

DISC Free Annuals Sunday 21st March 2010

TECHNICAL REQUIREMENTS

EVENT NO	EVENT LEVEL	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
Event 1	Spin Spiral Jump	No minimum	Must not hold any of the following: <ul style="list-style-type: none"> - Level 1 Field Moves - Level 1 Elements or - Level 1 Free 	Not Applicable	For Competitors who have not competed in a 1.5 minute program. Professional help allowed.
Event 2	Beginners	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"> - Level 1 Elements or - Level 1 Free 	1.5 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"> • single jumps only, excluding axel, lutz and flip • NO combinations or sequences are permitted 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"> • Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs)
Event 3	Level 1 Ladies	Level 1 Field Moves and either <ul style="list-style-type: none"> - Level 1 Elements or - Level 1 Free 	Must not hold any of the following: <ul style="list-style-type: none"> - Level 2 Elements or - Level 2 Free 	1.5 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"> • single jumps only, excluding axel ,and lutz • A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel & lutz.
Event 4	Level 1 Men				A maximum of 2 spins <ul style="list-style-type: none"> • Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs) A Maximum of 1 step sequence (full ice not required)

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<p>Event 5 Ladies</p> <p>EVENT 6 Men</p>	<p style="text-align: center;">Level 2</p>	<p>Level 2 Field Moves and either</p> <ul style="list-style-type: none"> · Level 2 Elements or · Level 2 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> · Level 3 Elements or · Level 3 Free 	<p>1.5 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"> • single jumps only (no axels allowed) i • A maximum of 2 jump combinations or sequences consisting of only 2 single jumps excluding axels. <p>A maximum of 2 spins, including</p> <ul style="list-style-type: none"> • Max of 1 with only 1 change of position and no change of foot (Min 2 revs in each position) • max of 1 basic position spin with no change of foot and no change of position (Min 3 revs) <p>A Maximum of 1 step sequence utilizing the full ice surface</p>
<p>Event 7 Ladies</p> <p>Event 8 Men</p>	<p style="text-align: center;">Level 3</p>	<p>Level 3 Field Moves and either</p> <ul style="list-style-type: none"> · Level 3 Elements or · Level 3 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> · Level 4 Elements or · Level 4 Free 	<p>1.5 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"> • Single jumps only – axels allowed • A maximum of 2 jump combinations or sequences consisting of only 2 single jumps or axels. <p>A maximum of 2 spins, including</p> <ul style="list-style-type: none"> • Max of 1 with only 1 change of position and no change of foot (Min 2 revs in each position) • Max of 1 with only 1 change of foot and no change of position (Min 2 revs on each foot) <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>NB The axel may not be attempted more than twice in the programme</p>

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<p>Event 9 Ladies</p> <p>Event 10 Men</p>	<p>Level 4</p>	<p>Level 4 Field Moves and either</p> <ul style="list-style-type: none"> · Level 4 Elements or · Level 4 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> · Level 5 Elements or · Level 5 Free 	<p>2 Minutes (+/-5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences consisting of only 2 jumps <p>A maximum of 2 different spins (3 revs in basic position spins or 6 revs in combination or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>NB The axel and each different double jump may only be attempted twice in the programme.</p>
<p>Event 11 Ladies</p> <p>Event 12 Men</p>	<p>Level 5</p>	<p>Level 5 Field Moves and either</p> <ul style="list-style-type: none"> · Level 5 Elements or · Level 5 Free 	<p>Must not hold</p> <ul style="list-style-type: none"> · Level 6 Elements or · Level 6 Free 	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences consisting of only 2 jumps <p>A maximum of 2 spins with different ISU abbreviations , 1 of which must be a change of foot spin (3 revs in basic position spins and 8 revs in change of position or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>N.B The Axel and each different double jump may only be attempted twice in the programme</p>

