



National Ice Skating Association of UK Ltd

ANNOUNCEMENT

Amended version: Synchronized Section (amended 21st August 2008)

Please also refer to UK Synchronized Skating Categories update 21st August 2008 on NISA website for full details

**Sk8scotland Open Championships & Scottish National Open Competitions
Dumfries 21 – 26th October 2008**

NOTE:

CLOSING DATE FOR ENTRIES TO EVENTS 1 – 45 (Singles / Dance events) EXTENDED TO FRIDAY 19th SEPTEMBER

CLOSING DATE FOR ENTRIES TO EVENTS 46 - 54 (Synchro events) REMAINS AT MONDAY 8th SEPTEMBER



National Ice Skating Association of UK Ltd

Sk8scotland Open Championships and Scottish National Open Competitions Dumfries 21-26th October 2008

GENERAL REGULATIONS

1. Entry is open to all fully paid up eligible members of NISA and/or Sk8scotland and membership must be valid through 26th October 2008.
2. Competitions will be held in accordance with regulations and by-laws of NISA. Events in the 2008 Sk8scotland Open Festival will be judged using Open Marking with the RJS (Relative Judging System).
3. The final timetable will be published following the closing date for the event (Mon 8th Sept 2008), however, all RJS Singles/Pairs events are provisionally scheduled 21-22nd Oct, RJS Dance events are provisionally scheduled 23-24th October, and all RJS Synchro events are to be held on 25th Oct 2008. Short Track events are provisionally scheduled for evening of 25th Oct 2008.
4. Entry to RJS events is by application form only (photocopies acceptable) and must quote competitor's NISA/Sk8scotland membership number or will be returned and entry may be refused. All entry fees must accompany entry forms - payable to Sk8scotland. All entry forms are downloadable from the NISA website (Home/About/Home Countries/Scotland). Completed entry forms must be sent to **The Organiser, Sk8scotland 2008, Brackenlea, Lower Glenhead, Kemnay Aberdeenshire AB51 5PR to arrive no later than midday on closing date(s)**. These forms must also include a licensed coach name, membership number and details of FM Seminar attended (Venue & Date). These details will be checked to ensure up-to-date subscriptions etc including Field Moves seminar attendance, which is mandatory for coaches.
5. **Closing date for entries to Singles/Dance events 1-45 is Friday 19th September 2008. Closing date for Synchro Events 46-54 is Monday 8th September 2008.** Please ensure your entry is posted in good time, as proof of postage does not guarantee receipt. Entrants for each event will be accepted in order of receipt of application forms, and places may be limited. **LATE ENTRIES WILL NOT BE ACCEPTED. All entries must include a C5 sized, self-seal, stamped, addressed envelope to contain confirmation letter. If sending entries or SAE in A4 please ensure correct postage (large letter) is affixed. (NB: C5 is 22.9 x 16.2cm or 1/2 A4)**
6. Age limits and maximum/minimum test requirements are as quoted in the Technical Requirements on this Announcement.
7. Sk8scotland reserves the right to refuse entry without reason or to cancel an event, in which case the entry fee will be refunded. Sk8scotland's decision is final.
8. Competitors and coaches are requested to read the Technical Requirements for the events carefully; these have been set according to published regulations governing NISA Open Competitions and Championships for 2008 and exceptions, appeals or requests for modification will not be considered.
9. Sk8scotland reserves the right to omit, subdivide or add events to the final competition list subject to entries. The number of entrants in each competition will be limited to 24. In oversubscribed events a reserve list may be created or the event may be split according to age and competitors will be notified accordingly. Entry to Championship events may be restricted depending on ice time available. Decisions will be made by Sk8scotland together with the appropriate referee and will be final.
10. Full refunds will be made to all competitors not offered entry. Cancellation after closing date, entry fee will be refunded only if place can be filled from the reserve list.
11. Where only one competitor or team enters an event, the Referee may set a standard to be achieved for the trophy and title to be awarded. The competitor/team in that event will be notified and given the option to either skate or to withdraw. A refund subject to 10 above may be offered.
12. **FOR ALL EVENTS**, mini discs or CDs only must be used and must be marked CLEARLY with the competitor's name, competition entered and running time of the music - not the length of the programme. **Cassette tapes will NOT be accepted. Competitors are required to have a back up copy of their music readily available, which should be on a different media if possible.**
13. Private photography or the taking of private video is NOT permitted within the Dumfries Ice Bowl without official permit. Parents/guardians must apply in advance for a photo permit and this will permit the photography of the named skater only. Anyone breaking this regulation will be asked to leave the rink complex and will not be permitted to return. Accredited Press photographers and authorised NISA/Sk8scotland photographer may be in attendance, and if latter, permits will not be issued.
14. This event may be subject to DOPING CONTROL by UK Sport.
15. Trophies will be held for a maximum of one year at the winner's risk and returned at the request of Sk8scotland. Winners MUST sign receipts before removing trophies from the ice rink.
16. Sk8scotland and the Dumfries Ice Bowl will not be liable for any accidents or damage, howsoever caused, to any competitor or to any official appointed by NISA or Sk8scotland arising out of or in connection with the activities of Sk8scotland.
17. Entry is conditional upon acceptance of these general rules and regulations.

