



QUALIFICATION & ENTRY PATHWAY TO THE 2009/2010 NISA BRITISH CHAMPIONSHIPS AND IJS EVENTS

BRITISH CHAMPIONSHIPS NOVEMBER 23RD TO 28TH 2009
CLOSING DATE OCTOBER 12TH 2009

ENTRY REQUIREMENTS

Important Note The following requirements do not fully replicate the ISU requirements for skaters wishing to represent Great Britain Internationally. Additional criteria apply - please refer to ISU General Regulations 2008 and ISU Communication 1420 and any subsequent ISU Communications
For legal ruling regarding British Residency and Citizenship skaters should contact the Home Office or if abroad the relevant British Consulate.

Skaters must meet the following requirements:

- NISA eligible (Full or Retained) members
- Skaters who are British citizens **OR** skaters who have legally resided in Great Britain or Northern Ireland for at least one year, but are citizens of another country.
- In the Pairs and Dance events, one partner of the Pair or Dance couple must be a British citizen. The other partner of the Pair or Dance couple may be a citizen or resident of another country. In Synchronised 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.
- Age qualified:
 - Novice Singles - Must not have reached 15 years before 1st July 2009
 - Junior Singles - Must not have reached 19 years before 1st July 2009
 - No age restrictions for Senior Singles and all Pairs and Dance events.
 - Novice Synchro: Must have reached 10yrs but not 15yrs before 1st July 2009
 - Junior Synchro: Must have reached 12yrs but not 20yrs before 1st July 2009
 - Senior Synchro: Must have reached 14yrs before 1st July 2009
- Must hold NISA tests at the appropriate level as listed below by closing date for the British Championships, 12th October 2009

Singles, Pairs & Dance

- **Novice** All parts of a Novice Competitive Test and level 8 Field Moves
- **Junior** All parts of a Junior Competitive Test and Level 9 Field Moves
- **Senior** All parts of a Senior Competitive Test and Level 10 Field Moves

Synchro

- **Novice** A team of 12-16: 75% to hold Level 3 Field Moves
- **Junior** A team of 16: 75% to hold level 4 Field Moves
- **Senior** A team of 16: 75% to hold Level 5 Field Moves

APPLICATION TO COMPETE IN THE BRITISH CHAMPIONSHIP

All skaters will be required to submit a fully completed application form by 12th October 2009 to compete in the British Championships There will be no automatic entry for previous champions at the same level or champions from the level immediately below.

Single skaters who qualify for more than one singles event e.g. Novice and Junior, may only choose to compete in one singles Championship event. This does not preclude a single skater from competing in their singles event and also pairs and/or dance and/or synchro.

Skaters/teams who obtain a place in the first three in a Junior or Senior Championships, may not revert back to the Novice or Junior Championships respectively but may compete again at the same level subject to meeting all other requirements. (Synchro :Rule 701.1g) Teams, as qualified by age and standard, may enter more than one level of a Championship using a different programme with a minimum change of 50% of the skaters.



NISA IJS EVENTS 2009/2010

ENTRY REQUIREMENTS

SINGLES, PAIRS AND DANCE DATES AND VENUES 2009

31st August to 4th September 2009 – **Sheffield**
5th October to 9th October 2009 – **Deeside**
12th April to 16th April 2010 – **Lee Valley**

Closing Date 20th July 2009
Closing Date 7th September 2009
Closing Date 1st March 2010

ENTRY REQUIREMENTS

- NISA eligible (Full or Retained members)
- Age qualified as per ISU for singles events only, as per British Championships
- Holding minimum NISA National tests entry requirement by the closing date as listed below:

1. **Field Moves** at appropriate level as listed below:
 - Novice – Level 8 Field Moves
 - Junior – Level 9 Field Moves
 - Senior – Level 10 Field Moves

AND EITHER

2. **Singles**
 - Novice – Minimum level 8 elements and free
 - Junior – Minimum level 8 elements and free
 - Senior – Minimum level 8 elements and free

Pairs

- Novice – Level 6 New National Pair Test or equivalent
- Junior – Level 6 New National Pair Test or equivalent
- Senior – Level 6 Ne National Pair Test or equivalent

Dance

- Novice – Level 6 CD, OD and FD
- Junior – Level 6 CD, OD and FD
- Senior – Level 6 CD, OD and FD

OR

3. Have achieved a minimum of the current (2009/2010) overall NISA Novice IJS competitive test score (2 tests) in the appropriate discipline and have applied for the test as per item 2 on following page. For pairs and dance this may be with a previous partner.



