



NISA SYNCHRONIZED SKATING



BRITISH SYNCHRONIZED SKATING CHAMPIONSHIPS AND NATIONAL OPEN COMPETITIONS 2008/2009

FEBRUARY 8th 2009 - Ice Sheffield

CLOSING DATE DECEMBER 12th 2008

SUMMARY OF ENTRY REQUIREMENTS

Skaters must meet the following requirements:

1. ELIGIBILITY

- NISA eligible (Full or Retained) members (Elig.4 form lodged with NISA for Retained Eligible. e.g. any skater Level 1 Assistants/trainee coach or higher for coaching year finishing 29th February 2009)

2. CITIZENSHIP OR RESIDENCY AND GENERAL REGULATIONS

- Skaters who are British citizens and entitled to hold a British passport OR
- Skaters, who have legally resided in Great Britain or Northern Ireland for at least one year, but are citizens of another country.
- In British Synchro Championships AND National Opens - Synchronized skating teams, 75% of the team must be either British Citizens or have resided in GB or Northern Ireland for at least 1 year but are citizens of another country. 25% of the team may be citizens or residents of another country.
- NISA reserves the right to refuse entry if compliance with the above is not respected.
- Competitions will be held in accordance with regulations and by-laws of NISA. Events in the 2009 Synchronized Skating Championships and National Open Competitions at Ice Sheffield on 8th February will be judged using IJS (International Judging System)
- Teams entering the Juvenile, Adult & Intermediate Championships and the Elementary, Preliminary and Novice, National Open events will be required to skate a Free Skating Programme only. Junior and Senior entries will be required to skate a short and free skating programme.
- Lifts are allowed only in Senior Free Skating programmes – Rule 703 Para 8
- Trophies will be held for a maximum of one year at the winner's risk and returned at the request of the National Ice Skating Association. Winners MUST sign receipts before removing trophies from the ice rink

3. AGE

• **National Open Competitions**

- **Novice** - Must have reached 10 but not 15 yrs of age before 1st July 2008
- **Junior** - Must have reached 12 yrs of age but not 19 yrs of age before 1st July 2008
- **Senior** - Must have reached 14 yrs of age before 1st July 2008
- **Elementary**- Must not have reached 16 yrs by 1st July 2008
- **Preliminary** - Must not have reached 21 yrs by 1st July 2008

• **RJS Synchronized Championships**

- **Juvenile** - Must not have reached 13 yrs by 1st July 2008
- **Intermediate 1** - Av. age of team (inc Alternates) must not be 15 yrs by 1st July 2008
- **Intermediate 2** - Av. age of team (inc Alternates) must be 15 yrs or over by 1st July 2008
- **Adult** - Must have reached 18 yrs with 50% over 25 yrs by 1st July 2008

4. STANDARD & TEAM SIZES (Up to 4 Alternates are allowed for each team in any category)

(No tests in addition to Field Moves are required)

- **Novice** A team of 12-16 skaters of whom 75% of team to hold Level 3 Field Moves
- **Junior** A team of 16 skaters of whom 75% of team to hold Level 4 Field Moves
- **Senior** A team of 16 skaters of whom 75% of team to hold Level 5 Field Moves
- **Elementary** A team of 9-16 skaters of whom no more than 2 team members may hold Level 2 and over
- **Preliminary** A team of 9-16 skaters of no minimum or maximum standard
- **Juvenile** A team of 12-16 skaters of no minimum or maximum standard
- **Intermediate 1** A team of 12-16 skaters of whom 50% to hold Level 2 Field Moves
- **Intermediate 2** A team of 12-16 skaters of whom 50% to hold Level 2 Field Moves
- **Adult** A team of 12-16 skaters of no minimum or maximum standard

