single jumps only, excluding axel ,and lutz</li> <li>• A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel &amp; lutz.</li> <li>• No single jump may be repeated more than once.</li> </ul> A maximum of 2 spins of a different ISU abbreviations. <ul style="list-style-type: none"> <li>• one of which must be a spin combination</li> <li>• one must be a spin with no change of position.</li> </ul> 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. In both spins flying entries are allowed A Maximum of 1 step sequence utilising the full ice surface  A Maximum of 1 step sequence utilising the full ice surface  <b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.  <b>Program Components:</b> Skating Skills & Performance/ Execution only

<p><b>F5. Gylemuir for Level 2 Ladies</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>1½ Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well-balanced programme with linking steps, consisting of:</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> <li>• single jumps only (no axels allowed)</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 single jumps excluding axels.</li> <li>• Any single jump cannot be executed more than twice in total.</li> </ul> <p>A maximum of 2 spins of a different ISU abbreviations., of which</p> <ul style="list-style-type: none"> <li>• one of which must be a spin combination</li> <li>• one must be a spin with no change of position.</li> </ul> <p>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. In both spins flying entries are allowed</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <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/ Execution only</p>
<p><b>F7. Lauriston for Level 3 Ladies</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 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"> <li>• Single jumps only – axels allowed</li> <li>• A maximum of 2 jump combinations or sequences consisting of only 2 single jumps or axels.</li> <li>• Any single jump cannot be executed more than twice in total.</li> </ul> <p>A maximum of 2 spins of a different ISU abbreviations., of which</p> <ul style="list-style-type: none"> <li>• one of which must be a spin combination</li> <li>• one must be a spin with no change of position</li> </ul> <p>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. In both spins flying entries are allowed</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p><b>NB The axel may not be attempted more than twice in the programme</b></p> <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/ Execution only</p>

<p><b>F9. Florence for Level 4 Ladies</b></p> <p><b>F10. Baird for Level 4 Men</b></p>	<p><b>Level 4</b> (Basic Novice A technical requirements)</p> <p>Please see ISU Communication 1947</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 any of the following</p> <ul style="list-style-type: none"> <li>▪ Level 5 Elements or</li> <li>▪ Level 5 Free</li> </ul>	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well-balanced programme with linking steps consisting of</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> <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 consisting of only 2 jumps in combination .A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted.</li> <li>• Any single or double jump cannot be executed more than twice in total.</li> <li>• Triple jumps not permitted</li> </ul> <p>There must be one step sequence fully utilising the ice surface.</p> <p>A maximum of 2 spins with different ISU abbreviations,</p> <ul style="list-style-type: none"> <li>• one of which must be a spin combination</li> <li>• one must be a spin with no change of position</li> </ul> <p>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. 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. In both spins flying entries are allowed</p> <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/ Execution only.</p>
<p><b>F11. Ravelston Trophy for Level 5 Ladies</b></p> <p><b>F12. Glenogle Trophy for Level 5 Men</b></p>	<p><b>Level 5</b> (Basic Novice A technical requirements)</p> <p>Please see ISU Communication 1947</p>	<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>Must not hold</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 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"> <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 consisting of only 2 jumps in combination .A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted.</li> <li>• Any single or double jump cannot be executed more than twice in total.</li> <li>• Triple jumps not permitted.</li> </ul> <p>There must be one step sequence fully utilising the ice surface.</p> <p>A maximum of 2 spins with different ISU abbreviations,</p> <ul style="list-style-type: none"> <li>• one of which must be a spin combination</li> <li>• one must be a spin with no change of position</li> </ul> <p>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. 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. In both spins flying entries are allowed</p> <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/ Execution only.</p>

## TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1<sup>ST</sup> JULY 2015 to 30<sup>TH</sup> JUNE 2016

<p><b>F13. Peak Roofing for Level 6 Ladies</b></p> <p><b>F14. McLaren for Level 6 Men</b></p>	<p><b>Level 6</b> (Basic Novice B technical requirements)</p> <p>Please see ISU Communication 1947</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 7 Elements or</li> <li>Level 7 Free or</li> <li>Any part of any Competitive Test</li> </ul> <p><b>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1<sup>ST</sup> OF JULY 2015.</b></p>	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well-balanced programme with linking steps consisting of A maximum of 5 jump elements for ladies and 6 for men, consisting of</p> <ul style="list-style-type: none"> <li>1 Axel type jump element (either solo or in combination or sequence)</li> <li>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.</li> <li>Any single or double jump (including double axel) cannot be executed more than twice in total.</li> <li>Only 2 jumps with 2 ½ revolutions or more can be repeated either in a jump combination or jump sequence.</li> </ul> <p>A maximum of 2 spins with different ISU abbreviations.</p> <ul style="list-style-type: none"> <li>one of which must be a spin combination</li> <li>one must be a spin with no change of position</li> </ul> <p>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. 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. In both spins flying entries are allowed</p> <p>There must be for Ladies and for Men: A maximum of 1 step sequence fully utilising the ice surface. The step will receive level features and will also be evaluated in GOE.</p> <p><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/ Execution and Interpretation only</p>
<p><b>F15. Laidlaw for Ladies Level 7</b></p> <p><b>F16. CAN-AM Sports for Men Level 7</b></p>	<p><b>Level 7</b> (Basic Novice B technical requirements)</p> <p>Please see ISU Communication 1947</p>	<p>A minimum of Level 7 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>Level 7 Elements or</li> <li>Level 7 Free or</li> <li>Old NISA Pre-Novice Competitive Test</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>Level 8 Elements or</li> <li>Level 8 Free or</li> <li>Any part of old NISA Novice Competitive Test or higher</li> </ul> <p><b>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1<sup>ST</sup> OF JULY 2015.</b></p>	<p>3 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well-balanced programme with linking steps consisting of A maximum of 5 jump elements for ladies and 6 for men, consisting of</p> <ul style="list-style-type: none"> <li>1 Axel type jump element (either solo or in combination or sequence)</li> <li>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.</li> <li>Any single or double jump (including double axel) cannot be executed more than twice in total.</li> <li>Only 2 jumps with 2 ½ revolutions or more can be repeated either in a jump combination or jump sequence.</li> </ul> <p>A maximum of 2 spins with different ISU abbreviations.</p> <ul style="list-style-type: none"> <li>one of which must be a spin combination</li> <li>one must be a spin with no change of position</li> </ul> <p>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. 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. In both spins flying entries are allowed</p> <p>There must be for Ladies and for Men: A maximum of 1 step sequence fully utilising the ice surface. The step will receive level features and will also be evaluated in GOE</p> <p><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/ Execution and Interpretation only.</p>

## TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1<sup>ST</sup> JULY 2015 to 30<sup>th</sup> JUNE 2016

<p><b>F17S. Forth Trophy for Ladies Level 8 Advanced Novice SHORT PROGRAMME</b></p> <p><b>F18S Isard Trophy for Men Level 8 Advanced Novice SHORT PROGRAMME</b></p>	<p><b>Level 8</b></p> <p>Please see ISU Communication 1947</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 or</li> <li>▪ 1 part of the old NISA Novice Competitive Test</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>or</p> <ul style="list-style-type: none"> <li>▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher</li> </ul> <p><b>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1<sup>ST</sup> OF JULY 2015.</b></p>	<p>Ladies 2 Min 30 MAX</p> <p>Men 2 Min 30 MAX</p>	<p><b><u>SHORT PROGRAMME</u></b></p> <p><b><u>Ladies</u></b></p> <ul style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump immediately preceded by connecting steps, may not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or a double and a triple jump. ( both jumps may not repeat a jump in a) or b) )</li> <li>d) Layback or sideways leaning spin (min. 6 revs in position)</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> </ul> <p><b><u>Men</u></b></p> <ul style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump immediately preceded by connecting steps, may not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or a double and a triple jump. ( both jumps may not repeat a jump in a) or b) )</li> <li>d) Camel spin or sit spin (min. 5 revolutions on each foot) with a change of foot 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 the 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: Skating Skills , Transitions, Performance/ Execution and Interpretation only.</b></p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1947 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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## TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1<sup>ST</sup> JULY 2015 to 30<sup>th</sup> JUNE 2016

<p><b>F17L. Superior Concrete for Ladies Level 8 Advanced Novice FREE</b></p> <p><b>F18L J&amp;S Car Sales for Men Level 8 Advanced Novice FREE</b></p>	<p><b>Level 8</b></p> <p>Please see ISU Communication 1947</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> <li>▪ 1 part of the old NISA Novice Competitive Test</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>or</p> <ul style="list-style-type: none"> <li>▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher</li> </ul> <p><b>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1<sup>ST</sup> OF JULY 2014.</b></p>	<p>Ladies 3 Min (+/- 10 seconds)</p> <p>Men 3 ½ Min (+/- 10 seconds)</p>	<p><b><u>FREE PROGRAMME</u></b></p> <p>Skaters must perform a well-balanced programme with linking steps consisting of A maximum of 6 jump elements for ladies and 7 for 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, consisting of only 2 jumps in combination. In sequence the number of jumps is free but only the 2 most difficult jumps will be counted in the technical score</li> <li>• Any single or double jump (including a double axel) cannot be executed more than twice in total.</li> <li>• A Maximum of 1 step sequence utilizing the full ice surface.</li> </ul> <p>A maximum of two (2) spins with different ISU abbreviations,</p> <ul style="list-style-type: none"> <li>• one (1) must be a combination spin</li> <li>• one (1) a flying spin or spin with flying entry</li> </ul> <p>The spin combination must be executed with a minimum of eight (8) revolutions. Flying entrance is not allowed.</p> <p>The flying spin must have a minimum of six (6) revolutions. If the spin with a flying entrance is selected, the spin must be executed with a change of foot and without a change of position with a minimum of eight (8) revolutions</p> <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/ Execution and Interpretation only.</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1947 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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## TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1<sup>ST</sup> JULY 2015 to 30<sup>th</sup> JUNE 2016