ACHIEVING NISA COMPETITIVE IJS TEST PASSES

For skaters who need to achieve a test pass, NISA Competitive IJS test passes can be obtained in the following ways:

1. IJS Events within the UK

Achieving the current required NISA IJS Competitive test score as published in the current NISA test score document. Each segment can be passed separately, or the whole test can be passed by obtaining the overall test score for all segments of the event.

Events will be held as follows in the 2009/10 season:

31st August to 4th September 2009 – **Sheffield**
5th October to 9th October 2009 – **Deeside**
23rd November to 28th November – **British Championships**
12th April to 16th October 2010 – **Lee Valley**

2. IJS Events Abroad

This will apply ONLY to events run under the ISU IJS system. No adaptations/variations will be acceptable. All events must be registered with and approved by NISA before participation.

- a) At all International/ISU events skaters must attain the overall pass score per segment or total score for all segments.
- b) At all other events abroad, whether club internationals, national events or any other IJS competitions, skaters must attain both the overall score AND the technical score either per segment or overall.

When successfully achieving the current test score as published in the current test score document, score sheets showing a programme with the required technical elements should be submitted to the NISA Office with Competitive test(s) application form(s) and the relevant fee to obtain the equivalent test pass accreditation(s). Note: It is a skater's responsibility to apply for tests accreditation. Just attaining the pass score DOES NOT mean that the test is accredited to a skater.

Score sheets may be submitted from any date but will be subject to the current year's pass score requirements and the number of elements per programme must reflect the requirements of the current year

Test scores will be accepted as applications for higher tests: e.g. a skater competing in a junior competition may, if the score is appropriate, apply for a senior test accreditation.



CLARIFICATION OF EQUIVALENCIES

For skaters who have already passed a NISA Competitive or IJS Competitive test and wish to enter 2009/2010 IJS events, the following equivalencies will apply, as published in NISA bulletin 26:

COMPETITIVE / NATIONAL TEST EQUIVALENCIES

SINGLES

<u>Competitive test (Now IJS)</u>	<u>National Test</u>
Pre-Novice	Level 7 Free
Novice SP	Level 8 Elements
Novice FP	Level 8 Free
Primary (ISU Novice) SP	Level 9 Elements
Primary (ISU Novice) FP	Level 9 Free
Junior SP	Level 10 Elements
Junior FP	Level 10 Free
Senior SP	Level 10 Elements
Senior FP	Level 10 Free

DANCE

<u>Competitive Test (Now IJS)</u>	<u>National Test</u>
Novice CD	Level 8 parts 1 & 2 CD
Novice FD	Level 8 OD & FD
Primary (ISU Novice) CD	Level 9 parts 1 & 2 CD
Primary (ISU Novice) FD	Level 9 OD & FD
Junior CD	Level 10 parts 1 & 2 CD
Junior OD	Level 10 OD
Junior FD	Level 10 FD
Senior CD	Level 10 parts 1 & 2 CD
Senior OD	Level 10 OD
Senior FD	Level 10 FD

COMPETITIVE / IJS EQUIVALENCIES TO NEW FIELD MOVES

Any skater holding a complete Competitive/IJS test (i.e. 3 parts of Junior & Senior Dance, 2 parts of ISU Novice Dance, 2 parts of Singles) passed **BEFORE 1st JANUARY 2007** will be given equivalency as in the chart below.

<u>Complete Competitive / IJS Test held in singles/dance</u>	<u>New Field Moves Equivalent</u>
ISU Novice (old NISA Primary)	Level 9
Junior	Level 10
Senior	Level 10

Skaters who have passed (before 1st January 2007) a complete National test at levels 9 and 10 will receive the following equivalencies:

<u>Complete National Test held in singles/dance</u>	<u>New Field Moves Equivalent</u>
Complete National Dance test Level 9 (CD,OD,FD)	Level 9
Complete National Singles tests Levels 9 (Elements & Free)	Level 9
Complete National Dance test Level 10 (CD,OD,FD)	Level 10
Complete National Singles tests Levels 10 (Elements & Free)	Level 10

Taking Competitive/IJS tests after 1st January 2007 will **NOT** give additional Field Move Test equivalencies.



