



SINGAPORE ICE SKATING ASSOCIATION

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2012 Singapore National Figure Skating & Basic Skills Championships

March 30, 2012 (Friday): 5pm-11pm

March 31, 2012 (Saturday): 10am-11pm

ANNOUNCEMENT

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Organized by: Singapore Ice Skating Association
Competition Director: Ms Sherri Fergus

1. VENUE

Kallang Ice World
5 Stadium Walk, Leisure Park Kallang #03-08/09, Singapore 397693

2. GENERAL REGULATIONS

The Singapore National Figure Skating Championships 2012 will be conducted in accordance with the

- ISU Constitution and General Regulations 2010;
- ISU Special Regulations and Technical Rules Single and Pair Skating and Ice Dancing 2008 & 2010;
- All pertinent ISU Communications (eg. 1611, 1619, 1649 & 1672);
- Singapore Ice Skating Association Regulations;
- Singapore Ice Skating Association Policies and Procedures.

3. ELIGIBILITY

- The Championships are open to competitors from all countries.
- Skaters seeking to compete in the Championships, other than as a Guest skater (refer to paragraph 3.1) must be a financial member of SISA for a period of three months prior to the commencement of the Championships.
- Skaters seeking to compete in the Championships, other than as a Guest skater (refer to paragraph 3.1) must have passed the required SISA qualifying test for the Championship level competing in prior to the commencement of the Championships (with exception to Future Stars, Preliminary and Adult Categories)
- Additionally, skaters must meet the eligibility conditions specified in the respective category stated herein.

3.1 DEFINITION OF GUEST SKATERS

- **A Guest Skater is one who EITHER**
 - a. Is not a Singapore Citizen

OR

 - b. Is a Singapore Permanent Resident who has not obtained an official ISU clearance certificate from the association of the country of his/her country of citizenship
- A Guest Skater who places in the top position will only be given the appropriate medal but cannot hold the title of National Champion nor be awarded the Championship Trophy. The title of National Champion is only awarded to a Singapore Citizen or Singapore Permanent Resident who has officially obtained a ISU clearance certificate.

3.2 NATIONAL AND DEVELOPMENT SELECTION CRITERIA

1. Skaters seeking admission into the teams must be age appropriate as specified under ISU Rule 108 (Paragraph 2) of the General Constitution and fulfils requirements mandated by ISU Communication 1420.
2. For selection protocol, please refer to SISA Athletes Selection Policy.

4. TECHNICAL DATA

All event and all official practices will take place at Kallang Ice World, an indoor ice rink with a surface of 25m x 29m.

5. ENTRIES

Entries must be made on the official entry form ONLY and **postmarked by 29th February 2012**.

Payment of entry fees must be made directly to the Singapore Ice Skating Association. Cheques must be made payable to the "Singapore Ice Skating Association".

Skaters must also supply the following documents with their official entry form:

- **For Singapore Citizen** – A certified true copy of the skater's birth certificate or passport
- **For Singapore Permanent Resident** – A certified true copy of the skater's Singapore permanent residence permit, passport and certified true copy of an already issued ISU Clearance Certificate, allowing the skater to represent Singapore internationally
- **For Guest Skater** – Entry form must be endorsed by the association of the country of his/her country of citizenship

Entries will not be accepted without full payment, or without the documents mentioned above.

Please do not send cash by mail.

Entry forms will be mass emailed to all current SISA members and will also be available from the SISA website www.sisa.org.sg.

Entry form and payments must be sent to:
SISA 2012 SNFSC Organising Committee
BLK 317B ANCHORVALE ROAD
#04-238
SINGAPORE 542317

5.1 ENTRY FEES

Entry fees provide all competitors with free admission to all events. No refunds will be provided.

Novice, Junior and Senior Categories

Singles (Ladies and Men) \$SGD 300.00 per skater

Preliminary, Elementary, Pre-Primary, Primary and Adult Categories

Singles (Ladies and Men) \$SGD 200.00 per skater

Future Stars Categories

Singles (Ladies and Men) \$SGD 150.00 per skater

5.2 LATE ENTRIES

At the discretion of the SISA executive committee, entries may be accepted after the closing date upon payment of double the entry fee for the particular event.