<p><b>F19S. Pentland Trophy for Ladies Level 9 Junior SHORT PROGRAMME</b></p> <p><b>F20S Webb Trophy for Men Level 9 Junior SHORT PROGRAMME</b></p>	<p><b>Level 9</b></p> <p>Please see ISU Communication 1944</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 1<sup>ST</sup> OF JULY 2014.</b></p>	<p>Ladies 2 Min 50 MAX</p> <p>Men 2 Min 50 MAX</p>	<p><b><u>SHORT PROGRAMME</u></b></p> <p><b><u>Ladies</u></b></p> <ol style="list-style-type: none"> <li>a) Double Axel</li> <li>b) One Double or triple Flip immediately preceded by connecting steps and/or other comparable free skating movements</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 (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><u>Men</u></b></p> <ol style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One Double or triple Flip immediately preceded by connecting steps and/or other comparable free skating movements</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>h) One Step sequence fully utilizing the ice surface</li> </ol> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1944 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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## TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1<sup>ST</sup> JULY 2015 to 30<sup>th</sup> JUNE 2016

<p><b>F19L Junior Trophy for Ladies Level 9 Junior (Free)</b></p> <p><b>F20L. McLaren Trophy for Men Level 9 Junior (Free)</b></p>	<p><b>Level 9</b></p> <p>Please see ISU Communication 1944</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 1<sup>ST</sup> OF JULY 2015.</b></p>	<p>Ladies 3½ Minutes (+/- 10 seconds)</p> <p>Men 4 Minutes (+/- 10 seconds)</p>	<p><b><u>FREE PROGRAMME</u></b></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"> <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,</p> <ul style="list-style-type: none"> <li>• 1 must be a combination spin (min 10 revs),</li> <li>• 1 a flying spin or spin with a flying entrance (min 6 revs) and</li> <li>• 1 a spin with only 1 basic position (min 6 revs)</li> </ul> <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 from Special Regulations 2014 applies. See also ISU Communication 1874.</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1944, WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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## TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1<sup>ST</sup> JULY 2015 to 30<sup>TH</sup> JUNE 2016

<p><b>F21S. The Addison Trophy for Ladies Level 10 Senior (Short)</b></p> <p><b>F22S. Murray Trophy for Men Level 10 Senior (Short)</b></p>	<p><b>Level 10 Senior Short Program</b></p> <p>Please see ISU Communication 1944</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> <li>▪ One part of the Junior Competitive Test</li> </ul>	<p>No maximum test requirement</p>	<p>Ladies: 2 Min 50 MAX</p> <p>Men: 2 Min 50 MAX</p>	<p><b><u>SHORT PROGRAMME</u></b></p> <p><b><u>Ladies</u></b></p> <ul style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One Triple jump immediately preceded by connecting steps and/or other comparable free skating movements</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)</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><u>Men</u></b></p> <ul style="list-style-type: none"> <li>h) Double or Triple Axel</li> <li>i) One Triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements</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><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1944 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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<p><b>F21L. The Banks Trophy for Ladies Level 10 Senior (Free)</b></p> <p><b>F22L. Western Trophy for Men Level 10 Senior (Free)</b></p>	<p><b>Level 10 Senior Free Program</b></p> <p>Please see ISU Communication 1944</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> <li>▪ One part of the Junior Competitive Test</li> </ul>	<p>No maximum test requirement</p>	<p>Ladies: 4 Min (+/- 10 seconds)</p> <p>Men: 4½ Min (+/- 10 seconds)</p>	<p><b>FREE PROGRAMME</b></p> <p>Skaters must perform a well-balanced programme with linking steps consisting of: A maximum of 7 jump elements for ladies and 8 for 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 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,</p> <ul style="list-style-type: none"> <li>• 1 must be a combination spin (min 10 revs)</li> <li>• 1 a flying spin or spin with flying entry (min 6 revs) and</li> <li>• 1 a spin with only 1 basic position (min 6 revs)</li> </ul> <p>A Maximum of 1 step sequence and 1 choreographic sequence utilizing the full ice surface, as per ISU Regulations 2014 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 from Special Regulations 2014 applies. See also ISU Communication 1874.</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1944 WHICH GIVES 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 should be obvious, e.g. have an enhancement, to make it clear that it 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 communication 1874 and any subsequent updates.