National Ice Skating Association of UK Programme Requirements IJS Events 2009/2010

ISU Senior Short Programme 2009/2010 As per ISU Special Regulations & Technical Rules 2008 (Rule 510) and any subsequent ISU Communications	
<p>Men (Max 2.50 mins)</p> <ol style="list-style-type: none"> a) Double or triple Axel b) Triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements c) Jump combination consisting of a double and a triple jump, two triple jumps or a quadruple jump with a double or a triple (No repeat of a or b) d) Flying spin (free choice – min 8 revolutions in position) e) Sit or camel spin with only one change of foot (min. 6 revolutions on each foot) f) Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof – all three positions must be attained (min. 6 revolutions on each foot). g) A step sequence (straight line, circular or serpentine) h) A second step sequence of a different nature <p><i>Please note that only one quadruple jump can be performed in the short programme, either as the solo jump or in the jump combination</i></p>	<p>Ladies (Max 2.50 mins)</p> <ol style="list-style-type: none"> a) Double Axel b) Triple jump immediately preceded by connecting steps and/or other comparable free skating movements c) Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying spin (free choice – min. 8 revolutions in position) e) Layback or sideways leaning spin (min. 8 revolutions in position) f) Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof – all three positions must be attained (min. 6 revolutions on each foot). g) Spiral sequence h) Step sequence (straight line, circular or serpentine)
ISU Senior Free Programme 2009/2010 As per ISU Special Regulations & Technical Rules 2008 (Rule 520) and any subsequent ISU Communications	
<p>Men (4.30 mins +/- 10 secs)</p> <ul style="list-style-type: none"> • Maximum 8 jump elements, one of which must be an Axel type jump • Maximum of 3 spins, one of which must be a spin combination (min. 10 revs in total), one a flying spin (min 6 revs in total), and one a spin with only one position (min. 6 revs in total). • Maximum of 2 step sequences of a different nature 	<p>Ladies (4.00 mins +/- 10 secs)</p> <ul style="list-style-type: none"> • Maximum of 7 jump elements, one of which must be an Axel type jump • Maximum of 3 spins, one of which must be a spin combination (min 10 revs in total), one a flying spin (min. 6 revs in total), and one a spin with only one position (min. 6 revs in total). • Maximum of 1 step sequence • Maximum of 1 spiral sequence



National Ice Skating Association of UK Programme Requirements IJS Events 2009/2010

ISU Junior Short Programme 2009/2010 As per ISU Special Regulations & Technical Rules 2008 (Rule 510) and any subsequent ISU Communications	
Men - Group C (Max 2.50 mins) a) Double or Triple Axel b) Double or triple Flip immediately preceded by connecting steps and/or other comparable free skating movements c) Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying Sit spin (min. 8 revolutions in position) e) Camel spin with only one change of foot (min. 6 revolutions on each foot) f) Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof – all three positions must be attained; min. 6 revolutions on each foot). g) A step sequence (straight line, circular or serpentine) h) A second step sequence of a different nature	Ladies – Group C (Max 2.50 mins) a) Double Axel b) Double or triple Flip immediately preceded by connecting steps and/or other comparable free skating movements c) Jump combination consisting of two doubles or a double and a triple jump or two triple jumps (No repeat of a or b) d) Flying Sit spin (min. 8 revolutions in position) e) Layback or sideways leaning spin (min. 8 revolutions in position) f) Spin combination with only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof – all three positions must be attained; min. 6 revolutions on each foot). g) Spiral sequence h) Step sequence (straight line, circular or serpentine)
ISU Junior Free Programme 2009/2010 As per ISU Special Regulations & Technical Rules 2008 (Rule 520) and any subsequent ISU Communications	
Men (4.00 mins +/- 10 secs) <ul style="list-style-type: none"> • Maximum of 8 jump elements, one of which must be an Axel type jump • Maximum of 3 spins, one of which must be a spin combination (min. 10 revs in total), one a flying spin (min. 6 revs in total) and one a spin with only one position (min. 6 revs in total). • Maximum of 1 step sequence 	Ladies (3.30 mins +/- 10 secs) <ul style="list-style-type: none"> • Maximum of 7 jump elements, one of which must be an Axel type jump • Maximum of 3 spins, one of which must be a spin combination (min. 10 revs in total), one a flying spin (min. 6 revs in total) and one a spin with only one position (min. 6 revs in total). • Maximum of 1 step sequence



National Ice Skating Association of UK Programme Requirements IJS Events 2009/2010

