



# Murrayfield Ice Skating Club

Ice Sports Centre  
Riversdale Crescent  
Edinburgh  
EH12 5XN

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

[comps@murrayfield-isc.co.uk](mailto:comps@murrayfield-isc.co.uk)



## COMPETITIONS FOR BEGINNERS

### CLUB MEMBERS/UK SKATE LEVEL SKATERS

## Sunday 5th June 2016

**Closing Date 5.30pm Sunday 15th May 2016**

The Draw will take place electronically on the evening of Saturday **21st May 2016**

The competitions will be held starting at 4.45pm on Sunday 5th June 2016

All Entry forms & fees should be enclosed in an envelope marked MISC Competitions and sent to Murrayfield Ice Skating Club, Murrayfield Ice Rink, Riversdale Crescent, Edinburgh EH12 5XN  
Or handed into the Rink Box Office Or to the Club desk at the Club Sunday session

**NO LATER THAN 5.30pm Sunday 15th May 2016.**

#### ENTRY FEES

**Club Members**  
**£ 5.00**

**Non Members**  
**£7.00**

A list of competitors and event entered will be posted on the web site and in the rink. Please check this and advise BEFORE the Draw if you are in the wrong competition. If after the draw you are in the wrong competition you may not be able to skate and the fee will not be refunded.

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

Competitions are open BOTH to Club Members and Non-Members who are patrons of Murrayfield Ice rink or Murrayfield Ice Skating School. Competitions 1-16 are for under 21 years of age and 17 - 20 are for 21 years of age & over. All skaters must meet the entry requirements for the competition (standard at closing date) they are entering. All the competitions are mixed (male & female) Competitors should try to link each element with steps and arm movements

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## 1. LEVEL ONE COMPETITION

Standard: Must Hold Skate UK Level 1 but not level 2.

- Requirements:
1. Forward skating on alternate feet (minimum of 6 steps)
  2. Snowplough Stop.
  3. Skate Backwards (minimum of 6 steps)
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## 2. LEVEL TWO COMPETITION

Standard: Must Hold Skate UK Level 2 but not level 3.

- Requirements:
1. Forward skating on alternate feet. (Minimum 10 steps).
  2. Two footed gliding on a curve.
  3. Forward and Backward sculling (4 of each)
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## 3. LEVEL THREE COMPETITION

Standard: Must Hold Skate UK Level 3 but not level 4.

- Requirements:
1. Forward One foot Glide in a straight line (Right & Left Feet) followed by a T Stop.
  2. One Forward inside curve (Right & Left Feet).
  3. Backwards skating on alternate feet and 2 foot glide.(Right & Left)
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## 4. LEVEL FOUR COMPETITION

Standard: Must Hold Skate UK Level 4 but not level 5

- Requirements:
1. Forward Chasses (Minimum 4 in each direction)
  2. One Forward outside curve (Right & Left Feet)
  3. Backward Skating with backward snowplough stop
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## 5. LEVEL FIVE COMPETITION

Standard: Must Hold Skate UK Level 5 but not level 6.

- Requirements:
1. Forward cross overs (minimum 4 in each direction- clockwise & anti clockwise)
  2. Backward one foot glide (Right & Left Feet)
  3. Forward Two foot slalom
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## 6. LEVEL SIX COMPETITION

Standard: Must Hold Skate UK Level 6 but not level 7.

- Requirements:
1. Backward Chasses (Minimum 4 on each foot)
  2. Forward outside three turns in both directions.
  3. Forwards inside curves (Minimum 2 on each foot)
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## 7. LEVEL SEVEN COMPETITION

Standard: Must Hold Skate UK Level 7 but not level 8.

- Requirements:
1. Backward crossovers (Min 4 in each direction clockwise & anti clockwise)
  2. Forward outside curves (Minimum 2 on each foot)
  3. Forward drag
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## 8. LEVEL EIGHT COMPETITION

Standard: Must Hold Skate UK Level 8 but not level 9.

- Requirements:
1. Forwards inside mohawks. (ONE in each direction)
  2. Back crossovers with sustained back outside edge (Right & Left)
  3. Bunny hop and drag
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## 9. LEVEL NINE COMPETITION

Standard: Must hold Skate UK Level 9 but not level 10.

- Requirements:
1. Back outside edges (Minimum 4)
  2. Forward crossrolls (Minimum 4)
  3. Forward Spiral
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## 10. LEVEL TEN COMPETITION

Standard: Must hold Skate UK Level 10 but no higher.

- Requirements:
1. Forward crossovers in a figure of eight
  2. Simple Step sequence
  3. Three jump
- Above should be performed using no more than ½ ice
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## 11. BRONZE STAR COMPETITION

Standard: Must hold Skate UK Level Bronze Star but no higher

- Requirements:
1. Forward Spiral
  2. Salchow Jump
  3. One foot spin
- To be linked with steps and arm movements using no more than ½ ice
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## 12. SILVER STAR COMPETITION

Standard: Must Hold Skate UK Level Silver Star but no higher

- Requirements:
1. Toe Loop jump
  2. One foot spin ( with correct entry and exit)
  3. Backward spiral
  4. Step sequence
- To be linked with steps and arm movements using no more than ½ ice
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## 13. GOLD STAR COMPETITION

Standard: Must Hold Skate UK Level Gold Star but no higher and **must not have skated in an 'open' competition.**

- Requirements:
1. One minute 30 secs programme to music of skaters choice to include  
Skaters must perform a well-balanced programme with linking steps, consisting of
    - (a) A maximum of 3 jump elements including
      - Single jumps only, excluding axel, lutz and flip.
      - NO combinations or sequences are permitted
      - No single jump may be repeated more than once.
    - (b) A maximum of 2 spins of different ISU abbreviations.
      - Basic position spins only are allowed with no change of foot and no change of position. (min 3 revs)
    - (c) 1 step sequence (minimum of 75% ice coverage required)
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## 14. GOLD STAR+ (open) COMPETITION

Standard: Must Hold Skate UK Level Gold Star but no higher and skated in an 'open' competition.

