QUALIFICATION & ENTRY PATHWAY TO THE 2007/2008 NISA BRITISH CHAMPIONSHIPS AND IJS EVENTS

BRITISH CHAMPIONSHIPS JANUARY 7TH TO 13TH 2008
CLOSING DATE NOVEMBER 26TH 2007
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 2006 and ISU Communication 1420.
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:
  - Must not be 15 for Novice Singles before 1st July 2007
  - Must not be 19 for Junior Singles before 1st July 2007
  - No age restrictions for Senior Singles, Pairs and Dance events.
  - Novice Synchro: Must have reached 10yrs but not 15yrs before 1st July 2007
  - Junior Synchro: Must have reached 12yrs but not 19yrs before 1st July 2007
  - Senior Synchro: Must have reached 14yrs before 1st July 2007

- Must hold NISA tests at the appropriate level as listed below by closing date for the British Championships, 26th November 2007

  - **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
  - **Novice Synchro** A team of 12-16: 50% to hold Level 2 Field Moves
  - **Junior Synchro** A team of 16: 50% to hold level 2 Field Moves
  - **Senior Synchro** A team of 16: 50% to hold Level 4 Field Moves

APPLICATION TO COMPETE IN THE BRITISH CHAMPIONSHIP

All skaters will be required to submit a fully completed application form by 26th November 2007 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 danceand/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 2007/2008

ENTRY REQUIREMENTS

DATES AND VENUES 2007

27TH August to 1st September – **Lee Valley**	**Closing Date 13th July**
17th September to 22nd September – **Sheffield**	**Closing Date 06th August**
19th November to 25th November – **Deeside**	**Closing Date 08th October**

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/Dance Moves
   - Junior – Level 9 Field/Dance Moves
   - Senior – Level 10 Field/Dance 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
   - Level 6 Elements and free singles OR old NISA Novice Pair Test

   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 the current (2007/2008) overall NISA Novice IJS competitive test score (2 tests) in the appropriate discipline in an International Novice IJS event skated abroad at any date. Score sheet must be submitted with the event entry form by the closing date for the relevant event. For pairs and dance this may be with a previous partner.

ACHIEVING NISA COMPETITIVE IJS TEST PASSES

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:

27TH August to 1st September – **Lee Valley**
17th September to 22nd September – **Sheffield**
19th November to 25th November – **Deeside**

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 Team Skate GB skaters must attain the overall pass score per segment or total score for all segments.

b) At all other events abroad, whether additional internationals, club internationals, national events or any other IJS competitions, skaters must attain both the overall score AND the technical score.

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.

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.

NOTE
This year the scores are being reviewed in greater depth to include comparison with international comp selection scores.

CLARIFICATION OF EQUIVALENCIES

For skaters who have already passed a NISA Competitive or IJS Competitive test and wish to enter 2007/2008 IJS events, the following equivalencies will apply, as published in bulletin 26:

COMPETITIVE / NATIONAL TEST EQUIVALENCIES

SINGLES

Competitive test (Now IJS)	National Test
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

Competitive Test (Now IJS)	National Test
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.

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

Skaters who have passed a complete National test at levels 9 and 10 will receive the following equivalencies:

Complete National Test held in singles/dance	New Field Moves Equivalent
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.

Please note that any skater passing a competitive test at the 2006/2007 British Championships or in an IJS event abroad after the 1st January will NOT receive the Field moves equivalent and will be required to sit the test at the appropriate level for entry into either IJS events in the season 2007/2008 or the 2007/2008 British Championships.

ISU Senior Short Programme 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rule 510) and any subsequent ISU Communications

Men (Max 2.50 mins)

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

Please note that only one quadruple jump can be performed in the short programme, either as the solo jump or in the jump combination

Ladies (Max 2.50 mins)

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 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rule 520) and any subsequent ISU Communications

Men (4.30 mins +/- 10 secs)

- Maximum 8 jump elements, one of which must be an Axel type jump
- Maximum of 4 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

Ladies (4.00 mins +/- 10 secs)

- Maximum of 7 jump elements, one of which must be an Axel type jump
- Maximum of 4 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

ISU Junior Short Programme 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rule 510) and any subsequent ISU Communications

Men - Group C (Max 2.50 mins)

a) Double Axel
b) Double or triple Loop 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 Loop 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 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rule 520) and any subsequent ISU Communications

Men (4.00 mins +/- 10 secs)

- 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 2 step sequences of a different nature

Ladies (3.30 mins +/- 10 secs)

- 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

ISU Novice Short Programme 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (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 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (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

ISU Senior Pair Programme 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rules 513 and 521) and any subsequent ISU Communications

Short – Group B (Max 2.50 mins)	Free (4.30 mins +/-10secs)
a) Any Lasso- Lift take off – Group 5 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 inside h) Step Sequence (straight line, circular or serpentine)	• Maximum 3 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 combination (min. 10 revs in total). • Maximum 1 pair spin combination (min. 8 revs in total). • Maximum 1 death spiral • Maximum 1 step sequence (straight line, circular or serpentine) • Maximum 1 sequence of spirals.

