



National Ice Skating Association of UK Ltd
TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS
FROM 1ST JULY 2009 to 30TH JUNE 2010

These competition program requirements fit with the National Test Structure requirements despite there being specification of elements in the test structure. The only amendment to the criteria from last season is the maximum number of elements in the beginner sections. As with the current test structure, all elements performed are as per ISU current regulations. This therefore allows skaters to perform RJS test and competition elements as per the established criteria (ISU regulations 2008) and indeed as per the IJS criteria and clarifications. (Communication 1504).

These Generic Criteria must be read in conjunction with the ISU Regulations 2008, any subsequent ISU communications, including the communication regarding listed jumps, and also the updated NISA IJS element clarifications (2/09) for RJS competitions and National tests available on the NISA website. (see Figure – Singles & Pairs – rules & regulations)

Ladies and Men may not compete together in the same singles competitions. These singles competitions must be split into separate Ladies and Men's events. This does not apply to exhibition events where this is at the discretion of the club. In levels 7 to 10 skaters may not compete in more than 1 level at National Open events or NISA Cup events. Tests passed after the closing date DO NOT allow entry to be transferred to another level under any circumstances.

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
1 Beginner Ladies (a) <u>Ages 8 & 9</u> (b) <u>Age 10</u> (c) <u>Age 11 & over</u> 2 Beginner Men	Beginner	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 	1½ 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)



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<p>3 Level 1 Ladies (a) 9 & under</p> <p>(b) 10 & 11</p> <p>(c) 12 & over</p>	<p style="text-align: center;">Level 1</p>	<p>Level 1 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	<p>Must not hold any of the following:</p> <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 	<p>1½ 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 including</p> <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. <p>A maximum of 2 spins</p> <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) <p>A Maximum of 1 step sequence (full ice not required)</p>
<p>4 Level 1 Men</p>	<p style="text-align: center;">Level 1</p>	<p>Level 1 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	<p>Must not hold any of the following:</p> <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 	<p>1½ 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 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>1½ 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>



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<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 (min 3 revs in basic position spins and min 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>
<p>Event 13 Ladies</p> <p>Event 14 Men</p>	<p>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>2½ 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 (min 3 revs in basic position spins or flying spins or min 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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<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"> ▪ Level 7 Elements or ▪ Level 7 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>2½ 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. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations. (min 3 revs in basic position spins or min 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 17 Ladies</p> <p>Event 18 Men</p>	<p style="text-align: center;">Level 8</p>	<p>Level 8 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ 1 part of the old NISA Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 9 Elements and Free <p>or</p> <ul style="list-style-type: none"> ▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher 	<p>Ladies 3 Minutes (+/- 10 seconds)</p> <p>Men 3 ½ 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 for ladies and 7 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a flying spin with no change of foot, no change of position and with min 6 revs, and 1 a combination spin with min 10 revs.</p> <p>A Maximum of 1 step sequence or spiral sequence utilizing the full ice surface. If the spiral sequence is skated it must comply with ISU regs 2008 and any subsequent ISU communications.</p> <p>N.B. Only 2 different jumps with 2 ½ revs or more can be repeated and if so should be in either a jump combination or jump sequence. No jump of 3 revs or more can be attempted more than twice in the programme. Double axel may be attempted a maximum of 3 times in the programme</p>



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<p>Event 19 Ladies</p> <p>Event 20 Men</p>	<p style="text-align: center;">Level 9</p>	<p>Level 9 Field Moves and either :</p> <ul style="list-style-type: none"> ▪ Level 9 Elements or ▪ Level 9 Free or ▪ 1 part of the old NISA Primary (ISU Novice) Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 10 Elements and Free or ▪ Both parts of the Junior Competitive Test or higher 	<p>Ladies 3½ Minutes (+/- 10 seconds)</p> <p>Men 4 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 7 jump elements for ladies and 8 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs), 1 a flying spin (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface. .</p> <p>N.B. Only 2 different jumps with 3 revs or more can be repeated and if so should be in either a jump combination or jump sequence. No jump of 3 revs or more can be attempted more than twice in the programme. Double axel may be attempted a maximum of 3 times 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	<p>Must not hold any old NISA Pair Test or any part of Level 4 Singles or Dance National tests (excluding Field Moves)</p> <p>Must not hold Level 2 or higher new National Pair test</p>	Free Program of 2 minutes (+/- 5 seconds)	<p>The programme must contain ONLY the following elements:</p> <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) <p>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.</p>



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Adults	Beginner	<p>Skate UK Gold Star (Figure) or Level 1 Field Moves</p> <p>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)</p>	<p>Must not hold any of the following:</p> <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	1½ Minutes (+/- 5 seconds)	<p>Skaters must perform a well balanced programme with linking steps, consisting of:</p> <p>A maximum of 3 jump elements including</p> <ul style="list-style-type: none"> • single jumps only, excluding axel, lutz and flip • NO combinations or sequences are permitted <p>NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element.</p> <p>A maximum of 2 spins,</p> <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)
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