6. PRACTICE

The following official practice sessions have been tentatively planned at Kallang Ice World. Final practice schedule will be posted on SISA's website one week after entry closes. Updates will also be emailed to participants who have furnished an active email address in the entry form.

Monday, 26 March 2012: 8pm-10pm

Wednesday, 28 March 2012: 8pm-10pm

7. MUSIC & PLANNED PROGRAM CONTENT

All competitors shall furnish competition music of excellent quality on CD (compact disk) format.

The discs must show the exact running time of the music (not skating time).

Each program (short/free) must be recorded on one track and on a separate CD.

Competitors must provide a back-up CD for each program.

All CD's must show:

- Competitors name
- Competition section e.g.: Pre-Primary (Novice A)
- Program Identification e.g.: Short Program
- Exact running time of the music – not skating time – including any starting signal

Music must be submitted at the time of registration.

All competitors are required to submit a Planned Program Content (PPC) Form with their Entry Form.

Competitors will be responsible for the collection of their music at the conclusion of their event.

SISA will not be responsible for the safekeeping or on forwarding of any unclaimed music.

8. DRAWS – ORDER OF SKATING

The opening draws for the order of skating will be held on Saturday 10th March at 10.30am at Alison's house: 27 Holland Grove Drive Singapore (278870). For participants who have two programs, the order for freeskate will be the reverse order of the short program results.

9. COACH ACCREDITATION

Only coaches with at least NCAP Level 1 may obtain championship accreditation.

No unaccredited coaches will be allowed rink side during training session or events.

In the case of an international coach who is assisting skaters only during the Championships, and who has not obtained accreditation from SSC, an application must be made to SISA administration@sisa.org.sg for temporary accreditation.

10. INSURANCE/LIABILITY

Under no circumstances shall the Singapore Ice Skating Association and the organizers of this competition, their employees, agents and/or servants be held responsible or liable for any loss, damages or injuries whatsoever or howsoever caused suffered by the skaters or officials.

As a condition of and in consideration of the acceptance of the entries or participation therein, all entrants, their family members and officials shall be deemed to have agreed to assume all risk of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims, which they may have against the Singapore Ice Skating Association.

11. CORRESPONDENCE

Please note that all correspondence with regards to the Singapore National Figure Skating Championships will be by email only. Please ensure that the email address you supply with your registration form is current and active. Please check your email regularly for updates as the Championship approaches.

12. ENQUIRIES

ALL enquiries should be directed to the SISA Administration Officer by email administration@sisa.org.sg.

All competitors and coaches should also familiarise themselves with the rules of the International Skating Union. A copy of the ISU rules and the latest communications, may be downloaded from their website www.isu.org.

13. RESULT

The ISU judging system will be used for all events.

14. AWARDS

Gold, Silver and Bronze medals will be presented to the champion, second and third placed competitors respectively. A minimum score for Gold Award will be set by the panel of judges on the day of competition.

Guest skaters who place in the top three will be given appropriate medals, in addition to those awarded to the three highest placed Singaporean competitors.

The title of National Champion can only be held by a Singapore Citizen or a Singapore permanent resident **who has obtained an official clearance certification from his/her country of citizenship.**

The Dr Alan Blinn Memorial Trophy

The Dr Alan Blinn Memorial Trophy will be awarded to the first place SISA member skater participating in either the Single Ladies or Single Men's divisions at the Singapore National Figure Skating Championships

(Elementary – Senior) with the highest overall total points score margin between first and second place. In the event that two skaters have the same winning margin, then the skater with the highest margin in the free skating event shall be awarded the trophy. If the margin is the same, the skaters will share the trophy.

The Ice Angels Artistic Trophy

The Ice Angels Artistic Trophy will be awarded to the SISA member competitor in the Singapore National Figure Skating Championships who provided the most artistic presentation in a skating program. Skaters in all categories will be considered and the winner will be determined by the Championships Judges.

15. VIDEO RECORDING AND PHOTOGRAPHY

SISA retains the rights for any photographs and video recording of the Singapore National Figure Skating Championships.

The use of FLASH PHOTOGRAPHY or VIDEO LIGHTS is not permitted during warm-ups or events.

