



# **British Synchronized Skating** **Championships 2016**

**ISU Categories to be skated, Senior, Junior, Advanced  
Novice, Basic Novice A, Basic Novice B,**

**National Categories to be skated, Senior B, Junior B,  
Juvenile, Adult, Preliminary, Elementary and Mixed Age.**

**Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> January 2016**

**Venue: National Ice Centre - Nottingham**

## **CLOSING DATE**

**Closing Date for entries 5 pm 7<sup>th</sup> December 2015**

**All enquiries email: [eventsadmin@iceskating.org.uk](mailto:eventsadmin@iceskating.org.uk)**

## TECHNICAL DATA :

### Team Composition, Criteria and Test requirements

#### ISU Categories

Category	Programme Time	Requirements	Min-Max No Skaters and max of 4 alternates	NISA FM Levels Minimum Requirements	Ages by/before 1st July 2014
<b>Senior</b>	Short Programme : 2 min 50 secs(Max) Long Programme : 4 min 30 sec (/+10 Secs)	Per ISU	16 (+4 Alts)	Max of 25% Level 3/4 FM Max of 50% Level 5/6 FM Min of 25% Level 7 and above.	Must have reached 15 yrs or over by July 1st 2015
<b>Junior</b>	Short Programme : 2 mins 50 secs (Max) Long Programme : 4 mins (-/+ 10 secs)	Per ISU	16 (+4 Alts)	Max of 25% Level 2/3 FM Max of 50% Level 4/5 FM Min 25% Level 6 and above	Must have reached 13 yrs but not 19 yrs by July 1st 2015
<b>Advanced Novice</b>	Free Programme : 3 mins 30 secs (± 10 secs)	Per ISU	16 (+4 Alts)	Max of 25% Level 1 FM Max of 50% Level 3 FM Min of 25% Level 5 and above	Must have reached 10 yrs but not 15 yrs by July 1st 2015
<b>Basic Novice A</b>	Free Programme : 3 mins (/+ 10 secs)	Per ISU	12 (+ 4 Alts)	Max of 50% Level 1 FM Min of 50% Level 3 FM and above	Must have reached 10 yrs but not 15 yrs by July 1st 2015
<b>Basic Novice B</b>	Free Programme : 3 mins (/+ 10 secs)	Per ISU	16 (+4 Alts)	Max of 50% Level 1 FM Min of 50% Level 3 FM	Must have reached 10 yrs but not 15 yrs by July 1st 2015

## NON ISU Categories

For all non ISU categories the 80% / 20% age rule applies to the total number of skaters involved. At least 80% of those actually performing the programme in the event must meet the age category while 20% or less may be outside the age criteria of the category.					
<b>Senior NISA Category B</b>	Short Programme : 2 min 50 sec (Max) Free Programme - 4 mins 30 sec (-/+10 secs)	Per ISU	12-16 (+4 Alts)	25% of the team may have Level 3 or 4 FM <b>The remainder of the team must have Level 5 FM and above.</b>	Of the members of the team actually performing the programme, if the team comprises of 12, 13 or 14 skaters – 2 skaters with no age restrictions are allowed. If the team comprises of 15 or 16 skaters – 3 skaters with no age restrictions are allowed. Balance of the team must have reached 15 yrs or over by July 1st 2015
<b>Junior NISA Category B</b>	Short Programme : 2 mins 50 secs (Max) Long Programme : 4 mins (-/+ 10 secs)	Per ISU	12-16 (+4 Alts)	25% of the team may have Level 2 or 3 FM <b>The remainder of the team must have Level 4FM and above.</b>	Of the members of the team actually performing the programme, if the team comprises of 12, 13 or 14 skaters – 2 skaters with no age restrictions are allowed. If the team comprises of 15 or 16 skaters – 3 skaters with no age restrictions are allowed. Balance of the team must have reached 13 yrs but not 19 yrs by July 1st 2015
<b>Juvenile</b>	Free Programme : 3 mins 30 secs (-/+ 10 secs)	Adv Nov	9-16 (+4 Alts)	N/A	Must not have reached 13 yrs before July 1st 2015
<b>Elementary</b>	Free Programme : 3 mins (-/+ 10 secs)	Basic Novice	9-16 (+4 Alts)	No more than 2 members of the team may have Level 2 FM or higher	Must not have reached 16 yrs before July 1st 2015
<b>Preliminary</b>	Free Programme : 3 mins 30 secs (-/+ 10 secs)	Advanced Novice	9-16 (+4 Alts)	No more than 50% of the team may have Level 2 FM or higher	Must not have reached 21 yrs before July 2015
<b>Mixed Age</b>	Free Programme : 3 mins 30 secs (-/+ 10 secs)	Advanced Novice	12-16 (+4 Alts)	Min 50% of the team must hold a Level 2 or higher	Must have reached 10 or over by July 1st 2015

<b>Adult 1</b>	Free Programme : 3:00 mins (-/+ 10 secs)	Basic Novice	8-16 (+4 Alts)	N/A	Must have reached 18 yrs with 50% of the team over 25yrs by July 1st 2015 AND The average age of the overall team on July 1st 2015 must be 35yrs and under
<b>Adult 2</b>	Free Programme : 3:00 mins (-/+ 10 secs)	Basic Novice	8-16 (+4 Alts)	N/A	Must have reached 18 yrs with 50% of the team over 25yrs by July 1st 2015 AND The average age of the overall team on July 1st 2015 must be 36yrs and over

Where there are more than 15 Mixed Age teams they may be divided into 2 groups by average age of the whole team. This will be decided after the closing dates of events and Coaches will be informed accordingly. The Adult age split is based on the average ages of teams in 2014-2015 season and may change from season to season as appropriate.