5. Programme Information

Elementary	<p><u>Programme:</u> 3 minutes 30 secs (\pm 10 seconds); vocal music permitted; Minimum manoeuvres – one block, one circle, one line, one wheel, one intersection, one movement in isolation.</p> <p><u>NB:</u> No more than one third of the team may skate in any of the other categories at this event.</p>
Preliminary	<p><u>Programme:</u> 3 minutes 30 secs (\pm 10 seconds); vocal music permitted; Minimum manoeuvres – one block, one circle, one line, one wheel, one intersection, one movement in isolation.</p> <p><u>NB:</u> No more than one third of the team may skate in any of the other categories at this event.</p>
Recommended ISU guidelines for a Novice programme can be found in communication 1528	
Novice	<p><u>Programme:</u> 3 minutes 30 secs (\pm 10 seconds) as per ISU for 2008-9</p>
Junior and Senior Programmes should be as laid down by the ISU for the 2008/9 season	
Junior	<p><u>Team size:</u> 16 plus up to 4 alternates (<i>*may skate 14 in exceptional circumstances (see ISU Special Regs 2006 p9 Rule 701 3f)</i>)</p> <p><u>Short Programme:</u> 2 minutes 50 secs (\pm 10 seconds) as per ISU for 2008-9; vocal music permitted; Minimum manoeuvres – one block, one circle, two different intersections, one no hold block, two different wheels.</p> <p><u>Free Programme:</u> 4 minutes (\pm 10 seconds) as per ISU for 2008-9 as per ISU for 2008-9; vocal music permitted; Minimum manoeuvres – one block, one circle, two different intersections, one line, one movement in isolation, one no hold block, one wheel, one element from spin or moves in the field.</p>
Senior	<p><u>Team size:</u> 16 plus up to 4 alternates (<i>*may skate 14 in exceptional circumstances (see ISU Special Regs 2006 p9 Rule 701 3f)</i>)</p> <p><u>Short Programme:</u> 2 minutes 50 secs (\pm 10 seconds) as per ISU for 2008-9; vocal music permitted; Minimum manoeuvres – one block, two different intersections, two different circles, one movement in the field, one no hold block.</p> <p><u>Free Programme:</u> 4 minutes 30 secs (\pm 10 seconds) as per ISU for 2008-9; vocal music permitted; Minimum manoeuvres – one block, one circle, one line, two different intersections, one movement in isolation, one movement in the field, one no hold block, one wheel, one element from spin, pair element or movement in the isolation.</p>

Programmes for all the following categories should include a block, circle, line, wheel, intersection and a movement in isolation. No more than 50% of any team may cross over to a second team at this event	
Juvenile	Programme: 3 minutes 30 sec (\pm 10 secs)
Intermediate (1)	Programme: 3 minutes 30 secs (\pm 10 seconds)
Intermediate (2)	Programme: 3 minutes 30 secs (\pm 10 seconds)
Adult	<u>Programme</u> : 3 minutes 30 sec (\pm 10 secs)

APPLICATION TO COMPETE IN THE BRITISH CHAMPIONSHIP

All skaters will be required to submit a fully completed application form to compete in the British Championships & National Opens by 12th December 2008.

At these events the Most Entertaining Performance Award (donated by Helen Poole) will be judged by the Referee(s), one nominated judge and an invited guest who will decide which team has given the Most Entertaining Performance in any category



**BRITISH SYNCHRONIZED SKATING CHAMPIONSHIPS
AND NATIONAL OPEN COMPETITIONS 2008/2009**



OFFICIAL ENTRY FORM

PLEASE READ BEFORE COMPLETING THE ATTACHED ENTRY FORM

Application for the Championships must be made to the NISA Office by the closing date for the event as stated on the entry form.

NISA licensed coaches wishing to enter skaters for these events must have attended a basic IJS seminar and a field moves seminar. If the coach named on the application form has not done so, the entry will not be accepted, and will be returned to the skater. Note: only TWO coaches per synchro team will be allocated accreditation which allows access to ice-level. Please indicate which coach(es) require accreditation if naming more than this number, or NISA will select.

A programme element sheet is required for all teams entering the Championships and National Opens for all programmes.

These are new to all the coaches who have not as yet entered teams into IJS competitions. Please fill them out to the best of your ability and contact Judy Clinton, Melissa Galvin or a member of the Synchro Technical Committee - by email – with any queries you may have.

Please complete this even if the elements and order are subject to change.

NISA will acknowledge receipt of a correctly and fully completed entry form by sending an e-mail to the skater (or team manager in the case of synchro teams), giving a receipt of entry number. This number should be kept and used in any further correspondence with NISA regarding the entry to this event only. Any skater or team manager not receiving this number should query it with the NISA office PRIOR to the closing date.

ENTRY FEES

- **Novice** - £290
- **Junior** - £300
- **Senior** - £300
- **Elementary** - £265
- **Preliminary** - £265
- **Intermediate 1** - £315
- **Intermediate 2** - £315
- **Juvenile** - £315
- **Adult** - £315

Entries should be submitted by one of the following methods:

• **MAIL TO**

Alexis Bovington
National Ice Skating Association
Grains Building
High Cross Street
Nottingham
NG1 3AX

• **FAX TO** 0115 988 8061

• **E MAIL TO** info@iceskating.org.uk



**OFFICIAL ENTRY FORM
 BRITISH SYNCHRONIZED CHAMPIONSHIPS
 & NATIONAL OPEN COMPETITIONS 2008
 SHEFFIELD – 8TH FEBRUARY 2009**