- Requirements:
1. One minute 30 secs programme to music of skaters choice to include  
Skaters must perform a well-balanced programme with linking steps, consisting of
    - (a) A maximum of 3 jump elements including
      - Single jumps only, excluding axel, lutz and flip.
      - NO combinations or sequences are permitted
      - No single jump may be repeated more than once.
    - (b) A maximum of 2 spins of different ISU abbreviations.
      - Basic position spins only are allowed with no change of foot and no change of position. (min 3 revs)
    - (c) 1 step sequence (minimum of 75% ice coverage required)
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## 15. National Level 1 COMPETITION

Standard: Must Hold Level 1 Elements or Free but not Level 2 Elements or Free (National Tests not UK Skate)

- Requirements:
1. One minute 30 secs programme to music of skaters choice to include  
Skaters must perform a well-balanced programme with linking steps, consisting of
    - (a) A maximum of 4 jump elements including
      - Single jumps only, excluding axel and lutz.
        - A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel & lutz
        - No single jump may be repeated more than once.
    - (b) A maximum of 2 spins of different ISU abbreviations.
      - 1 must be a spin combination and one must be a spin with no change of position. Both spins can be executed with a change of foot (Min 6 revs) or without a change of foot (Min 4 revs) and flying entry is allowed.
    - (c) Maximum of 1 step sequence utilising the full ice surface
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## DANCE COMPETITION

### 16. PATTERN DANCE COMPETITION

Standard: Must hold Skate UK Level 1 but no higher than Gold star (no National Tests)

- Requirements:
1. Rhythm Blues
- Skated on Full ice. Two skaters, on ice at the same time, each starting at opposite ends of the rink.
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# **ADULTS COMPETITIONS**

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

## **17. ADULTS SKATE UK LEVEL 1 TO 5 INCLUSIVE COMPETITION**

Standard: Must Hold Skate UK Level 1 but no higher than Skate UK Level 5

- Requirements:
1. Forward Chasses (both directions)
  2. Forward One foot Glide in a straight line (Right & Left Feet) followed by a T Stop.
  3. Skate Backwards (minimum of 6 steps)
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## **18. ADULTS SKATE UK LEVEL 6 TO 10 INCLUSIVE COMPETITION**

Standard: Must Hold Skate UK Level 6 but no higher than Skate UK Level 10 and must **NOT** have skated in an 'open' competition.

- Requirements: On half-ice perform the selected elements with linking footwork;
1. Backward crossovers (both directions)
  2. Forward inside Mohawks (ONE in each direction)
  3. Forward drag
  4. One foot or two foot spin
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## **19. ADULTS STAR COMPETITION**

Standard: Must Hold A Skate UK Level Bronze, Silver or Gold Star but no higher and must not have skated in an 'open' competition.

- Requirements:
1. One minute 30 secs programme to music of skaters choice to include  
Skaters must perform a well balanced programme with linking steps, consisting of
    - (a) A maximum of 4 jump elements including
      - Single jumps only, excluding axel and lutz. No listed jump can be repeated more than once
      - NO combinations or sequences are permitted
    - (b) A maximum of 2 spins (3 revs)
      - Basic position spins only are allowed with no change of foot, no change of position and no fly.
    - (c) Maximum of 1 choreographic step sequence covering 50% of usual pattern.
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## **ADULTS DANCE COMPETITION**

### **20. PATTERN DANCE COMPETITION**

Standard: Must hold Skate UK Level 1 but no higher than Gold star (no National Tests)

- Requirements:
1. Rhythm Blues  
Skated on Full ice. Two skaters on ice at the same time, each starting at opposite ends of the rink.
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### **Entry forms available from:**

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

All completed entry forms should be sealed in an envelope with the appropriate Entry Fee and placed in the Competitions Box or handed in to the Box Office. All Envelopes must be Marked 'MISC **Competition Entry**'.  
Cheques or P.O.'s should be made payable to MISC.

Any questions or queries about this announcement should be sent to '[Competitions@murrayfield-isc.co.uk](mailto:Competitions@murrayfield-isc.co.uk)'

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

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

The timetable for the event will be posted in the rink and on the website as soon as possible after the closing date.  
After the draw (electronically on Saturday 14th November) the order of skating will be posted in the ice rink and on the website. It will not be possible to advise everyone individually of the order of skating.

The Competitions will start between **4.30 and 4.45pm, Sunday 5th June 2016** and skaters should be ready to skate **30 minutes before their event.**

**Skaters placed first, second and third in each event will be presented with an award at the end of the event.**