### **ISU Criteria All Categories.**

For Senior and Junior categories refer to ISU Synchronized Rules and Regulations 2014 and subsequent updates as applicable. Advanced Novice and Basic Novice A and B requirements refer to Communication 1947 as applicable and subsequent pertinent updates. For the Elementary and Adult categories the criteria is the same as Basic Novice (A & B) detailed in Communication 1947 and any subsequent updates. All other non-ISU categories will follow Advanced Novice requirements in Communication 1947 and any subsequent pertinent ISU Communications. For more information please refer to the ISU web site [www.isu.org](http://www.isu.org).

The composition of Teams and rules for ISU Categories will be as for the ISU Synchronized Skating Rules and Regulations 2014 and any subsequent pertinent ISU Communications.

All competitions will be run under the ISU rules as per **SPECIAL REGULATIONS & TECHNICAL RULES SYNCHRONIZED SKATING 2014** and any subsequent communications. ( see ISU website [www.isu.org](http://www.isu.org) )

No team may compete in more than one category.

No team may comprise of more than 50% skaters who are competing in another team. i.e. teams may have up to 50% crossovers.

Only those skaters whose names are listed on the registration forms will be allowed to skate. Before an Alternate may be substituted into a team the Organiser or Referee must be informed.

## **MUSIC:**

All teams shall furnish competition music of excellent quality in CD format. Tapes and other formats will not be accepted. The discs should show the exact running time of the music (not skating time), which shall be certified by the Team and Coach, when submitted at the time of registration. Each programme (Short / Free) must be recorded on one track on a separate disk. Teams must provide a back-up disc for each program. (See ISU 2014 Rules)

The titles, composers and orchestras of the music to be used for the Short and Free Skating programs must be listed for each team on the official Music Information Form which forms part of the entry form.

In accordance with ISU 2014 Rules, all discs must:

- a) Be properly inserted in their original container.
- b) Be clearly identified with the name of the Team.
- c) Indicate the type of programme ( Short Programme / Free programme)
- d) Show the exact running time of the music (not the skating time).

## **ENTRY REQUIREMENTS**

### **Citizenship**

#### **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 2010 and ISU Communication 1420 and any subsequent ISU Communications

For a 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 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.

**Age:** Teams must meet the age requirements as set out in the Technical Data.

**Test Levels:** Teams must meet the Field Move requirements as set out in the Technical Data

**Coach Accreditation:** A maximum of two Licensed Coaches per Team may receive rink-side accreditation.

NISA licensed coaches wishing to enter skaters for these events must have attended the discipline specific IJS seminar at the Coaches Conference and a field moves seminar prior to the date of the competition.

If the coach named on the application form has not done so, the skater will be given the opportunity to name another coach or remove the coach's name from their entry.'

### **ENTRY FEES**

£416 per Team. Please note entry fees are non-refundable.

### **CLOSING DATE.**

Fully completed entry forms including, Competition entered, list of skaters, Programme content Sheet, Music Selection Form, Video / Photography Form, Parental Consent Form, Coach / Team Manger details, Anti-doping form, Certification of eligibility, Payment must be received by the NISA by the closing date,

**Closing Date for entries 5pm 7<sup>th</sup> December 2015**

NISA will acknowledge receipt of a correctly and fully completed entry form by sending an e-mail to the Coach /Team Manager 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. Coaches /Team Mangers who do not receive a receipt number should query this **BEFORE 5 pm on the closing date.**

**ANY INCOMPLETE ENTRY FORMS WILL BE REJECTED  
AND RETURNED FOR AMENDMENT.**

**BRITISH CHAMPIONSHIPS 2015/2016**  
**OFFICIAL ENTRY FORM – Synchronized Skating – Skaters List**

TEAM NAME			
CATEGORY	Please Tick	CATEGORY	Please Tick
SENIOR		JUVENILE	
JUNIOR		ELEMENTARY	
ADVANCED NOVICE		PRELIMINARY	
BASIC NOVICE B		MIXED AGE	
BASIC NOVICE A		ADULT 1	
SENIOR B		ADULT 2	
JUNIOR B			

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	NISA No (Valid until at least 18/01/16)	Date of Birth (dd/mm/yyyy)	Age Before 1 July 2015 (i.e. on 30.06.2015)	Field Move Test Held (by 7 <sup>th</sup> Dec 2015)	BRITISH CITIZEN (√) see page 3	BRITISH RESIDENT (√) see page 3	NON RESIDENT (√) see page 3	IF BRITISH CITIZEN	
								PASSPORT NUMBER	PLACE OF ISSUE
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
13.									
14.									
15.									
16.									
17.									
18.									
19.									
20.									