ISU Novice Short Programme 2009/2010

As per ISU Special Regulations & Technical Rules 2008 (Rule 510), ISU Communication 1397 and any subsequent ISU Communications

Men (Max 2.30 mins)

- a) Single or double Axel
- b) Double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements (no repeat of double axel)
- c) Jump combination consisting of two double jumps or a double and a triple jump (No repeat of jump in a) or b))
- d) Camel spin or sit spin (min. 6 revs in position) **Change of foot is optional.** NO flying entry allowed.
- e) Spin combination with only one change of foot and at least one change of position (sit, camel upright or any variation thereof - min. 5 revs on each foot)
- f) A step sequence (straight line, circular or serpentine)
- g) A second step sequence of a different nature

Ladies (Max 2.30 mins)

- a) Single or double Axel
- b) Double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements (no repeat of double axel)
- c) Jump combination consisting of two doubles or a double and a triple jump (No repeat of jump in a) or b))
- d) Layback or sideways leaning spin (min. 6 revs in position)
- e) Spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof – min. 5 revs on each foot).
- f) One spiral sequence
- g) One step sequence (straight line, circular or serpentine)

ISU Novice Single Free Programme 2009/2010

As per ISU Special Regulations & Technical Rules 2008 (Rule 520), ISU Communication 1397 and any subsequent ISU Communications

Men (3.30 mins +/- 10 secs)

- a) Maximum 7 jump elements one of which must be an Axel jump and there may be up to 3 jump combinations or sequences. Only 1 jump combination can contain 3 jumps. A jump sequence can contain any no. of jumps, but only the 2 most difficult jumps will be counted. Only 2 jumps with 2 ½ or 3 revs can be repeated and if so should be in either a jump combination or in a jump sequence.
- b) Maximum of 3 spins of a different nature, one of which must be a spin combination (min 10 revs in total) and one a flying spin with **NO** change of position and **NO** change of foot (min 6 revs in total)
- c) Maximum of one (1) step **or** one (1) spiral sequence.

Ladies (3.00 mins +/- 10 secs)

- a) Maximum 6 jump elements one of which must be an Axel jump and there may be up to 3 jump combinations or sequences. Only 1 jump combination can contain 3 jumps. A jump sequence can contain any no. of jumps, but only the 2 most difficult jumps will be counted. Only 2 jumps with 2 ½ or 3 revs. can be repeated and if so should be in either a jump combination or in a jump sequence.
- b) Maximum of 3 spins of a different nature, one of which must be a spin combination (min 10 revs in total) and one a flying spin with **NO** change of position and **NO** change of foot (min 6 revs in total)
- c) Maximum of one (1) step **or** one (1) spiral sequence



National Ice Skating Association of UK Programme Requirements IJS Events 2009/2010

ISU Senior Pair Programme 2009/2010 As per ISU Special Regulations & Technical Rules 2008 (Rules 513 and 521) and any subsequent ISU Communications	
Short – Group B (Max 2.50 mins) a) Any Hand to Hand Lift take off – Group 3 b) Double or triple twist lift (lutz or flip take off) c) Double or triple throw jump d) Double or triple solo jump e) Solo spin combination with only one change of foot and at least one change of position (min 5 revolutions on each foot). f) Pair spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof – minimum 8 revolutions). g) Death spiral Backward Outside h) Step Sequence (straight line, circular or serpentine)	Free (4.30 mins +/-10secs) <ul style="list-style-type: none"> • Maximum 4 lifts in total, which may be either: • Three (3) lifts and one (1) twist lift or • Two (2) lifts and two (2) twist lifts. If a 2nd twist lift is executed, it must be a different take off from the first one. One lift must be from group 3 or 4 (min. 2 revs of lady and min. 1 and max. 3 ½ revs. of man), with full extension of the lifting arm/s • Maximum 2 different throw jumps • Maximum 1 solo jump • Maximum 1 jump combination or sequence • Maximum 1 solo spin combination (min. 10 revs in total). • Maximum 1 pair spin combination (min. 8 revs in total). • Maximum 1 death spiral • Maximum 1 sequence of spirals
ISU Junior Pair Programme 2009/2010 As per ISU Special Regulations & Technical Rules 2008 (Rules 513 and 521) and any subsequent ISU Communications	
Short – Group B (Max 2.50 mins) a) Hand to Hand Loop lift take off - Group 4 b) Double twist lift (lutz or flip take off) c) Double or triple Salchow throw jump d) Double Flip or Double Axel solo jump e) Solo spin combination with only one change of foot and at least one change of position (min. 5 revolutions on each foot). f) Pair spin combination with only one change of foot and at least one change of position (sit, camel, upright or any variation thereof – min. 8 revolutions in total). g) Death spiral Backward Outside h) Step sequence (straight line, circular or serpentine)	Free (4.00 mins +/-10 secs) <ul style="list-style-type: none"> • Maximum 2 lifts, one of which must be from group 3 or 4 (min. 2 revs of lady and min 1 and max. 3 ½ revs of man), with full extension of the lifting arm/s • Maximum 1 twist lift • Maximum 2 different throw jumps • Maximum 1 solo jump • Maximum 1 jump combination or sequence • Maximum 1 solo spin (min. 6 revs in total) or solo spin combination (min.10 revs in total). Maximum 1 pair spin (min. 6 revs in total) or pair spin combination (min. 8 revs in total). • Maximum 1 death spiral • Maximum 1 sequence of spirals