NB: Open Competitions

Ladies and Men may not compete together in the same singles competitions. These competitions must be split into separate Ladies and Men's events. 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.

The following NISA Technical Figure Requirements apply for National Open Competitions from 1st July 2008 to 30th June 2009 (Updated 29/04/08).

These Generic Criteria must be read in conjunction with the ISU Regulations 2006, any subsequent ISU communications, and also the updated **NISA IJS element clarifications (4/08) for RJS competitions and National tests available on the NISA website. (see Figure – Singles – rules & regulations).**

Ladies and Men may not compete together in the same singles competitions. These competitions must be split into separate Ladies and Men's events. 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.

Sk8scotland National Open Singles Events	Min Test: must hold before 19 Sep 2008	Max Test: must not hold before 19 Sep 2008	Program Length	Notes
Event 1: Beginner Ladies Event 2: Beginner Men	Skate UK Gold Star (Figure) or Level 1 Field Moves Photocopy of Skate UK passport must be submitted with application form (unless Novice Field Moves or Level 1 Field Moves or 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 secs)	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, lutz and flip • NO combinations or sequences are permitted 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 Event 4: Level 1 Men	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 	1½ minutes (+/- 5 secs)	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. 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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Sk8scotland National Open Singles Events	Min Test: must hold before 19 Sep 2008	Max Test: must not hold before 19 Sep 2008	Program Length	Notes
Event 5: Level 2 Ladies Event 6: Level 2 Men	<ul style="list-style-type: none"> ▪ Level 2 Field Moves and either : ▪ Level 2 Elements or ▪ Level 2 Free 	Must not hold any of the following <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	1½ minutes (+/- 5 secs)	Skaters must perform a well balanced programme with linking steps, consisting of: A maximum of 4 jump elements, consisting of <ul style="list-style-type: none"> • single jumps only (no axels allowed) • A maximum of 2 jump combinations or sequences consisting of only 2 single jumps excluding axels. A maximum of 2 spins, including <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) A Maximum of 1 step sequence utilizing the full ice surface
Event 7: Level 3 Ladies Event 8: Level 3 Men	Level 3 Field Moves and either: <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	Must not hold any of the following: <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	1½ minutes (+/- 5 secs)	Skaters must perform a well balanced programme with linking steps consisting of: A maximum of 4 jump elements, consisting of <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. A maximum of 2 spins, including <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) A Maximum of 1 step sequence utilizing the full ice surface NB The axel may not be attempted more than twice in the programme
Event 9: Level 4 Ladies Event 10: Level 4 Men	Level 4 Field and either: <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	Must not hold any of the following: <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	2 minutes (+/- 5 secs)	Skaters must perform a well balanced programme with linking steps consisting of A maximum of 5 jump elements, consisting of <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 A maximum of 2 different spins (3 revs in basic position spins or 6 revs in combination or change of foot spins) A Maximum of 1 step sequence utilizing the full ice surface NB The axel and each different double jump may only be attempted twice in the programme.