16. SINGLE SKATING – MENS AND LADIES

16.1 FUTURE STAR EVENTS COMMENTS

The skating order of the elements is optional;

There is no restriction on the number of times an element is executed, length of glide or number of revolutions unless otherwise stated;

Please refer to SISA Communication No.15 for definition of the required elements.

Vocal music is **NOT** allowed;

The skater must demonstrate the required elements and **may** use, but is **not** required to use any additional elements from lower levels;

A deduction will be taken for each element performed from a higher level;

Skaters may choose which future stars section they which to compete in. For future competitions they must not compete in a lower section to what they have already competed in.

16.2 FUTURE STARS LEVEL 1

Free Skating Duration:

1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- 1 foot spin (min 3 revs);
- Waltz jump;
- Ballet jump;
- Forward inside pivots;
- Forward attitude (right and left feet);

Eligibility.

No minimum test requirement.

- Must not have passed the SISA Elementary or higher test.
- Must not have competed in a SISA Preliminary or higher singles competition.
- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

Additional elements that may be performed for filling purposes of the program

- Bunny Hops;
- Side toe to toe jumps or Tap-Toe Jumps;
- Forward outside spirals;

16.3 FUTURE STARS LEVEL 2

Free Skating Duration:

1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- Forward cross leg/scratch spin (min 3 revs);
- Advanced forward stroking (min 4 forward crossovers each direction in a figure 8 pattern);
- Forward Power Three turns (right and left feet) (min 2 each);
- Toe Loop Jump;
- Salchow jump;
- Backward outside spirals (right and left feet);

Eligibility

- No minimum test requirement.
- Must not have passed the SISA Elementary or higher test.
- Must not have competed in a SISA Preliminary or higher singles competition.
- Depending on the number of entries, this event may be split according to age.

A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

16.4 PRELIMINARY

Free Skating Duration:

1 minute and 30 seconds +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements
- Only single revolution jumps permitted, no ½ revolution jumps except when executed as part of a jump sequence, e.g.: half loop as a connecting element
- No Axel jump
- Maximum of 2 spins of a different nature (min 4 revs each, no 2 foot spins permitted);
- Spins may change feet or position
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral or step sequence (Ladies);

Factors

The multiplying factor for the Total Program Components Score is:

Free Skating 2.0

The only Program Components to be judged are:

Skating Skills
Performance / Execution

Where appropriate elements will receive a maximum of Level 1

Eligibility

- No minimum test requirement.
- Must not have passed the SISA Elementary or higher test.
- Must not have competed in a SISA Elementary or equivalent higher singles competition.
- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

16.5 ELEMENTARY

Free Skating Duration:

Maximum 2 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements
- Maximum of 2 spins (min 4 revs each of a different nature);
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral or step sequence (Ladies);

Factors

The multiplying factor for the Total Program Components Score is:

Free Skating 2.0

The only Program Components to be judged are:

Skating Skills
Performance / Execution

Where appropriate elements will receive a maximum of Level 1

Eligibility

Passed the SISA Elementary Test, but not higher
Not competed in a Pre-Primary or equivalent higher Singles
Competition event.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

16.6 PRE-PRIMARY (NOVICE A)

Free Skating

Duration:

Maximum 2 minutes and 30 seconds, +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements (one of which must be an Axel type jump); single or double jumps are permitted
- Maximum of 2 spins, one of which must be a spin combination, and one a spin with only one position (either spin may be with or without change of foot);
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral or step sequence (Ladies);

Factors

The multiplying factor for the Total Program Components Score is:

Free Skating 2.5

The only Program Components to be judged are:

Skating Skills
Performance / Execution

Where appropriate elements will receive a maximum of Level 2

Eligibility

Passed the SISA Pre-Primary Test, but not higher
Not competed in a Primary or equivalent higher Singles
Competition event.