National Ice Skating Association of UK Programme Requirements IJS Events 2009/2010

ISU Novice Pair Programme 2009/2010

As per ISU Special Regulations & Technical Rules 2008 (Rules 513 and 521), ISU Communication 1397 and any subsequent ISU Communications

Short (max 2.30 mins)

- a) 1 lift (single or double), **from any group** (any hand hold) – min. 1 rev. by man for single and 2 rev. for double
- b) 1 twist lift (single or double)
- c) 1 solo jump (single or double)
- d) 1 solo spin, no change of foot, change of position optional (min 5. revs in position)
- e) 1 pair spin, no change of foot, change of position optional (min. 5 revs in position)
- f) 1 pivot figure (pivot position by man required – 1 rev. min. by man) **
- g) 1 spiral sequence

Free (3.30 mins+/- 10 secs)

The well balanced programme **MUST** contain **ONLY** the following elements:

- a) 2 different lifts (one must be from Group 3 or 4)
- b) 1 twist lift
- c) 1 throw jump
- d) 1 solo jump
- 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, but only the 2 most difficult jumps will be counted.
- 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 without restrictions **
- i) One step sequence (straight line, circular or serpentine)

** If a death spiral is executed, it is marked according to the ISU Technical Rules for Singles/Pairs 2006 In other case (pivot figures) the base value is established as 2.2 with the numerical values of + or – GOEs indicated in the Technical Rules for the death spiral. There are no levels.

ISU Senior Compulsory Dance 2009 / 2010

As per ISU Special Regulations & Technical Rules 2008 (Rules 607 and 608), ISU Communication 1567 and any subsequent ISU Communications

- **Sheffield** - Golden Waltz (2 sequences)
- **Deeside** - Tango Romantica (2 sequences)
- Updated version of descriptions, Charts and Diagrams of all Compulsory Dances are included in the ISU Ice Dance Handbook

ISU Senior Original Dance 2009 / 2010

As per ISU Special Regulations & Technical Rules 2008 (Rule 609), ISU Communication 1567 and any subsequent ISU Communications

- Duration: 2 min 30 secs +/- 10 secs
- The rhythm is "Folk/Country Dance"
- Details on rhythms are described in the ISU "Ice Dance Music Rhythms Booklet and Compact Disc"
- Any type of Folk/Country Dance music or typical dance of the country can be used

Required Elements (All Required Elements should enhance and reflect the rhythm and music chosen)

1. **1 type of short dance lift**, but no more than 2 (up to 6 seconds each)

NOTE: The first performed lift **only** will be identified and considered in determining the level of difficulty. A second lift is permitted, without any requirements for difficulty, will be considered by the judges in marking the component of choreography.

3 lifts or more will be regarded by the Technical Panel as an Extra Element and will receive a deduction of 1.0 each

2. **Step Sequences:**

- 1 Step Sequence in hold selected from:
 - Diagonal: skated as fully corner to corner as possible OR
 - Circular (clockwise or anticlockwise): utilizing the full width of the ice surface on the short axis of the rink.
- 1 Midline Not Touching Step Sequence NOT incorporating the Sequential Twizzles

NOTE: Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops MUST NOT be included in either step sequence

3. **1 Set of Sequential Twizzles**

Additional sets of sequential twizzles are permitted but only the first performed set outside the required step sequence will be identified and considered in determining the level of difficulty. Additional sets outside of the required step sequence will be considered by the judges in the component of choreography.