ISU Junior Pair Programme 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rules 513 and 521) and any subsequent ISU Communications

Short – Group B (Max 2.50 mins)	Free (4.00 mins +/-10 secs)
a) Toe Lasso- Lift take off - Group 5 b) Double twist lift (lutz or flip take off) c) Double or triple Toe loop throw jump d) Double Loop 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 back inside h) Step sequence (straight line, circular or serpentine**)**	• **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. 10 revs in total). • Maximum 1 death spiral • Maximum 1 step sequence • Maximum 1 sequence of spirals

ISU Novice Pair Programme 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rules 513 and 521), ISU Communication 1397 and any subsequent ISU Communications

Short (max 2.30 mins)	Free (3.30 mins+/- 10 secs) **The well balanced programme MUST contain ONLY the following elements:**
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) One step sequence (straight line, circular or serpentine – pattern must fully utilize ice surface)	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) 1 spiral sequence.

**** 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 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rules 607 and 608), ISU Communication 1449 and any subsequent ISU Communications

- **Lee Valley** - Yankee Polka (2 sequences)
- **Sheffield** - Austrian 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 Senior Original Dance 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rule 609), ISU Communication 1449 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 music can be used. (Excluding Tango) For the chosen type, there are no restrictions on the number of musical selections. Although the dance may consist of different musical selections – fast and/or slow – there must be a consistent theme based on a specific country or region.
The folk/country dance character and style must be translated to the ice by flow and use of edges.

Vocal music is permitted
Variations of tempo within one selection of music are permitted. Each selection of music may have a different tempo.

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

1. **2 different types of short dance lifts**, (up to 6 seconds each) but no more

2. **1 Dance Spin**, (selected from Spin or Combination Spin) but no more
   Combined dance Spin and Lift is permitted. If included, they are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.

3. **1 curved Step Sequence** (anticlockwise or clockwise) selected from:
   Circular: utilizing the full width of the ice surface on the short axis of the rink **OR**
   Serpentine: "S shaped": commences in either direction at the centre (long) axis at one end of the rink and progresses in **TWO** BOLD CURVES and ends at the centre (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface.
   Lifts, spins, jumps of more than half (1/2) rotation, stops or pattern regression are not permitted.

4. **1 Midline Not Touching Step Sequence**: along the centre axis (midline) of the ice surface extending as nearly as possible for the full length of the ice surface. This sequence must incorporate matching and/or mirror footwork with **at least one change of side of the partners**, and one set of Sequential Twizzles (2 twizzles on one foot for both skaters skated simultaneously with up to one step in between.) No stop(s) are allowed before and/or between Twizzles. During this step sequence the partners should remain as close as possible, so that the distance between them is not more than 2 arms length, but they must not touch.
   Lifts, spins, jumps of more than half (1/2) rotation, stops or pattern regressions are not permitted.

During the program one (1) full stop (maximum duration up to 10 seconds) or two (2) full stops (maximum duration up to 5 seconds each) are permitted.

ISU Senior Free Dance 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rules 610 and 604), ISU Communication 1449 and any subsequent ISU Communications

Duration: 4 min +/- 10 secs

Required Elements

1. **4 different types of lifts** but no more, selected from the following list:
   2 (TWO) of which may be chosen from the Long Lifts

   Long Lifts (Not to exceed **12** secs in duration)
   a) Serpentine Lift
   b) Reverse Rotational Lift
   c) Combination Lift

   Short Lifts (Not to exceed 6 secs in duration)
   a) Stationary Lift
   b) Straight Line Lift
   c) Curve Lift
   d) Rotational Lift

2. **2 different step sequences** – 1 selected from group A and 1 selected from group B as listed below:
   Lifts, jumps of more than half (1/2) rotation, stops, dance spins, pirouettes, pattern regressions and loops must not be included in either step sequence

   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
   c) **Midline Not Touching (without sequential Twizzles)**: skated along the full length of the centre (long) axis of the ice surface. This step sequence must incorporate mirror and/or matching footwork. Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa. During this step sequence the partners should remain as close together as possible, so that the distance between them is not more than 2 arms length, but they must not touch.

   Group B - Curved Step Sequence (anticlockwise or clockwise)
   a) **Circular**: utilizing the full width of the ice surface on the short axis of the rink
   b) **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.