16.7 PRIMARY (NOVICE B)

Free Skating

Duration: 3 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of 5 jump elements (Ladies) or 6 jump elements (Men) (one of which must be an Axel type jump); single or double jumps are permitted
- Maximum of 2 spins, one of which must be a spin combination (10 revs), one a flying spin or spin with a flying entrance (6 revs).
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral or step sequence (Ladies);

Factors

The multiplying factor of the Total Program Components Score is:

Free Skating	2.0 for boys 1.7 for girls
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The only program Components to be judged are:

Skating Skills
Performance/Execution
Interpretation

Where appropriate elements will receive a maximum of Level 2

Eligibility

- Passed the SISA Primary Test, but not higher
- Not competed in a Novice or equivalent higher Singles Competition event.

16.8 NOVICE (Advanced)

Short Program Duration: 2 minutes and 30 seconds maximum, but may be less

The required elements to be skated are:

- Single or Double Axel Paulsen
- One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements.
- One jump combination consisting of two double jumps or triple jump/double jump.
- Spin combination with one change of foot and at least one change of position (sit, camel, upright or any variation thereof, no flying entry, min 5 revs/foot).
- One step sequences (straight line, circular or serpentine) fully utilising the ice surface.

Men:

- Camel or sit spin with change of foot (no flying entry, min 6 revs).

Ladies:

- Layback or sideways leaning spin (min 6 revs)

Free Skating

Duration:

Men: 3 minutes and 30 seconds, +/- 10 seconds

Ladies: 3 minutes, +/- 10 seconds

A well balanced program must contain:

- Maximum of 6 jump elements (Ladies) or 7 jump elements (Men) (one of which must be an Axel type jump);
- Maximum of 2 spins, one of which must be a spin combination, one a flying spin.
- Maximum of 1 step sequence (Ladies and Men);

Factors

The multiplying factors for the Total Program Components Score are:

Short Program	1.0
Free Skating	1.7 for Men 1.5 for Ladies

The program Components are only judged in

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

Where appropriate elements will receive a maximum Level 3

Eligibility

- Passed the SISA Novice Test, but not higher.
- Not competed in a Junior or equivalent higher Singles Competition event.
- Not won a previous Novice Singles Championship of Singapore, except those skaters who have not reached the age of 16 by 1st July 2011, may defend their titles.

16.9 JUNIOR

Short Program

Duration: 2 minutes and 50 seconds maximum, but may be less

The required elements to be skated are listed in ISU Rule 511 and the respective ISU Communication 1619.

Free Skating

Duration:

Men: 4 minutes, +/- 10 seconds

Ladies: 3 minutes and 30 seconds, +/- 10 seconds

In accordance with ISU Rule 512 and the required amendments in ISU Communication 1619.

Factors

In accordance with ISU Rule 353, paragraph 1, I) the multiplying factors for the Program Components are:

Men

Short Program 1.0

Free Skating 2.0

Ladies

Short Program 0.8

Free Skating 1.6

Eligibility

- Passed the SISA Junior Test, and EITHER has:
- Not exceeded the ISU Junior age of 19 for Ladies and Men by 1st July 2011;
- Not competed in a Senior or equivalent higher Singles Competition event.

16.10 SENIOR

Short Program

Duration: 2 minutes and 50 seconds maximum, but may be less

The required elements to be skated are listed in ISU Rule 511 and the respective ISU Communication 1619.

Free Skating

Duration:

Men: 4 minutes and 30 seconds, +/- 10 seconds

Ladies: 4 minutes, +/- 10 seconds

In accordance with ISU Rule 512 and the required amendments in ISU Communication 1619.

Factors

In accordance with ISU Rule 353, paragraph 1, the multiplying factors for the Program Components are:

<u>Men</u>	
Short Program	1.0
Free Skating	2.0

<u>Ladies</u>	
Short Program	0.8
Free Skating	1.6

Eligibility

- Passed the SISA Senior Test

17. REMARKS ON SHORT PROGRAM ELEMENTS

17.1 NOVICE

No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, but vocal music with lyrics is not permitted.

Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a "box" (spot) of another type of element.

If, however, such an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

If a skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being marked.

17.1.1 Jumps (Please refer to ISU Communication 1611)

A single spreadeagle, spiral or free skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable free skating movements and must be considered by the Judges in the Grade of Execution (GOE).