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<u>Sk8scotland National Open Singles Events</u>	<u>Min Test: must hold before 19 Sep 2008</u>	<u>Max Test: must not hold before 19 Sep 2008</u>	<u>Program Length</u>	<u>Notes</u>
<u>Event 11:</u> Level 5 Ladies <u>Event 12:</u> Level 5 Men	Level 5 Field Moves and either: <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	Must not hold <ul style="list-style-type: none"> ▪ Level 6 Elements or ▪ Level 6 Free 	2 minutes (+/- 5 secs)	Skaters must perform a well balanced programme with linking steps consisting of A maximum of 5 jump elements, consisting of <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 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) A Maximum of 1 step sequence utilizing the full ice surface N.B The Axel and each different double jump may only be attempted twice in the programme
<u>Event 13:</u> Level 6 Ladies <u>Event 14:</u> Level 6 Men	Level 6 Field Moves and either: <ul style="list-style-type: none"> ▪ Level 6 Elements or ▪ Level 6 Free 	Must not hold <ul style="list-style-type: none"> ▪ Level 7 Elements or ▪ Level 7 Free or ▪ Any part of any Competitive Test 	2½ minutes (+/- 10 secs)	Skaters must perform a well balanced programme with linking steps consisting of: A maximum of 6 jump elements, consisting of <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. 1 may consist of 3 jumps, and the other 2 jumps 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) A Maximum of 1 step sequence utilizing the full ice surface N.B The Axel and each different double jump may only be attempted twice in the programme
<u>Event 15:</u> Level 7 Ladies <u>Event 16:</u> Level 7 Men	Level 7 Field Moves and either: <ul style="list-style-type: none"> ▪ One part Level 7 Elements or Free or ▪ Old NISA Pre-Novice Competitive Test 	Must not hold <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ Any part of old NISA Novice Competitive Test or higher 	2½ minutes (+/- 10 secs)	Skaters must perform a well balanced programme with linking steps consisting of: A maximum of 6 jump elements, consisting of <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. 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) A Maximum of 1 step sequence utilizing the full ice surface N.B. The Axel and each different double jump may only be attempted twice in the programme



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<u>Sk8scotland National Open Singles Events</u>	Min Test: must hold before 19 Sep 2007	Max Test: must not hold before 19 Sep 2007	Program Length	Notes
<p>Event 17: Level 8 Ladies</p> <p>Event 18: Level 8 Men</p>	<p>Level 8 Field Moves and either:</p> <ul style="list-style-type: none"> ▪ One part of Level 8 Elements or 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 or ▪ Both parts of old NISA Primary/ (ISU Novice) Competitive Test or higher 	<p>Ladies 3 minutes (+/- 10 secs)</p> <p>Men 3 ½ minutes (+/- 10 secs)</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. 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 6 revs, and 1 a combination spin with 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 2006 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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<u>Sk8scotland National Open Singles Events</u>	Min Test: must hold before 19 Sep 2008	Max Test: must not hold before 19 Sep 2008	Program Length	Notes
<p>Event 19: Level 9 Ladies</p> <p>Event 20: Level 9 Men</p>	<p>Level 9 Field Moves and either:</p> <ul style="list-style-type: none"> ▪ One part of Level 9 Elements or 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 secs)</p> <p>Men 4 minutes (+/- 10 secs)</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. 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 (10 revs), 1 a flying spin (6 revs) and 1 a spin with only 1 basic position (6 revs)</p> <p>Ladies - A Maximum of 1 step sequence and 1 spiral sequence utilizing the full ice surface. The spiral sequence must comply with ISU regs 2006 and any subsequent ISU communications.</p> <p>Men – A Maximum of 2 different step sequences</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>
<p>Event 21: Level 10 Ladies</p> <p>Event 22: Level 10 Men</p>	<p>Level 10 Field Moves and either:</p> <ul style="list-style-type: none"> ▪ One part of Level 10 or ▪ One part of the Junior Competitive Test 	<p>No maximum test requirement</p>	<p>Ladies 4 minutes (+/- 10 secs)</p> <p>Men 4½ minutes (+/- 10 secs)</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. 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 4 spins with different ISU abbreviations, 1 of which must be a combination spin (10 revs) 1 a flying spin (6 revs) and 1 a spin with only 1 basic position (6 revs)</p> <p>Ladies - A Maximum of 1 step sequence and 1 spiral sequence utilizing the full ice surface. The spiral sequence must comply with ISU regs 2006 and any subsequent ISU communications.</p> <p>Men – A Maximum of 2 different step sequences</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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<u>Sk8scotland National Open Pairs/ Couples Events</u>	Min Test: must hold before 19 Sep 2008	Max Test: must not hold before 19 Sep 2008	Program Length	Notes
Event 23: Beginner Pairs / Couples	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 Field Moves) Must not hold Level 2 or higher new National Pair test	Free Program of 2 minutes (+/- 5 secs)	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 Pair test OR <ul style="list-style-type: none"> ▪ New Level 3 National Pairs Test 	No Maximum Test Requirement	Free Program of 2½ minutes (+/- 10 secs)	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.
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 AND EITHER <ul style="list-style-type: none"> ▪ Old NISA Novice Pair test OR <ul style="list-style-type: none"> ▪ New Level 4 National Pairs Test 	No Maximum Test Requirement	Free Program of 3½ minutes (+/- 10 secs)	The well balanced programme must contain only the following elements: 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