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<p>Event 13 Ladies</p> <p>Event 14 Men</p>	<p style="text-align: center;">Level 6</p>	<p>Level 6 Field Moves and either</p> <ul style="list-style-type: none"> • Level 6 Elements or • Level 6 Free 	<p>Must not hold</p> <ul style="list-style-type: none"> - Level 7 Elements or - Level 7 Free or - Any part of any Competitive Test 	<p>2.5 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences. If in combination, 1 may consist of 3 jumps, and the other 2 jumps <p>A maximum of 3 spins with different ISU abbreviations, one of which must be a flying spin (3 revs in basic position spins or flying spins or 8 revs in combination or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>N.B The Axel and each different double jump may only be attempted twice in the programme</p>
<p>Event 15 Ladies</p> <p>Event 16 Men</p>	<p style="text-align: center;">Level 7</p>	<p>Level 7 Field Moves and either</p> <ul style="list-style-type: none"> - One part Level 7 Elements or Free or - Old NISA Pre-Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> - Level 8 Elements or - Level 8 Free or - Any part of old NISA Novice Competitive Test or higher 	<p>2.5 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 Axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations. (3 revs in basic position spins or 8 revs in combination or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>N.B. The Axel and each different double jump may only be attempted twice in the programme</p>



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Open Competitions for Couples/Pairs

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
Event 23	Beginner Couples /Pairs	Each partner must have passed Level 1 Field Moves	Must not hold any old NISA Pair Test or any part of Level 4 Singles or Dance National tests (excluding Moves) Must not hold Level 2 or higher new National Pair test	Free Program of 2 minutes (+/- 5 seconds)	The programme must contain ONLY the following elements: <ul style="list-style-type: none"> · Mid-line step sequence utilising the full length of the ice surface. · Second step sequence (any pattern). This may include spirals · Pair spin/dance spin in any position and any hold (min. 2 revs). Change of foot or position optional · Side by side solo spin (min. 3 revs) 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 not allowed. Vocal music is not permitted.
Event 24	Novice Pairs (NISA Novice)	Each partner must hold: <ul style="list-style-type: none"> · Level 4 Field Moves · Level 4 Elements and · Level 4 Free AND EITHER <ul style="list-style-type: none"> · Old NISA Novice Pairs Test OR <ul style="list-style-type: none"> · New Level 3 National Pairs Test 	No Maximum Test Requirement	Free Program of 2½ minutes (+/- 10 seconds)	A well balanced programme which must contain: <ul style="list-style-type: none"> · Minimum 2 lifts, maximum 3 (only one may be a twist lift – only single twist permitted. This complies with group 2). Lifts can only be selected from Groups 1 And 2 Platter lift not permitted · Only 1 throw jump (single or double) · Only 1 solo jump (single or double) · Minimum 1 pair spin (min. 3 revs in total), max 2: (second pair spin, if executed, need not comply with rev. requirements) · Only 1 solo spin (min. 3 revs in total) · Minimum 1 death spiral or pivot figure, max 2 (only 1 may be a death spiral) · Minimum 1 step or spiral sequence.



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Event 25	Pre IJS Pairs Preparing for ISU Novice Free)	Each partner must hold: <ul style="list-style-type: none"> · Level 6 Field Moves · Level 4 Elements and · Level 4 Free 	No Maximum Test Requirement	Free Program of 3 1/2 minutes (+/- 10 seconds)	The well balanced programme must contain only the following elements: <ul style="list-style-type: none"> a) 2 different lifts (1 must be from Group 3 or 4) b) 1 twist lift (single or double) c) 1 or 2 throw jumps (single or double) d) 1 solo jump (single or double) e) 1 jump combination or sequence. The jump combination may consist of only 2 jumps. The jump sequence may consist of any number of jumps. f) 1 solo spin or solo spin combination (min. 5 revs in total) g) 1 pair spin or pair spin combination (min. 5 revs in total) h) 1 pivot figure or death spiral without restrictions i) 1 step sequence.
		AND EITHER <ul style="list-style-type: none"> · Old NISA Novice pairs Test OR <ul style="list-style-type: none"> · New Level 4 National Pairs Test 			