17.1.2 Jump Combinations

No change of foot or turn is allowed at any time between the two jumps which must directly follow one another (except for touching down the non-tracing foot in toe jumps). In the case of jumps (including toe jumps) special attention must be paid to a clean spring from a true edge and to a clean landing. In Jump Combinations/Sequences a "Half Loop" (Euler) will be a listed jump; consequently it will take on the base value of a single loop jump and be identified as a part of a jump combination. Any jump commenced or landed on two feet must be considered by the judge in the Grade of Execution (GOE).

Novice: Please refer to ISU Communication 1649

The jump combination may consist of the same jump or another double jump. However, the jumps included must be different from the solo jump and the axel type jump.

If the same jump is executed as a solo jump and as part of the jump combination, the last performed of these jump elements will not be counted, but will occupy a jumping box (if this element is a jump combination, the whole jump combination will not be counted).

17.1.3 Spins

Refer ISU Rule 510, page 91-92, Requirements to elements of single and Pair Skating, Spins.

Spin in one position

The competitor is free to choose either the camel position, sit position or upright position to be executed. The spin must not change foot and shall have a minimum of six (6) revolutions.

Flying spin

Any type of flying spin is permitted. A step over will be considered by the Judges in the Grade of Execution. In the flying sit spin changing foot on landing is permitted. No previous rotation on the ice before the take-off is permitted.

The spin shall have a minimum of eight (8) revolutions in the landing position.

Ladies - Layback or sideways leaning spin:

Refer to ISU Rule 511, Page 96, Remarks Single Skating, e) Ladies – layback or sideways leaning spin.

Any position is permitted, as long as the basic layback or sideways leaning position is maintained for eight (8) revolutions without rising to an upright position. After the required eight (8) revolutions it is possible to execute the Biellmann position.

17.1.4 Spin Combinations

The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of position, a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted.

The change of foot in the spin combination must be followed by any spin position with at least two (2) revolutions. If there is no spin position after the change of foot with at least two (2) revolutions, the spin combination is not according to the requirements and no value will be given.

A spin combination executed with less than 2 revolutions in all executed positions is considered as a "Spin combination not according to the requirements", receives no Level and therefore no value. A spin combination executed with only 1 position with at least 2 revolutions (as to requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

Novice (Advanced):

The spin combination must consist of only one change of foot and at least one change of position (sit, camel, upright or any variation thereof) with not less than five revolutions on each foot. Any spin combination must include all three basic positions or their variations and no flying entry.

17.1.5 Step and Spiral Sequences

Refer ISU Rule 510, Page 92, and amendments from ISU Communication 1619. Remarks Single Skating, Step sequences.

18 REMARKS ON FREE SKATING ELEMENTS

18.1 PRELIMINARY, ELEMENTARY, PRE-PRIMARY (Novice A), PRIMARY (Novice B) AND NOVICE (Advanced)

Refer to ISU Rule 512, Paragraph 2, General.

No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, but vocal music with lyrics is not permitted. Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a "box" (spot) of another type of element.

If, however, such an Unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

If a skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being marked.

Pre-primary and Primary elements will only be given a maximum of Level 2.

For Novice, all elements will only be given a maximum of Level 3.

Junior and Senior: A Double axel cannot be included more than two times in total.

18.1.1 Jumps (Please refer to ISU Communication 1611)

All categories can perform a maximum of 2 jump combinations/sequences.

A single spreadeagle, spiral or free skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable free skating movements and must be considered by the Judges in the Grade of Execution (GOE).

Primary (Novice B)

Only two jumps with two and a half or more revolutions can be repeated either in a jump combination or in a jump sequence.

Novice (Advanced)

Only two jumps with two and a half revolutions or more can be repeated either in a jump combination or in a jump sequence.

18.1.2 Jump Combinations

No change of foot or turn is allowed at any time between the two jumps, which must directly follow one another (except for touching down the non-tracing foot in toe jumps). In the case of jumps (including toe jumps) special attention must be paid to a clean spring from a true edge and to a clean landing. In Jump Combinations/Sequences a "Half Loop" (Euler) will be a listed jump; consequently it will take on the base value of a single loop jump and be identified as a part of a jump combination. Any jump commenced or landed on two feet will be considered by the judge in the Grade of Execution (GOE).

Pre-Primary (Novice A), Primary (Novice B) and Novice (Advanced):

A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted.