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Sk8scotland National Solo Dance Events	Minimum Test (Must) Hold before 19th Sept 2008	Maximum Test (Must Not) Hold before 19th Sept 2008	Programme / Notes (No Age Restrictions will apply)
Event 26: Novice Ladies Solo Dance	Level 2 Compulsory Dance, Variation and FM Tests	No maximum	<u>Compulsory Dance</u> : Fiesta Tango (2 seq); <u>Free Dance</u> : 1½ minutes (± 5 seconds)
Event 27: Novice Mens Solo Dance	Level 2 Compulsory Dance, Variation and FM Tests	No maximum	<u>Compulsory Dance</u> : Fiesta Tango (2 seq); <u>Free Dance</u> : 1½ minutes (± 5 seconds)
Event 28: Primary Ladies Solo Dance	Level 3 Compulsory Dance, OD and FM Tests	No maximum	<u>Compulsory Dance</u> : Foxtrot (2 seq); <u>Free Dance</u> : 1½ minutes (± 5 seconds)
Event 29: Primary Mens Solo Dance	Level 3 Compulsory Dance, OD and FM Tests	No maximum	<u>Compulsory Dance</u> : Foxtrot (2 seq); <u>Free Dance</u> : 1½ minutes (± 5 seconds)
Event 30: Junior Ladies Solo Dance	Level 5 Compulsory Dance, OD and FM Tests	No maximum	<u>Compulsory Dance</u> : Rocker Foxtrot (3 seq); <u>Free Dance</u> : 2 minutes (± 5 seconds)
Event 31: Junior Mens Solo Dance	Level 5 Compulsory Dance, OD and FM Tests	No maximum	<u>Compulsory Dance</u> : Rocker Foxtrot (3 seq); <u>Free Dance</u> : 2 minutes (± 5 seconds)
Event 32: Intermediate Ladies Solo Dance	Level 7 Compulsory Dance, OD and L5 FM Tests	No maximum	<u>Compulsory Dance</u> : Blues (3 seq) <u>Free Dance</u> : 2 minutes (± 5 seconds)
Event 33: Intermediate Mens Solo Dance	Level 7 Compulsory Dance, OD and L5 FM Tests	No maximum	<u>Compulsory Dance</u> : Blues (3 seq) <u>Free Dance</u> : 2 minutes (± 5 seconds)
Event 34: Senior Ladies Solo Dance	Level 9 (P1) Comp Dance, L9 OD & L5 FM tests	No maximum	<u>Compulsory Dance</u> : Kilian (4 seq) <u>Free Dance</u> : 3 minutes (± 10 seconds)
Event 35: Senior Mens Solo Dance	Level 9 (P1) Comp Dance, L9 OD & L5 FM tests	No maximum	<u>Compulsory Dance</u> : Kilian (4 seq) <u>Free Dance</u> : 3 minutes (± 10 seconds)

TECHNICAL REQUIREMENTS – FREE DANCE REQUIRED ELEMENTS

1. ALL SECTIONS: (except Juvenile)

TWIZZLES: ONE set of twizzles: (Additional sets of twizzles are permitted but only the FIRST performed SET of Twizzles (not included in the step sequence) will be identified as the Required Element.)

The following set of twizzles is required for all sections and is in addition to any that may be skated during the step sequence:

ONE clockwise & ONE anti clockwise with rotations as listed ie. NOVICE & PRIMARY minimum TWO (2) continuous rotations; JUNIOR, INTERMEDIATE & SENIOR: minimum THREE (3) continuous rotations.

None are to be skated as 3's - but must be performed on one foot or on either foot. The skater must travel across the ice during the turns (if the action stops they become spins). It should be noted that the end of the first twizzle should be controlled and checked, enabling the second twizzle to be executed on the same axis, with no more than THREE (3) steps between the two twizzles. (See Appendix 3).



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2. NOVICE AND PRIMARY

STEPS: ONE Diagonal step sequence skated fully corner to corner of the rink must be included.

