

Singapore Ice Skating Association

Registered Address:

No 6 Temasek Boulevard
#09-05 Suntec Tower Four, Singapore 038986
Website: www.sisa.org.sg ROS: 0253/1998/SPO
Tel: 65 8200-0474 Fax: 65 6722-0774



Communication No: 031

Pre – Announcement for Singapore National Figure Skating Championship 2011

This communication is to notify all members that the Singapore Ice Skating Association will be holding the National Figure Skating Championship on the 12th – 13th February 2011. We are releasing the competitions requirements so that skaters and coaches can start to plan their programs.

The venue for the National Figure Skating Championship will be held in Kallang Ice World

Further information will be released in due course.

THE COMPETITION REQUIREMENTS ARE AS FOLLOW:

SINGLE SKATING – MEN AND LADIES

FUTURE STARS 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;
- 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.

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.
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- 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;

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 spin or scratch spin (min 3 revs);
- Backward inside pivots (right and left feet);
- Spread Eagle (right and left feet);
- Half flip jump;
- Waltz three turns (right and left feet) min 3 each foot;
- Forward inside 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.
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FUTURE STARS LEVEL 3

Free Skating Duration: 1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- Backspin with crossed free leg (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.
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- 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.

FUTURE STARS LEVEL 4

Free Skating Duration: 1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- Sit spin (min 3 revs);
- Advanced backward stroking (min 4 backward crossovers each direction in a figure 8 pattern);
- Forward outside swing rolls (2 consecutive alternating feet);
- Waltz jump + loop jump combination;
- Flip jump;
- Backward inside 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.

PRELIMINARY

Free Skating Duration: 1 minute and 30 seconds +/- 10 seconds

A well balanced program must contain:

- Maximum of 5 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 3 spins of a different nature (min 4 revs each, no 2 foot spins permitted);
 - Spins may change feet, position or start with a flying entry
 - Maximum of 1 step sequence (Men);
 - Maximum of 1 spiral sequence (Ladies);
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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 all elements will receive either a Level 1 or Level 0, no features will be awarded.

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.

ELEMENTARY

Free Skating Duration: Maximum 2 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of 5 jump elements;
- Maximum of 3 spins (min 4 revs each);
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral 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 all elements will receive either a Level 1 or Level 0, no features will be awarded.

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.
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- 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.

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);
- 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

Eligibility

Where appropriate all elements will receive either a Level 1,2 or Level 0, no features will be awarded.

Passed the SISA Pre-Primary Test, but not higher

Not competed in a Primary or equivalent higher Singles Competition event.

- Depending on the number of entries, this event may be split according to age.

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);
- Maximum of 2 spins, one of which must be a spin combination (10

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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 for the Total Program Components Score is:

Free Skating	2.0 for boys
	1.7 for girls

The only program components to be judged are:

Skating Skills
Performance/Execution
Interpretation

Where appropriate all elements will receive either a Level 1,2 or Level 0, no features will be awarded.

Eligibility

- Passed the SISA Primary Test, but not higher.
- Not competed in a Novice or equivalent higher Singles Competition event.
- Depending on the number of entries, this event may be split according to age.

NOVICE

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.
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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 boys 1.5 for girls

The Program Components are only judged in:

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

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 2010, may defend their titles.
- Where appropriate all elements will receive a maximum Level 3.

JUNIOR

Short Program	Duration:	2 minutes and 50 seconds maximum, but may be less
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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, l) 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;

OR has:

- Not competed in a Senior or equivalent higher Singles Competition event.

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, l) the multiplying factors for the Program Components are:

Men

Short Program 1.0
Free Skating 2.0

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Ladies

Short Program 0.8

Free Skating 1.6

Eligibility

- Passed the SISA Senior Test.

ADULT SKATING – MEN AND LADIES

Eligibility

Men and women will compete separately. The competition convenor reserves the right to combine sections should there be fewer than two entries in any section.

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, 2009 in a Junior or Senior event either locally or internationally may NOT participate in this event.

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

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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

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.

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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

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

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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

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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

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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