18.1.3 Spins

Refer ISU Rule 510, Page 91, Remarks Single Skating, Spins.

Spin in one position

The competitor is free to choose either the camel position, sit position or upright position to be executed. The spin must not change foot and shall have a minimum of six (6) revolutions.

Flying spin

Any type of flying spin is permitted. A step over will be considered by the Judges in the Grade of Execution. In the flying sit spin changing foot on landing is permitted. No previous rotation on the ice before the take-off is permitted.

The spin shall have a minimum of eight (8) revolutions in the landing position. Novice (advanced) minimum of 6 Revolutions

Ladies - Layback or sideways leaning spin:

Refer ISU Rule 511, Page 96, Remarks Single Skating, e) Ladies – layback or sideways leaning spin.

Any position is permitted, as long as the basic layback or sideways leaning position is maintained for eight (8) revolutions without rising to an upright position. After the required eight (8) revolutions it is possible to execute the Biellmann position.

18.1.4 Spin Combinations

The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of position, a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted.

The change of foot in the spin combination must be followed by any spin position with at least two (2) revolutions. If there is no spin position after the change of foot with at least two (2) revolutions, the spin combination is not according to the requirements and no value will be given.

A spin combination executed with less than 2 revolutions in all executed positions is considered as a "Spin combination not according to the requirements", receives no Level and therefore no value. A spin combination executed with only 1 position with at least 2 revolutions (as to requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

Primary (Novice B):

The spin combination must consist of one change of foot and at least one change of position (sit, camel, upright or any variation thereof) with not less than five revolutions on each foot.

Novice (Advanced):

Any spin combination must include all three basic positions or their variations and with or without change of foot (minimum **10** revs in total).

18.1.5 Step and Spiral Sequences

Refer ISU Rule 510, page 92, Remarks Single Skating, Step sequences.

With respect to ISU Communication 1619 the second step sequence will always be awarded a fixed base Value and be evaluated by judges in GOE only.

Spiral sequence (Ladies): With respect to ISU Communication 1619 the spiral sequence will always be awarded a fixed base Value and be evaluated by judges in GOE only. In this sequence there must be at least two spiral positions not less than three seconds long each or only one spiral position not less than six seconds long.

19 ADULT SKATING – MEN AND LADIES

Eligibility

Men and women will compete separately. The competition director reserves the right to combine events should there be fewer than two entries in any event.

Eligible skaters are those skaters who are aged sixteen (16) years or older before July 1st preceding the event but have not reached the age of seventy-one (71) before July 1st, preceding the competition.

A skater competing after July 1, 2011 in a Junior or Senior event either locally or internationally may NOT participate in this event.

19.1 ADULT MASTER

Free Skating Duration: 3 minutes and 10 seconds, but may be less

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a) A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted.

A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the Free Program. One 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 jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half-loop in combination with any other listed jump will result in a jump combination.

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.

- b) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c) A maximum of one choreo-step sequence (i.e. circular, straight line, serpentine, etc.) or choreo-spiral sequence. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long.

Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.

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

Factors The multiplying factors for the Program Components are:
Free Skating 1.6

19.2 ADULT GOLD

Free Skating Duration: 2 minutes and 40 seconds, but may be less

A competitor in the Adult Gold Free Skating event must perform a well-balanced program that may contain:

- a) A maximum of six (6) jump elements, consisting of any single or double jumps (including a single Axel) **except double Flip, double Lutz and double Axel. No triple jumps are permitted.**

A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above. There may be up to three jump combinations or jump sequences in the Free Program. One 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 and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half-loop in combination with any other listed jump will result in a jump combination. 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.

- b) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c) A maximum of one choreo-step sequence (i.e., circular, straight line, serpentine, etc) or choreo-spiral sequence. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long.

Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.

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

Factors The multiplying factors for the Program Components are:
Free Skating 1.6

19.3 ADULT SILVER

Free Skating Duration: 2 minutes and 10 seconds, but may be less

A competitor in the Adult Silver Free Skating event must perform a well-balanced program that may contain:

- a) A maximum of five (5) jump elements. **The single Axel or any other single Axel type jump and all other single jumps are permitted. No double jumps or triple jumps are permitted.**

A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One 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, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half-loop in combination with any other listed jump will result in a jump combination.