SPINS: ONE spin only must be included. Minimum 3 revolutions on one foot before any change of foot.

3. JUNIOR, INTERMEDIATE AND SENIOR*

STEPS:

1. ONE Serpentine step sequence commencing in either direction at the centre (long) axis at one end of the rink and progressing in THREE bold curves OR in TWO bold curves (S-Shaped) and ending at the centre (long) axis of the opposite end of the rink; pattern using the full width of the rink must be included (Reference ISU Communication No.1449 Page 6)
- 2* SENIORS ONLY: A second step sequence must be included and skaters must choose to skate either a Midline or Diagonal step sequence, fully end to end.

SPINS:

TWO spins only must be included. Minimum 3 revolutions on one foot before any change of foot. Each spin must be from a different category (a) Upright (b) Sit or (c) Camel as per ISU 1449 Page 14

NB. ALL FREE DANCE SECTIONS (including Juvenile)

1. Jumps, spins, stops and pirouettes are not allowed during the Free Dance step sequence.
2. Whilst there are no restrictions on the number of half revolution jumps, skaters may also include one jump of no more than one revolution.

TWIZZLES: FREE DANCE

1. See ISU Special Regulations Ice Dancing 2002 Rule N0 504, 14 (a) page 11.
2. The set of twizzles should be clearly defined as a Required Element in the Free Dance.
3. The inclusion of an excessive number of twizzles will affect the balance of a programme and could lead to deductions.

FREE DANCE MUSIC (including Juvenile)

1. Music containing vocals is permitted.
2. It is important that skaters have a spare copy of music readily available at all events
3. Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone but not melody alone.
4. If more than one piece of music is used for the Free Dance care should be taken to ensure the duration of each piece is approx balanced.
5. All music must be clean & of good quality, be the only recording on the disc, show clearly the skaters name, programme type and exact total running time (not skating time).
6. Duration of programmes: Time reckoned from the moment the skater begins to move or skate until they arrive at a complete stop at the end of the programme (extended sliding finishes after music has ended can result in deductions if the skater is still moving after time allowed)

GENERAL NOTES:

1. **FEATURES:** Skaters are encouraged to include such extra features as Spreads, Toe Steps, Ina Bauers, Shoot the Duck, Drags and a variety of turns on one foot in their programmes to demonstrate their flexibility and skating skills which are such an important part of any performance.
2. **NOTICE TO COACHES:** Coaches are reminded that only NISA Licensed Coaches may enter pupils in NISA permitted events.
3. Skaters are only allowed to compete in one category Novice ,Primary, Junior, Intermediate or Senior.
4. Warm ups will be 3 minutes and groups will usually number a maximum of 8 at the Referee's discretion.
5. Factors:- Compulsory Dance 0.4: Free Dance 1.0 Free Dance -- Presentation Mark determines ties (No 544 Para 3b)



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<u>Sk8scotland National Solo Dance Events</u>	Min Test (Must) Hold before 19 Sept 2008	Max Test (Must Not) Hold before 19 Sept 2008	<u>Programme / Notes (No age restrictions will apply)</u>
<u>Event 36:</u> Pre Juvenile Solo Dance	Skate UK Silver Star (Figure or Dance) Photocopy Passport required with entry.	Level 2 Compulsory Dance	<u>Compulsory Dances:</u> Novice Foxtrot (1 circuit); Rhythm Blues (2 seq)
<u>Event 37:</u> Juvenile Solo Dance	Level 1 Compulsory Dance & FM Tests	No Maximum	<u>Compulsory Dances (Drawn from):</u> Novice Foxtrot (1 circuit); or Canasta Tango (2 seq) <u>Free Dance:</u> 1 ¹ / ₂ minutes (± 5 seconds) To include either a Mid-Line OR Diagonal step sequence using the full length of the rink <u>Plus</u> One spin (min 3 revs on one foot) <u>Plus</u> One Twizzle, minimum one rotation <u>Plus</u> Good timing, expression and simple step movements.



