
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 left 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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14th September 2009