TEAM NAME:						
NAME OF CLUB/RINK						
TEAM MANAGER/OFFICIAL NAME & ADDRESS:						
	POST CODE	CONTACT No & EMAIL				
TEAM LICENSEDCOACH(ES): & NUMBER						
EVENT ENTERED:	Novice	<input type="checkbox"/>	Entry Fee £290	Intermediate 1	<input type="checkbox"/>	Entry Fee £315
	Junior	<input type="checkbox"/>	Entry Fee £300	Intermediate 2	<input type="checkbox"/>	Entry Fee £315
	Senior	<input type="checkbox"/>	Entry Fee £300	Juvenile	<input type="checkbox"/>	Entry Fee £315
	Elementary	<input type="checkbox"/>	Entry Fee £265	Adult	<input type="checkbox"/>	Entry Fee £315
	Preliminary	<input type="checkbox"/>	Entry Fee £265			

All Teams: 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. Elementary and Preliminary cross overs are indicated above

**CLOSING DATE FOR THIS EVENT IS 12 December 2008
 LATE AND INCOMPLETE ENTRIES WILL NOT BE ACCEPTED**

PAYMENT DETAILS
 CHEQUE / DEBIT CARD / CREDIT CARD (PLEASE CIRCLE) NAME.....

CARD NUMBER..... ISSUE NUMBER.....

SECURITY NUMBER (LAST 3 DIGITS ON BACK OF CARD).....

START DATE..... EXPIRY DATE.....

PLEASE NOTE THAT CREDIT/DEBIT CARD PAYMNTS ARE SUBJECT TO A 5% ADMINISTRATION CHARGE
 CHEQUES SHOULD BE MADE PAYABLE TO NISA UK LTD

NB: IF ENTERING TWO OR MORE EVENTS PLEASE COMPLETE SEPERATE ENTRY FORMS AND PROGRAMME ELEMENT SHEETS

NON CHAMPIONSHIP TEAMS – ELEMENTARY/PRELIMINARY/NOVICE/JUNIOR/SENIOR

A separate entry form must be submitted for each team entered

Please enter Synchro team members in alphabetical order followed by alternates. It is essential that details of each skater's test passes, DOB etc. are given below. Please indicate team captain with an asterisk. *

SKATER'S NAME Please write clearly	NISA No (Valid until 08/02/09)	Date of Birth (dd/mm/yyyy)	Age On 1 July 2008	Field Moves Test (By 12/12/08)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
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19.				
20.				
21.				
22.				
23.				
24.				

ONLY SKATERS WHOSE NAMES ARE LISTED ABOVE WILL BE ALLOWED TO SKATE

I DECLARE THAT TO THE BEST OF MY KNOWLEDGE ALL SKATERS ABOVE ARE ELIGIBLE OR RETAINED ELIGIBLE SKATERS
 (If retained Eligible have submitted the appropriate Elig. 4 and 5 forms to NISA – see note page 1).

LICENSED COACH NAME – Capital Letters Please	LICENSED COACH SIGNATURE	Date:
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ENTRY FORM SECTION FOR CHAMPIONSHIP TEAMS ONLY – JUVENILE, ADULT, INTERMEDIATE 1 AND INTERMEDIATE 2

BRITISH CITIZEN -I hold/am entitled to hold a valid & up to date British Passport / **RESIDENT**-I am a citizen of another Country but have legally resided in GB or Northern Ireland for at least 1 year.

Please enter **Synchro** team members in alphabetical order followed by alternates. It is essential that details of each skater's test passes; DOB; etc. are given below.

Please indicate team captain with an asterisk * **ONLY SKATERS LISTED BELOW WILL BE ALLOWED TO SKATE.**

SKATER'S NAME	NISA No (Valid until 08/02/09)	Date of Birth (dd/mm/yyyy)	Age On 1 July 2008	Field Moves Test Held (12/12/08)	BRITISH CITIZEN (√) See above	BRITISH RESIDENT (√) See above	NON RESIDENT (√)	BRITISH PASSPORT NUMBER (if held)	CITIZEN PLACE PASSPORT ISSUED
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
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21.									
22.									
23.									
24.									

LICENSED COACH NAME	LICENSED COACH SIGNATURE	Date:
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DECLARATION FORM
BRITISH SYNCHRONIZED CHAMPIONSHIPS & NATIONAL OPENS 2009
SHEFFIELD – 8th FEBRUARY 2009

DECLARATION: This declaration must be signed by either the Skater if 18 years or over or a Parent / Guardian if Skater is under 18 years and returned with the Official Entry Form by the closing date of 12 December 2008.