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<u>Sk8scotland National Open Couples Dance Events</u>	Minimum Test (Must Hold) before 19 Sep 2008 (No Maximum)	Program / Requirements (No age restrictions will apply)
<u>Event 38</u> Couples Compulsory Dances (C2)	Level 1 Comp Dance & FM tests	Rhythm Blues & Dutch Waltz* (2 sequences of each)
<u>Event 39</u> Couples Compulsory Dances (C3)	Level 3 Comp Dance & FM tests	Fiesta Tango & Willow Waltz* (2 sequences of each).
<u>Event 40</u> Couples Free Dance (C4)	Level 3 Comp Dance, FD & FM tests	2min (+/-5s) Free Dance programme containing: One step sequence in dance hold; One dance spin –minimum 3 revs on one foot by both skaters; One dance lift and One set of twizzles NB. Vocal music allowed.
<u>Event 41</u> Couples Compulsory Dances (C5)	Level 4 Comp Dance & DM/FM tests	14 Step (3 sequences) & Foxtrot* (2 sequences)
<u>Event 42</u> Couples Free Dance (C6)	Level 4 Comp Dance, FD & DM/FM tests	2min (+/-5s) Free Dance programme containing: One step sequence in dance hold; One but not more than Two dance spins — Minimum 3 revs on one foot by both skaters; One dance lift & One set of twizzles NB. Vocal music allowed
<u>Event 43</u> Couples Compulsory Dances (C7)	Level 5 Comp Dance & DM/FM tests	Rocker Foxtrot (2 sequences) <u>and</u> European Waltz* (One & half circuits of rink / One Lobe Waltz)
<u>Event 44</u> Couples Free Dance (C8)	Level 5 Comp Dance, FD & DM/FM tests	2 min (+/-5s) Free Dance programme containing: One Step sequence in dance hold; One but not more than Two dance spins - min 3 revs on one foot by both skaters; One but not more than two dance lifts; One set of twizzles NB. Vocal music allowed

1. Couples who enter or have previously entered IJS Junior & Senior events & Championships may not compete in the above Couples Dance events.
2. Skaters placed in the first three of any previous year's NISA Novice Couples Dance Championship are ineligible to take part in these events unless they skate with another partner. All other couples skating in NISA Novice IJS Events/Championships are eligible to enter these events.
3. These events will be judged using the Relative 6.0 scoring method
4. Free Dance -- Presentation Mark determines ties (No 544 Para 3b).
5. In the case of events consisting of only two compulsory dances, the second dance listed - marked* will determine any ties.



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Event 45: Sk8scotland Inter-Club Solo Dance Team Challenge

Due to the popularity of this event and the format for the competition, based on the highly successful RIDL concept, and used in the 2005, 2006 and 2007 Scottish, will be repeated in 2008. The maximum number of teams accepted will be limited to 10. Clubs may enter one or more teams (skaters may compete for only one team), however in the event that there are more than 10 entries by the closing date (19th September 2008), to ensure that as many rinks as possible are represented, where more than 1 team per rink is entered, precedence will be given to date order of entry. A draw may still be necessary amongst those rinks entering more than one team.

Format: The competition will be divided into two rounds of compulsory dances, where clubs will be skating against each other, two skaters at a time on the ice, in a round robin contest (ie A v B, A v C, B v C etc). Judges will award 5 points for a win, 3 points for a draw and 1 point awarded to a losing skater. Teams will then be ranked according to points scored.

Following the Compulsory Dances rounds, all teams will skate a 2 minutes (± 5 seconds) Free Dance (Technical Requirements as per British Junior Solo Dance Championships 2008. This will be judged using the 0-6 RJS judging system. The ranking of skaters in the Free Dance will be awarded points, which will be added to the ranking points gained in the compulsory dance rounds to arrive at the winning total team points.

The final format of the competition will be dependent on the number of teams entered: Where up to 7 teams enter, each Compulsory Dance Round will be in the form of a complete Round Robin, where every team will skate against every other team. If there are 8 - 10 teams entered, the teams will be drawn into two leagues and again a Round Robin will take place within each league. Following the Compulsory Dance Rounds all teams will skate the Free Dance Round.

Team Size: Teams may comprise up to 3 skaters in each of the Compulsory Dance rounds 1 and 2, plus one skater only in the Free Dance Round.

The minimum possible team size is therefore 3 (eg 1 skater dances in Compulsory Dance Round 1; 1 skater dances in Compulsory Dance Round 2; plus 1 further skater in the Free Dance)

The maximum possible team size is 7 (eg 3 skaters dance in Compulsory Dance Round 1; 3 skaters dance in Compulsory Dance Round 2; plus one further (different) skater competes in Free Dance).

Teams are encouraged to enter as many skaters as possible up to the maximum team size allowed. The team member skating in the Free Dance round may have already competed in Compulsory Dance rounds 1 or 2 as long as the total team size meets the minimum of **three different** skaters.