NOTE: No dance spin is required. However, a spinning movement by the couple together on one foot around a common axis is allowed. This will NOT be given a level and will be considered by judges in Choreography. This movement will not be considered as one of the permitted stops

National Ice Skating Association of UK Programme Requirements IJS Events 2009 / 2010

ISU Senior Free Dance 2009 / 2010

As per ISU Special Regulations & Technical Rules 2008 (Rules 610 and 604), ISU Communication 1567 and any subsequent ISU Communications

Duration: 4 minutes (+/- 10 secs)

Music:

The concept of 'Ice Dance as a competitive sport' dictates that programmes should be well suited to the level of the skaters. Programmes which are overly dramatic and depressing or very difficult to understand must not be used by skaters who cannot interpret this kind of music properly

REQUIRED ELEMENTS

1. 3 DIFFERENT TYPES OF LIFT:

1 of which may be chosen from the **Long Lifts**, which may not exceed 12 seconds.

Two additional lifts (of 6 secs), without any requirement for level is permitted but will ONLY be considered by judges marking the component of Choreography. 6 or more lifts will be considered extra elements and will receive a deduction for each violation

2. 1 SPIN (Either spin or combination spin)

One additional spin is permitted but will be considered by judges marking the component of Choreography. Only the first spin (combination spin) will be identified and considered in determining the level of difficulty. 3 or more spins will be regarded by the Technical Panel as an Extra Element and will receive a deduction

Combined Dance Spin + Lift: Combined dance spin + lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin

3. 2 DIFFERENT STEP SEQUENCES (IN HOLD) – 1 selected from group A and 1 selected from group B as listed below:

GROUP A - Straight Line Step Sequence

a) Midline in Hold:

Skated along the full length of the centre (long) axis of the ice surface

b) Diagonal in Hold:

Skated as fully corner to corner as possible

GROUP B - Curved Step Sequence (anticlockwise or clockwise)

c) Circular:

Utilizing the full width of the ice surface on the short axis of the rink

c) Serpentine:

Commences in either direction at the centre (long) axis at one end of the rink and progresses in **three bold curves or in two bold curves (S-Shaped)** and ends at the centre (long) axis of the opposite end of the rink: pattern utilizing the full width of the ice surface.

NOTE: Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops MUST NOT be included in either step sequence

4. 1 SET OF SYNCHRONISED TWIZZLES

Additional set(s) of synchronised twizzles is/are also permitted but only the first performed set will be identified and considered in determining the level of difficulty. Each additional set of Synchronized Twizzles will ONLY be considered by the judges in marking the component for Choreography.

National Ice Skating Association of UK Programme Requirements IJS Events 2009 / 2010

ISU Junior Compulsory Dance 2009 / 2010

As per ISU Special Regulations & Technical Rules 2008 (Rules 607 and 608), and any subsequent ISU Communications

- **Sheffield** - Westminster Waltz (2 sequences)
- **Deeside** - Argentine Tango (2 sequences)
- Updated version of descriptions, Charts and Diagrams of all Compulsory Dances are included in the ISU Ice Dance Handbook

ISU Junior Original Dance 2009 / 2010

As per ISU Special Regulations & Technical Rules 2008 (Rule 609), ISU Communication 1567 and any subsequent ISU Communications

- Duration: 2 min 30 secs +/- 10 secs
- The rhythm is "Folk/Country Dance"
- Details on rhythms are described in the ISU "Ice Dance Music Rhythms Booklet and Compact Disc"
- Any type of Folk/Country Dance music or typical dance of the country can be used

Required Elements (All Required Elements should enhance and reflect the rhythm and music chosen)

4. **1 type of short dance lift**, but no more than 2 (up to 6 seconds each)
 NOTE: The first performed lift **only** will be identified and considered in determining the level of difficulty. A second lift is permitted, without any requirements for difficulty, will be considered by the judges in marking the component of choreography.
 3 lifts or more will be regarded by the Technical Panel as an Extra Element and will receive a deduction of 1.0 each

5. **Step Sequences:**

- 1 Step Sequence in hold selected from:
 - Diagonal: skated as fully corner to corner as possible OR
 - Circular (clockwise or anticlockwise): utilizing the full width of the ice surface on the short axis of the rink.
- 1 Midline Not Touching Step Sequence NOT incorporating the Sequential Twizzles

NOTE: *Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops MUST NOT be included in either step sequence*

6. **1 Set of Sequential Twizzles**

Additional sets of sequential twizzles are permitted but only the first performed set outside the required step sequence will be identified and considered in determining the level of difficulty. Additional sets outside of the required step sequence will be considered by the judges in the component of choreography.