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 jumps or an axel type jump.

- b) A maximum of three (3) spins of different abbreviations, one of which must be a spin combination.

The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c) A maximum of one choreo-step sequence (i.e., circular, straight line, serpentine) or choreo-spiral sequence covering at least 50% of the usual pattern (e.g., half a serpentine, half of a straight line etc.) In the case of a **circular** step sequence a full circle is required covering 1/2 the ice surface. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long.

Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.

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

Factors

The multiplying factors for the Program Components are:

Free Skating 1.6

19.4 ADULT BRONZE

Free Skating Duration: 1 minutes and 40 seconds, but may be less

A competitor in the Adult Bronze Free Skating event must perform a well-balanced program that must contain:

- a) 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 jump combinations or jump sequences in the Free Program. One 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, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count. Please note that a half-loop in combination with any other listed jump will result in a jump combination. 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 jumps.
- b) A maximum of two (2) spins of a different abbreviation;
The spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) 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.
- c) A maximum of one choreo-step sequence (i.e., circular, straight line, serpentine) or choreo-spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half of a straight line etc.). In case of a **circular** step sequence a full circle is required covering 1/2 the ice surface. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long.

Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.

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

Factors

The multiplying factors for the Program Components are:

Free Skating 1.6

Communication No: 015

Definition of elements for the National Basic Skills Competition

One-Foot Spin

The spin is executed in an upright position with the free leg next to the skating leg. It may be performed in a combination of the toe and flat of the blade. A minimum of three revolutions is required. This spin may be started from a stand still or from backward crossovers.

Forward Cross Leg or Scratch Spin

The spin is executed in an upright position with the free leg crossed over the skating leg. It may be performed in a combination of the toe and flat of the blade. A minimum of three revolutions is required. This spin must start from backward crossovers.

Forward Inside Pivots

The toe point of one foot must remain in one place while the other foot moves around it on the inside edge in a forward direction for one and half revolutions without stopping or pumping. The heel of the pivoting foot should be aimed at the circling foot. Right and left foot pivots are required.

Forward Attitude

The skater shall glide forward on one foot with the free leg held behind in an attitude position. The free foot shall be held slight lower than the knee behind the skating hip with the toe pointed. The free hip should be held in an open position. One arm is to be carried over the head and one arm extended to the side. Right and left foot attitudes are required.



Spreadeagle

The skater must glide on a curve for a minimum distance of the skater's height having both feet on either the inside or outside edge with toes pointing in the opposite direction and both knees straight. Right and left directions are required.

Waltz Three Turns

The skater pushes off on the forward outside edge and does a three turn followed by a push onto the back outside edge. The move should be performed to a waltz $\frac{3}{4}$ beat, hence the name. Step and hold the outside edge (1,2,3); turn and hold the exit back inside edge (4,5,6) push onto the back outside edge (7,8,9-10,11,12). Three waltz threes should be completed on each foot,

Forward Power Three Turns

These are step sequences involving three turns done at speed and a quick, even pace. As the name implies, the emphasis is to generate power on each step of the sequence. The forward power threes start on a forward outside edge (for example, LFO). After a left forward outside three turn, the skater pushes off the left back inside edge and shifts the weight towards the right back inside edge. The skater then shifts the weight back to the left foot and draws the right foot across

in front of the left foot (backward crossover). During both weight transfers and the crossover, both feet remain on the ice. Then, the skater steps forwards to a left forward outside edge and repeating the sequence, progressing along a straight line.

Right and left directions are required.

Advanced Forward Stroking

Minimum 4 – 6 forward crossovers in a figure 8 pattern whilst executing the correct change of edge through the centre of the figure 8 pattern. For example: if going anticlockwise step on left foot glide 1-2 metres then step on right in clockwise direction and continue.

Advanced Backward Stroking

Minimum 4 – 6 backward crossovers in a figure 8 pattern whilst executing the correct change of edge through the centre of the figure 8 pattern. For example: if going anticlockwise step on the right foot glide 1 – 2 metres then step on the left foot in clockwise direction and continue.

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