Ties: Will be decided (a) by team size – largest team wins* (b) by ranking on Free Dance (c) by ranking on Compulsory Dance Round 2 (d) by Presentation mark in Free Dance

* Encourages teams to include more skaters & discourages teams from including only their strongest skaters perhaps skating more than once

45(a) Compulsory Dance (1st round)	No minimum test	Not passed Level 4 Compulsory Dance test before 19 Sept 2008	<u>Compulsory Dance:</u> Dutch Waltz (1 circuit)
45(b) Compulsory Dance (2nd round)	No minimum test	No maximum	<u>Compulsory Dance:</u> 14 Step (2 seq)
45(c) Free Dance	No minimum test	No maximum	<u>Free Dance:</u> 2 mins ± 5s Programme as per British Junior Solo Dance Championships 2008.



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Sk8scotland Synchro RJS NATIONAL OPEN Events	Minimum Test (Must) Hold before 8 Sept 2008	Maximum Test (Must Not) Hold before 8 Sept 2008	Programme / Notes
			All teams: Open to male, female or mixed teams. NB: Amendments announced 21st August 2008 indicated in red (Original is struckthrough)
Event 46: Elementary Scottish National Open Synchro	No minimum	A maximum of 2 team members may be Level 2 and over. (ie Level 2 Dance, Free or Field Moves). All the rest of the team may not have a Level 2 test in any NISA Test Channel	<u>Age</u> : must not have reached 16 years by 1st July 2008 <u>Team size</u> : 9 – 16 plus up to 4 alternates. <u>Programme</u> : 2 minutes 30 secs (± 10 seconds) <u>Programme Requirements</u> – one block, one circle, one line, one wheel, 2 one intersection, plus one additional element from Circle, Line or wheel one Moves in Isolation . <u>NB</u> : No more than one third of the team may skate in any of the other categories at an event. (ie a team of 9-11 may only have 3 skaters from other teams, 12 may have 4, 15-16 may have 5).
Event 47: Preliminary Scottish National Open Synchro	No minimum	No maximum	<u>Age</u> : must not have reached 21 years by 1st July 2008 <u>Team size</u> : 10 9 – 16 plus up to 4 alternates. (MUST Does not have to be even number in team) <u>Programme</u> : 3 minutes (± 10 seconds) <u>Programme Requirements</u> – one block, one circle, one line, one wheel, 2 one intersection, one Pair element Moves in Isolation . <u>NB</u> : As in the Elementary category – no more than one third of the team may skate in any of the other categories at an event. (ie team of 10 9 skaters may only have 3 skaters from other teams, 12 or 14, may have 4 and a team of 15 -16 , 5 cross-over skaters from other teams).
Event 48: Novice Scottish National Open Synchro	75% of team to hold Level 3 FM	No maximum	<u>Age</u> : must have reached 10 years but not 15 years by 1st July 2008 <u>Team size</u> : 12 – 16 plus up to 4 alternates (*may skate 14 in exceptional circumstances (see ISU Special Regs 2006 p9 Rule 701 3f) <u>Programme</u> : 3 minutes 30 secs (± 10 seconds) see UK Synchronized Skating Categories updated 21/8/08 .
Event 49: Junior Scottish National Open Synchro	75% of team to hold Level 4 FM	No maximum	<u>Age</u> : must have reached 12 years but not 20 by 1st July 2008 <u>Team size</u> : 16 plus up to 4 alternates (*may skate 14 in exceptional circumstances (see ISU Special Regs 2006 p9 Rule 701 3f) <u>Programme</u> : 4 minutes (± 10 seconds) as per ISU for 2008-9 (Long Programme only) Check for post Congress ISU Communications
Event 50: Senior Scottish National Open Synchro	75% of team to hold Level 5 FM	No maximum	<u>Age</u> : must have reached 14 years by 1st July 2008 (No maximum age) <u>Team size</u> : 16 plus up to 4 alternates (*may skate 14 in exceptional circumstances (see ISU Special Regs 2006 p9 Rule 701 3f) <u>Programme</u> : 4 minutes 30 secs (± 10 seconds) as per ISU for 2008-9 (Long Programme only) Check for post Congress ISU Communications
Event 51: Adult Scottish National Open Synchro	No minimum	No maximum	<u>Age</u> : All Team members must have reached 18 years, with 50% over 25 years, by 1st July 2008 <u>Team size</u> : 12 – 16 plus up to 4 alternates <u>Programme</u> : 3 minutes 30 sec (± 10 secs) <u>Programme Requirements</u> : – one Block, one Circle, one Line, one Wheel, 2 one intersection, 2 additional elements (from Circle, Line, Wheel, Moves in Isolation, Moves in the Field, No Hold Step Sequence, Spin) one Moves in Isolation .