### Open Competitions for Couples/Pairs

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
<b>P1 Beginner Pairs</b>	<b>Beginner Couples/Pairs  (to be judged under RJS)</b>	Each partner must have passed a minimum of Level 1 Field Moves	Must not hold any old NISA Pair Test or any part of Level 4 Singles or Dance National tests (excluding Field Moves)  Must not hold Level 2 or higher new National Pair test	Free Program of 2 minutes (+/- 5 seconds)	The programme must contain <b>ONLY</b> the following elements: <ul style="list-style-type: none"> <li>▪ Mid-line step sequence utilising the full length of the ice surface.</li> <li>▪ Second step sequence (any pattern). This <b>may</b> include spirals</li> <li>▪ Pair spin/dance spin in any position and any hold (min. 2 revs). Change of foot or position optional</li> <li>▪ Side by side solo spin (min. 3 revs)</li> </ul> <p>Moves demonstrating quality edges, simple turns and footwork should be included. At least 3 different dance/pair holds should be demonstrated throughout the programme. Recognised pair/dance lifts are <b>not</b> allowed. Vocal music is not permitted.</p>

## TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1<sup>ST</sup> JULY 2015 to 30<sup>th</sup> JUNE 2016

<p><b>P2 Basic Novice Pairs</b></p>	<p><b>Basic Novice Pairs</b></p> <p>Please see ISU Communication 1947</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ A minimum of Level 4 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice Pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 3 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 3 minutes (+/- 10 seconds)</p>	<p>A well balanced programme which must contain:</p> <ul style="list-style-type: none"> <li>▪ Two (2) different lifts from groups 1 and 2 only, one arm holds are not allowed (full extension of the lifting arm is not required).</li> <li>▪ One Twist lift (single)</li> <li>▪ One Solo jump (single or double)</li> <li>▪ One solo spin in one position or one pair spin. The solo spin can be executed with a change of foot and a minimum of eight (8) revolutions in total or without a change of foot and a minimum of five (5) revolutions. The pair spin must be executed with a minimum five (5) revolutions.</li> <li>▪ One pivot figure</li> <li>▪ 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, Performance/ Execution only.</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1947 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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<p><b>P3S Advanced Novice Pairs</b></p>	<p><b>Advanced Novice Pairs SHORT PROGRAMME</b></p> <p>Please see ISU Communication 1947</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ A minimum of Level 6 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 4 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 2 ½ minutes (MAX)</p>	<p>The Short programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>• 1 lift (from groups 1 to 4) One arm hold not allowed</li> <li>• 1 Twist lift (single or double)</li> <li>• 1 solo jump (single or double)</li> <li>• One pair spin with at least one change of position of each partner (minimum of six (6) revolutions)</li> <li>• 1 death spiral</li> <li>• 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 3 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Transitions, Performance/ Execution and Interpretation only.</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1947 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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## TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1<sup>ST</sup> JULY 2015 to 30<sup>th</sup> JUNE 2016

<p><b>P3L Advanced Novice Pairs</b></p>	<p><b>Advanced Novice Pairs FREE PROGRAMME</b></p> <p>Please see ISU Communication 1947</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ A minimum of Level 6 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 4 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 3 minutes 30 seconds (+/- 10 seconds)</p>	<p>The well balanced programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>• 2 different lifts from groups 1 to 4 one arm holds are not allowed, (in Group 1 and 2 full extension of the lifting arm of the partner is not required)</li> <li>• 1 Twist lift (single or double)</li> <li>• 1 Throw jump (single or double)</li> <li>• 1 solo jump (single or double)</li> <li>• One solo spin or solo spin combination without change of foot (minimum of six (6) revolutions)</li> <li>• 1 death spiral</li> <li>• 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 3 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Transitions, Performance/ Execution and Interpretation only.</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1947 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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<p><b>P4S Junior Pairs</b></p>	<p><b>Junior Pairs SHORT PROGRAMME</b></p> <p>Please see ISU Communication 1944</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ A minimum of Level 9 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 6 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Short Program of 2 mins 50 secs MAX</p>	<p>The well balanced programme must contain only the following elements:</p> <ol style="list-style-type: none"> <li>a) Hand to Hand Loop hip take-off (Group 4)</li> <li>b) 1 double or triple twist lift</li> <li>c) Double or Triple Salchow Throw jump</li> <li>d) Double Flip or Double Axel Solo Jump</li> <li>e) 1 Pair solo spin combination with only one change of foot.</li> <li>f) 1 death spiral backward outside</li> <li>g) 1 step sequence fully utilising the ice surface...</li> </ol> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1944 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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## TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS FROM 1<sup>ST</sup> JULY 2015 to 30<sup>th</sup> JUNE 2016