3. **1 Dance Spin** selected from Spin or Combination Spin.
   One additional Dance Spin is also permitted but only the first performed dance spin will be identified and considered in determining the level of difficulty. This additional spin will be considered by the judges in marking the component for linking footwork/movements.

4. **1 set of Synchronized 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 be considered by the judges in marking the component for linking footwork/movements.

Combined Spins and Lifts: Combined spins and lifts are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one spin.

ISU Junior Compulsory Dance 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rules 607 and 608), ISU Communication 1449 and any subsequent ISU Communications

- **Lee Valley** - Viennese waltz (3 sequences)
- **Sheffield** - Cha Cha Congelado (2 sequences)
- **Deeside** - Blues (3 sequences)
- Updated version of descriptions, Charts and Diagrams of all Compulsory Dances are included in the ISU Ice Dance Handbook

ISU Junior Original Dance 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rule 609), ISU Communication 1449 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 music can be used. (Excluding Tango) For the chosen type, there are no restrictions on the number of musical selections. Although the dance may consist of different musical selections – fast and/or slow – there must be a consistent theme based on a specific country or region.
The folk/country dance character and style must be translated to the ice by flow and use of edges.

Vocal music is permitted
Variations of tempo within one selection of music are permitted. Each selection of music may have a different tempo.

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

1. **2 different types of short dance lifts**, (up to 6 seconds each) but no more

2. **1 Dance Spin**, (selected from Spin or Combination Spin) but no more
   Combined dance Spin and Lift is permitted. If included, they are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.

3. **1 curved Step Sequence** (anticlockwise or clockwise) selected from:
   Circular: utilizing the full width of the ice surface on the short axis of the rink **OR**
   Serpentine: "S shaped": commences in either direction at the centre (long) axis at one end of the rink and progresses in **TWO** BOLD CURVES and ends at the centre (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface.
   Lifts, spins, jumps of more than half (1/2) rotation, stops or pattern regression are not permitted.

4. **1 Midline Not Touching Step Sequence**: along the centre axis (midline) of the ice surface extending as nearly as possible for the full length of the ice surface. This sequence must incorporate matching and/or mirror footwork with **at least one change of side of the partners**, and one set of Sequential Twizzles (2 twizzles on one foot for both skaters skated simultaneously with up to one step in between.) No stop(s) are allowed before and/or between Twizzles. During this step sequence the partners should remain as close as possible, so that the distance between them is not more than 2 arms length, but they must not touch.
   Lifts, spins, jumps of more than half (1/2) rotation, stops or pattern regressions are not permitted.

During the program one (1) full stop (maximum duration up to 10 seconds) or two (2) full stops (maximum duration up to 5 seconds each) are permitted.

ISU Junior Free Dance 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rules 610 and 604), ISU Communication 1449 and any subsequent ISU Communications

- Duration: 3 mins 30 seconds +/- 10 secs

Required Elements

1. **3 different types of lifts** but no more, selected from the following list:
   1 of which may be chosen from the Long Lifts

   Long Lifts (Not to exceed **12** secs in duration)
   a) Serpentine Lift
   b) Reverse Rotational Lift
   c) Combination Lift

   Short Lifts (Not to exceed 6 secs in duration)
   a) Stationary Lift
   b) Straight Line Lift
   c) Curve Lift
   d) Rotational Lift

2. **2 different step sequences** – 1 selected from group A and 1 selected from group B as listed below:
   Lifts, jumps of more than half (1/2) rotation, stops, dance spins, pirouettes, pattern regressions and loops must not be included in either step sequence.

   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
   c) **Midline Not Touching (without sequential Twizzles)**: skated along the full length of the centre (long) axis of the ice surface. This step sequence must incorporate mirror and/or matching footwork. Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa. During this step sequence the partners should remain as close together as possible, so that the distance between them is not more than 2 arms length, but they must not touch.

   Group B - Curved Step Sequence (anticlockwise or clockwise)
   a) **Circular**: utilizing the full width of the ice surface on the short axis of the rink
   b) **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.

3. **1 Dance Spin** selected from Spin or Combination Spin.
   One additional Dance Spin is also permitted but only the first performed dance spin will be identified and considered in determining the level of difficulty. This additional spin will be considered by the judges in marking the component for linking footwork/movements.

4. **1 set of Synchronized Twizzles**
   Additional set(s) of 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 be considered by the judges in marking the component for linking footwork/movements.

Combined Spins and Lifts: Combined spins and lifts are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one spin.