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Event 52: Juvenile Scottish National Open Synchro	No minimum	No maximum	<u>Age:</u> Must not have reached 13 years by 1 st July 2008 <u>Team size:</u> 12 – 16 plus up to 4 alternates <u>Programme:</u> 3 minutes 30 secs (± 10 secs). <u>Programme Requirements:</u> – one Block, one Circle, one Line, one Wheel, 2 one Intersection, 4- additional element (from Circle, Line, Wheel), 1 additional element (from Moves in Isolation, Moves in the Field, No Hold Step Sequence) one Moves in Isolation
Event 53: Intermediate (1) Scottish National Open Synchro	50% of team to hold Level 2 FM	No maximum	<u>Age:</u> Average age of team (inc Alternates) <u>must not</u> be 15 years by 1st July 2008 <u>Team size:</u> 12 – 16 plus up to 4 alternates <u>Programme:</u> 3 minutes 30 secs (± 10 seconds). <u>Programme Requirements:</u> – one Block, one Circle, one Line, one Wheel, 2 one Intersection, 2- additional elements (from Circle, Line, Wheel, Moves in Isolation, Moves in the Field, No Hold Step Sequence, Spin) One Moves in Isolation.
Event 54: Intermediate (2) Scottish National Open Synchro	50% of team to hold Level 2 FM	No maximum	<u>Age:</u> Average age of team (inc Alternates) <u>must</u> be 15 years or over by 1st July 2008 <u>Team size:</u> 12 – 16 plus up to 4 alternates <u>Programme:</u> 3 minutes 30 secs (± 10 seconds) <u>Programme Requirements:</u> – one Block, one Circle, one Line, one Wheel, 2 one Intersection, 2- additional elements (from Circle, Line, Wheel, Moves in Isolation, Moves in the Field, No Hold Step Sequence, Spin) One Moves in Isolation.

No more than 50% of any team may cross over to a second team at any one synchronized skating event. The numbers should be based on the smaller team. (ie 12 in Adult/16 in Intermediate – no more that 6 cross-over. Any coaches requiring further clarification please contact a member of the Technical Committee) **Elementary and Preliminary cross-overs are indicated above.**

Due to the programme length for Elementary and Preliminary sections remaining at 2½ minutes and 3 minutes respectively for the Scottish event at Dumfries, if teams/coaches prefer to omit the Moves in Isolation from their programmes, this will be accepted without deduction. NB: After 26th October 2008 the programme length for both categories changes to 3½ minutes.

All programmes are expected to present a well-balanced programme with good ice coverage including the elements as listed in the Generic Criteria below.

All coaches are required to complete a programme content sheet and submit this with their entry form. IJS Education is ongoing and there will be feed back where coaches need help with this.

Vocal music is allowed. Timing is taken from the moment the team starts to move until they come to a complete stop.

For full information, including illegal elements and detail on Pair Elements, please refer to NISA website (Synchro Rules & Regulations: Synchronized Generic Criteria 2008-09 **updated version 21st August 2008 – issued to all the synchro community at the same time as this updated announcement**)

It is a requirement of entry that all teams have their names officially registered – this can be done by email to noelsk8@blueyonder.co.uk or judy.synchro@googlemail.com or by text to Judy on 07747 194793.



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<u>Sk8scotland Short Track Championships Events</u>	Minimum Test Must hold:	Maximum Test Must not hold:	Programme / Notes
<u>Event 55: Peewee</u>			222m; 333m; & 500m Super Final
<u>Event 56: Juvenile</u>			333m; 500m; & 1000m Super Final
<u>Event 57: Junior</u>			500m; 1000m; & 1500m Super Final
<u>Event 58: Senior</u>			500m; 1000m; & 1500 Super Final
<u>Event 59: Masters</u>			500m; 800m; & 1000m Super Final

This Championship will be run on an "All Finals" format over 5 sessions under NISA Regulations, with all skaters racing a heat and a final over the first two distances and the top 6 skaters on points in each category competing in a Super Final