NOTE: *No dance spin is required. However, a spinning movement by the couple together on one foot around a common axis is allowed. This will NOT be given a level and will be considered by judges in Choreography. This movement will not be considered as one of the permitted stops*

National Ice Skating Association of UK Programme Requirements IJS Events 2009 / 2010

ISU Junior Free Dance 2009 / 2010

As per ISU Special Regulations & Technical Rules 2008 (Rules 610 and 604), ISU Communication 1567 and any subsequent ISU Communications

Duration: 3min 30 seconds (+/- 10 secs)

Music:

The concept of 'Ice Dance as a competitive sport' dictates that programmes should be well suited to the level of the skaters. Programmes which are overly dramatic and depressing or very difficult to understand must not be used by skaters who cannot interpret this kind of music properly

REQUIRED ELEMENTS

1. 2 DIFFERENT TYPES OF LIFT:

1 of which may be chosen from the **Long Lifts**, which may not exceed 12 seconds.

One additional lift (of 6 secs), without any requirement for level is permitted but will ONLY be considered by judges marking the component of Choreography
4 or more lifts will be considered extra elements and will receive a deduction

2. 1 SPIN (Either spin or combination spin)

One additional spin is permitted but will be considered by judges marking the component of Choreography. Only the first spin (combination spin) will be identified and considered in determining the level of difficulty. 3 or more spins will be regarded by the Technical Panel as an Extra Element and will receive a deduction

Combined Dance Spin + Lift: Combined dance spin + lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin

3. 2 DIFFERENT STEP SEQUENCES (IN HOLD) – 1 selected from group A and 1 selected from group B as listed below:

GROUP A - Straight Line Step Sequence

d) Midline in Hold:
Skated along the full length of the centre (long) axis of the ice surface

e) Diagonal in Hold:
Skated as fully corner to corner as possible

GROUP B - Curved Step Sequence (anticlockwise or clockwise)

c) Circular:
Utilizing the full width of the ice surface on the short axis of the rink

f) Serpentine:
Commences in either direction at the centre (long) axis at one end of the rink and progresses in **three bold curves or in two bold curves (S-Shaped)** and ends at the centre (long) axis of the opposite end of the rink: pattern utilizing the full width of the ice surface.

NOTE: *Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops MUST NOT be included in either step sequence*

4. 1 SET OF SYNCHRONISED TWIZZLES

Additional set(s) of synchronised twizzles is/are also permitted but only the first performed set will be identified and considered in determining the level of difficulty.
Each additional set of Synchronized Twizzles will ONLY be considered by the judges in marking the component for Choreography.



National Ice Skating Association of UK Programme Requirements IJS Events 2009 / 2010

ISU Novice Compulsory Dance 2009 / 2010

As per ISU Special Regulations & Technical Rules 2008 (Rules 607 and 608), and any subsequent ISU Communications

- **Sheffield** –Rocker Foxtrot (4 sequences) and European Waltz (2 sequences)
- **Deeside** – European Waltz (2 sequences) and Paso Doble (3 sequences)
- Updated version of descriptions, Charts and Diagrams of all Compulsory Dances are included in the ISU Ice Dance Handbook

ISU Novice Free Dance 2009 /2010

As per ISU Special Regulations & Technical Rules 2008 (Rule 610 and 604), and any subsequent ISU Communications

- Duration: 3 mins +/- 10 secs
- Vocal music is not permitted

Required Elements

1. **2 different types of dance lifts** but not more, chosen from the list of types of lifts (and be in accordance with Rule 504 paragraph 16). **Lifts not to exceed 5 seconds:**
 - a) Stationary Lift
 - b) Straight Line Lift
 - c) Curve Lift
 - d) Rotational Lift
2. **1 Dance Spin** but not more (in accordance with Rule 604 paragraph 14e) consisting of at least 3 rotations on one foot for both partners.
Note: A Combination spin is not permitted
3. **1 circular step sequence:** Anti-clockwise pattern, in waltz, tango and/or Foxtrot hold, utilising the full width of the ice surface on the short axis of the rink.
NOTE: Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops MUST NOT be included the step sequence
4. **1 set of synchronized twizzles** comprising of 2 twizzles on one foot for both partners with up to 3 steps between. Each twizzle shall be at least one rotation on one foot performed simultaneously.