<p><b>P4L Junior Pairs</b></p>	<p><b>Junior Pairs FREE PROGRAMME</b></p> <p>Please see ISU Communication 1944</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ A minimum of Level 9 Field Moves</li> <li>▪ Level 4 Elements and Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> <li>OR</li> <li>▪ New Level 6 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 4 minutes (+/- 10 seconds)</p>	<p>The well balanced programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>a) Maximum 2 Lifts, not all from group 5 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm</li> <li>b) Maximum 1 twist lift</li> <li>c) Maximum 2 different Throw jumps</li> <li>d) Maximum 1 Solo Jump</li> <li>e) Maximum 1 jump combination or sequence</li> <li>f) Maximum 1 Solo Spin combination 10 revs in total</li> <li>g) Maximum 1 Pair spin combination (Min 8 revs in total)</li> <li>h) Maximum 1 death spiral</li> <li>• Maximum 1 choreographic sequence (See page 14 for definition of choreographic sequence.)</li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1944 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
<p><b>P5S Senior Pairs</b></p>	<p><b>Senior Pairs SHORT PROGRAMME</b></p> <p>Please see ISU Communication 1944</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ Level 10 Field Moves</li> <li>▪ Level 4 Elements and Level 4 Free</li> </ul> <p><b>AND EITHER</b></p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> <li>OR</li> <li>▪ New Level 6 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Short Program of 2 mins 50 secs max</p>	<p>The well balanced programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>a) Any hip lift take-off (group 4)</li> <li>b) 1 Double or Triple Twist lift</li> <li>c) 1 Double or Triple Throw jump</li> <li>d) 1 Double or Triple Solo Jump</li> <li>e) Solo Spin combination with only one change of foot.</li> <li>f) 1 death spiral back outside edge</li> <li>g) 1 step sequence, fully utilizing the ice surface.</li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1944 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>



<p><b>P5L Senior Pairs</b></p>	<p><b>Senior Pairs FREE PROGRAMME</b></p> <p>Please see ISU Communication 1944</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> <li>▪ Level 10 Field Moves</li> <li>▪ Level 4 Elements and</li> <li>▪ Level 4 Free</li> </ul> <p>AND EITHER</p> <ul style="list-style-type: none"> <li>▪ Old NISA Novice pairs Test</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>▪ New Level 6 National Pairs Test</li> </ul>	<p>No Maximum Test Requirement</p>	<p>Free Program of 4 minutes 30 secs (+/- 10 seconds)</p>	<p>The well balanced programme must contain only the following elements:</p> <ul style="list-style-type: none"> <li>• Maximum 3 Lifts Not all from group 5 One Lift must be from Group 3 or 4 (Min 1 and max 3 ½ revs of Man) with full extension of lifting arm. If 2 x group 5 lifts are executed, the take offs have to be of a different nature. If the take-off is not different the 2<sup>nd</sup> executed group 5 lift will not be marked but will block a lift box.</li> <li>• Maximum 1 Twist Lift</li> <li>• Maximum 2 different Throw jumps</li> <li>• Maximum 1 Solo Jump</li> <li>• Maximum 1 jump combination or sequence</li> <li>• Maximum 1 Solo Spin combination (10 revs in total)</li> <li>• Maximum 1 Pair spin combination (Min 8 revs in total)</li> <li>• Maximum 1 death spiral DIFFERENT FROM SHORT PROGRAMME</li> <li>• Maximum 1 choreographic sequence (See page 18 for definition of choreographic sequence.)</li> </ul> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 1944 WHICH GIVES FURTHER DETAILS REGARDING ELEMENTS</b></p>
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**PAIRS CHOREOGRAPHIC SEQUENCE** A Choreographic Sequence consists of any kind of movements like steps, turns (except twizzles), spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, small lifts 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. This element has a fixed base value and will be evaluated by the judges in GOE only. As per ISU communication 1874 and any subsequent updates.