ISU Novice Compulsory Dance 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rules 607 and 608), ISU Communications 1288, 1331 and any subsequent ISU Communications

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

ISU Novice Free Dance 2007/2008

As per ISU Special Regulations & Technical Rules 2006 (Rule 610 and 604), ISU Communications 1288, 1331 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: **(NO increase for Novice in ISU communications)**
   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.

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.

ISU Novice Synchronized Free Programme 2007-2008

As per ISU Communication No1398 and Special Regulations for Synchronized Skating 2006 and any subsequent ISU Communications

- Programme Length: 3mins and 30secs + / - 10secs — Multiplying Factor: 1.0
- Vocal music using lyrics is permitted.

Required Elements

1. One Block
2. One Circle
3. One Line
4. One Wheel
5. Two Different Intersections
6. One Movement in isolation
7. One Element to be selected from block, circle or line

ISU Junior Synchronized Skating Short Programme 2007-2008

As per ISU Special Regulations for Synchronized Skating 2006 and any subsequent ISU Communications

- Programme Length: 2mins 50secs maximum — Multiplying Factor: 0.8
- Vocal music using lyrics is permitted.

Required Elements

1. **Block**
   a) Closed Block
   b) Must have a minimum of two (2) configurations. Any configuration with a minimum of three (3) lines
   c) Must have one (1) step sequence
2. **Line**
   a) Must have one (1) 2 Lines (Parallel) (Not follow the leader) and one (1) 1 Line (Horizontal or Vertical)
   b) Must travel the full length of the ice surface and moves in either a horizontal, diagonal and/or longitudinal direction
   c) Must have one (1) step sequence in 2 lines (parallel)(not follow the leader)
   d) Pivoting in 1 Line (Horizontal or Vertical) is permitted and will be counted
3. **Circle**
   a) One circle
   b) Must travel
   c) Must have one (1) change of rotational direction
   d) Must have one (1) step sequence
4. **Wheel**
   a) Must have two (2) different configurations
   b) One (1) wheel at any time
   c) One (1) configuration must travel and must have one (1) change of rotational direction
5. **Intersection**
   a) Must have two (2) different intersections
   b) Any type of element that incorporates movement of one part of the Team through another part of the Team
   c) Turns, dance jumps or free skating moves must be included at the intersecting point in both of the intersections

ISU Senior Synchronized Skating Short Programme 2007-2008

As per ISU Special Regulations for Synchronized Skating 2006 and any subsequent ISU Communications

- Programme Length: 2mins 50secs maximum — Multiplying Factor: 0.8
- Vocal music using lyrics is permitted.

Required Elements

1. Block
- a) Closed Block
- b) Must have a minimum of two (2) configurations. Any configuration with a minimum of three (3) lines
- c) Must have one (1) step sequence

2. Wheel
- a) Must have only two (2) different configurations
- b) One (1) Two-spoke wheel that must travel and must have (1) change of rotational direction
- c) One (1) optional wheel with one rotation point

3. Intersection
- a) Must have two (2) different intersections
- b) One (1) Triangle intersection
- c) One (1) optional intersection that incorporates movement of one part of the Team through another part of the Team
- d) Turns, dance jumps or free skating moves must be included at the intersection point in both of the intersections

4. No Hold Step Sequence
- a) Closed block formation, four (4) lines
- b) The step sequence must be executed in a straight or diagonal pattern
- c) The block and step sequence must be executed in a no hold.

5. Moves in the Field Sequence
- a) Any formation(s) is/are permitted
- b) Serpentine pattern must be used
- c) Must have only three (3) different free skating moves connected with linking steps/turns

6. Spin
- a) Must have an upright position
- b) At least five (5) revolutions
- c) No change of foot or position is permitted
- d) Variations of free leg and arms are allowed
- e) Entry and exit from a spin must be recognisable.

Programme Requirements IJS Events 2007/2008

ISU Junior Synchronized Skating Free Programme 2007-2008

As per ISU Special Regulations for Synchronized Skating 2006 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 ten (10) elements

1. One Block
2. One Line
3. One Circle
4. One Wheel
5. Two Different Intersections
6. One No Hold Step Sequence (NHSS)
7. One Movements in Isolation (MI)
8. One Additional element chosen from Blocks, Lines Circles or Wheels
9. One Element selected from Upright Spin or Moves in the Field element

ISU Senior Synchronized Skating Free Programme 2007-2008

As per ISU Special Regulations for Synchronized Skating 2006 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 twelve (12) elements.

1. One Block
2. One Line
3. One Circle
4. Two Different Wheels
5. Two Different Intersections
6. One No Hold Step Sequence (NHSS)
7. Two Movements in Isolation (MI)
8. One Moves in the Field
9. One Element selected from a Spin, Line, Circle or Block