National Ice Skating Association of UK Programme Requirements IJS Events 2009/2010

ISU Senior Synchronized Skating Short Programme 2009-2010

As per ISU Special Regulations for Synchronized Skating 2008 (rule 905) and any subsequent ISU Communications

- Programme Length: 2mins 50secs maximum
- Vocal music using lyrics is permitted.

Multiplying Factor: 0.8

- Required Elements**
1. One (1) Block
 2. Two (2) Different Intersections
 3. Two (2) Different Wheels
 4. One (1) Moves in the Field Sequence
 5. One (1) No Hold Block

For further detailed requirements please see ISU Special Regulations for Synchronized Skating 2008, Rules 904 and 905

ISU Senior Synchronized Skating Free Programme 2009-2010

As per ISU Special Regulations for Synchronized Skating 2008 (rule 911) and any subsequent ISU Communications

- Programme Length: 4mins 30secs + / - 10secs
- Vocal music using lyrics is permitted.

Multiplying Factor: 1.6

Senior Well Balanced Programme – A Senior Well Balanced Program must contain the following ten (10) elements.

1. One Block
2. One Line
3. One Circle
4. One Wheel
5. Two Different Intersections
6. One No Hold Block
7. One Movements in Isolation
8. One Moves in the Field
9. One Element selected from a Spin, Pair Element or Moves in Isolation

For further detailed requirements please see ISU Special Regulations for Synchronized Skating 2008, Rules 904 and 911



National Ice Skating Association of UK Programme Requirements IJS Events 2009 / 2010

ISU Junior Synchronized Skating Short Programme 2009-2010

As per ISU Special Regulations for Synchronized Skating 2008 (rule 905) and any subsequent ISU Communications

- Programme Length: 2mins 50secs maximum
- Vocal music using lyrics is permitted.

Multiplying Factor: 0.8

- Required Elements**
1. One (1) Block
 2. One (1) Circle
 3. Two (2) Different Intersections
 4. Two (2) Different Wheels
 5. One (1) No Hold Block

For further detailed requirements please see ISU Special Regulations for Synchronized Skating 2008, Rules 904 and 905

ISU Junior Synchronized Skating Free Programme 2009-2010

As per ISU Special Regulations for Synchronized Skating 2008 (rule 911) and any subsequent ISU Communications

- Programme Length: 4mins +/- 10secs
- Vocal music using lyrics is permitted.

Multiplying Factor: 1.6

Junior Well Balanced Programme - A Junior Well Balanced Program must contain the following nine (9) elements

1. One (1) Block
2. One (1) Line
3. One (1) Circle
4. One (1) Wheel
5. Two (2) Different Intersections
6. One (1) Movements in Isolation (MI)
7. One (1) No Hold Block
8. One (1) Element selected from Spin or Moves in the Field element

For further detailed requirements please see ISU Special Regulations for Synchronized Skating 2008, Rules 904 and 911



National Ice Skating Association of UK Programme Requirements IJS Events 2009 / 2010

ISU Novice Synchronized Free Programme 2009-2010

As per ISU Communication No 1528 and Special Regulations for Synchronized Skating 2008 (rules 904 & 911) and any subsequent ISU Communications

- Programme Length: 3mins and 30secs +/- 10secs
- Vocal music using lyrics is permitted.

Multiplying Factor: 1.0

Novice Well Balanced Programme - A Novice Well Balanced Program must contain the following six (6) elements

Required Elements	
1.	One (1) Block
2.	One (1) Circle
3.	One (1) Line
4.	One (1) Wheel
5.	One (1) Intersection
6.	One (1) Movement in Isolation

Elements with 4 levels: Novice permitted to have up to and including Level 3.

Elements with 3 levels: Novice permitted to have up to and including Level 2.

Features with 4 levels: (Steps Sequence): Novice permitted to have up to and including Level 3.

Features with 3 levels: (Free Skating Moves and Free Skating Elements and Point of Intersection): Novice permitted to have up to and including Level 2.

For further detailed requirements please see ISU Special Regulations for Synchronized Skating 2008, Rules 904 and 911