I / We understand and accept that anti-doping testing may take place during this event. I / We will make ourselves available at the time and place advised, if selected. We also give permission for the official Photographer to take photographs /video and **understand that no other person should do this.**

IMPORTANT IF UNDER 18 YEARS OF AGE: I, the parent / guardian of the above skater/s, who is / are under 18 years of age, agree to give the NISA and the appointed officials working on its behalf, my permission to test the skater(s) entered in the above competition if so selected. (If more than one skater then the form must be signed by each skater's parent/ guardian)
 I have read and agree to abide by the rules of the event (British Championships 2008) and to observe the rules and directions of the NISA of UK Ltd at all times. I confirm that I am in good health and have no medical condition that would impede my ability to compete or be detrimental to any other competitor's ability to compete or cause harm whatsoever to any person. I understand that I participate in NISA sanctioned National Events at my own risk and that no liability is accepted by the Organisers and or the Association for any death, injury, damage or loss sustained by me during this event except as may be proven to be caused by the negligence of the Association. I further confirm that should any loss, injury, death or damage resulting from a negligent act or omission on my part as a result of any false information provided by me to the Association and / or the Organisers, then I shall fully indemnify the Association for any loss suffered as a result.

SIGNATURES MUST CORRESPOND TO THE SKATERS' NUMBERS AS DETAILED ON PREVIOUS PAGE.

1. Parent Signature: Skater Signature:
2. Parent Signature: Skater Signature:
3. Parent Signature: Skater Signature:
4. Parent Signature: Skater Signature:
5. Parent Signature: Skater Signature:
6. Parent Signature: Skater Signature:
7. Parent Signature: Skater Signature:
8. Parent Signature: Skater Signature:
9. Parent Signature: Skater Signature:
10. Parent Signature: Skater Signature:
11. Parent Signature: Skater Signature:
12. Parent Signature: Skater Signature:
13. Parent Signature: Skater Signature:
14. Parent Signature: Skater Signature:
15. Parent Signature: Skater Signature:
16. Parent Signature: Skater Signature:
17. Parent Signature: Skater Signature:
18. Parent Signature: Skater Signature:
19. Parent Signature: Skater Signature:
20. Parent Signature: Skater Signature:
21. Parent Signature: Skater Signature:
22. Parent Signature: Skater Signature:
23. Parent Signature: Skater Signature:
24. Parent Signature: Skater Signature:

The Entry Form cannot be accepted unless accompanied by this form, which should contain the appropriate number of signatures to match the entrants. We agree / do not agree to the information given on this form being stored on computer for the sole use of NISA

Signed: Position in Club: Date:



Music Information



All music must be on CD or mini disc with the Team's name, event and the length of the music (not the skating time) clearly indicated. Tapes will not be accepted.

MUSIC DETAILS <i>(Please fill in carefully as this information is required for entry)</i>	
Free Programme/ Dance Music Title:	Composer(s):
	Time: (Mins / Secs)

Interpretation details on the Free Programme: i.e. Give details of the piece of music you have chosen, including where the music came from. If it is from a soundtrack, state where the section of music is taken from in relation to the soundtrack, and what you are interpreting on the ice, as well as background information regarding the piece of music selected

PHOTOGRAPHY and VIDEOING CONSENT FORM FOR ALL DICCIPLINES

IMPORTANT

- To comply with the NISA Child Protection Policy and Procedures, **ALL** competitors are required to provide consent to be photographed and videoed by the official photographer/videographer
- By entering the event, there is an acceptance that the child/participant may be photographed and/or videoed, and that images may be published by the National Ice Skating Association, unless the non-consent form below states otherwise,

Non-consent by synchro parents requires a separate sheet for each parent of a skater under 18.

NAME: _____

BRITISH SYNCHRONIZED CHAMPIONSHIPS & NATIONAL OPEN COMPETITION 8 FEBRUARY 2009 SHEFFIELD

- I **DO NOT** consent to the taking of photographs/video by the NISA Official Photographer/Videographer at the event named above

Signed (Parent/Guardian):

Date:

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PLEASE NOTE: INCOMPLETE ENTRY FORMS WILL BE RETURNED AND THE WHOLE ENTRY FORM WILL BE REJECTED WITHOUT THE SKATER BEING REGISTERED FOR THE EVENT.

BRITISH SYNCHRO CHAMPIONSHIPS & NATIONAL OPENS 2009



Program Content (SYNCHRO)

THIS FORM MUST BE RETURNED NO LATER THAN 12TH DECEMBER 2008

Please fill in with type or write in capital letters the elements in the correct order. PLEASE USE THE OFFICIAL ELEMENT CODES. If not completed correctly the entire entry form will be returned without being registered and **NOT ACCEPTED**.

* Time during program

Rink / Club:

Category: Elementary Preliminary Novice Junior Senior Adult Inter 1 Inter 2 Juvenile

TEAM:

ELEMENTS IN ORDER OF SKATING

	Time*	Elements SP / OD (Junior & Senior Teams only)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

	Time*	Elements FS / FD
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

Date, Signature Team Coach : _____