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

# Programme Content Sheet

<b>British Synchronized Championships</b>	<b>Please complete in type or write in capital letters. Please only use ISU element codes. For Pairs and Dance only one partner need fill in this form.</b>
<b>NIC 16<sup>th</sup> – 17<sup>th</sup> January 2016</b>	
<b>Rink / Club:</b>	

**Event:** Senior  Junior  Advanced Novice  Basic Novice B  Basic Novice A  Adult 1  Adult 2  Senior B  Junior B  Juvenile  Elementary  Preliminary  Mixed Age

**Team:**

## ELEMENTS IN ORDER OF SKATING

	Time*	Elements SP / SD		Time*	Elements FS / FD
1			1		
			2		
2			3		
			4		
3			5		
			6		
4			7		
			8		
5			9		
			10		
6			11		
			12		
7			13		
			14		
8			15		
			16		

\*Time during program

**Signature:**

**Date:**



**National Ice Skating Association of UK**  
**Music Information ALL Disciplines**

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

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

**Interpretation details on Short Programme** : i.e. Tell us what piece of music you have chosen, where did the music come from, if it is from a soundtrack, where the section of music is taken from in relation to the soundtrack, and what you are interpreting on the ice, including background information regarding the piece of music selected.

**Interpretation details on the Free Programme** : i.e. Tell us what piece of music you have selected, where it came from, if it is a soundtrack, where the section of music is taken from in relation to the soundtrack, and what you are interpreting on the ice, including background information regarding the piece of music selected.

**Non-consent by skaters parents requires a separate sheet of this form to be completed by a parent/guardian and coach of each skater under 18 years of age.**

**IMPORTANT**

- By entering the event, there is an acceptance that the child/participant may be photographed and/or videoed, and that images may be published / recorded / streamed by National Ice Skating Association in media they consider appropriate, unless the non-consent form below states otherwise
- This event will be judged under an ISU International Judging System which necessarily involves video to allow for video replay at the event. Skaters / parents / guardians may not opt out of this requirement as it is a condition of entry.
- Skaters, parents/guardians and Team Managers should be aware that Synchronized Skating is a TEAM event and the non-consent (to photography) for any one skater means that the entire team may not be photographed or videoed. In the event that the Team concerned achieves a podium place the skater concerned may choose not to join the team on the podium

**EVENT:** **British Synchronized Skating Championships 2015/ 2016.**

- **I DO NOT** consent to the taking of photographs/video (other than for purpose of IJS) by the Official Photographer/Videographer at the event named above

**Skater Name:**

**Team:**

.....

Signed (**Parent/Guardian**):

Date:

.....

**Team Manager:** I acknowledge the above non-consent and confirm that no video/photography (other than for IJS) of the entire team may be permitted

Signed (**Team Manager**):

Date:

.....

**SYNCHRO PARENTAL CONSENT FORM  
BRITISH CHAMPIONSHIPS 2015/2016  
NATIONAL ICE CENTRE, NOTTINGHAM – 16-17 JANUARY 2016**

**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 **7<sup>TH</sup> December 2015**

I understand and accept that anti-doping testing may take place during this event. I will make myself available at the time and place advised, if selected. I 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, who is under 18 years of age, agree to give the NISA and the appointed officials working on its behalf, my permission to test the skater entered in the above competition if so selected. I have read and agree to abide by the rules of the event 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, and 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: ..... |

Signed ..... Position (Team Manager/ Coach)..... Date: .....

## ANTI-DOPING

### PARENT/GUARDIAN CONSENT FORM FOR SKATERS UNDER THE AGE OF 18 Please read the following very carefully

#### **Eligibility of Skaters for Anti-Doping Tests**

It is the Association's policy that no skater under the age of 18 years at the time of anti-doping may be tested without written parental or guardian consent except those skaters under 18 who are currently members of, or who have been members of Team Skate GB (formerly UK Regional, National or International Squad.) It is a condition of eligibility for Team Skate GB membership that skaters under 18 years of age provide written parental or guardian consent to anti-doping testing both in and out-of-competition. For all skaters over 18 years of age, it is a condition of entry to all events and competitions sanctioned by NISA permit, that they are willing to participate in anti-doping testing at that event.

#### **Anti-Doping Testing Program - NISA Policy**

The Association has determined that anti-doping testing may be carried out at any of the following:

- Competition Testing: International events held in the UK  
UK Championships  
Regional Championships (England/Scotland/Wales/N Ireland)  
National Competitions
- Squad Testing: Team Skate GB
- Out-of-Comp Testing: Team Skate GB  
(Including camps)
- Disciplines: Figure  
Dance  
Synchronized  
Short Track Speed
- Genders: Male/Female
- Age: Not under 18 without written parental/guardian consent except  
current / past members of Team Skate GB who may be tested.

I have read, understand and agree to the above conditions.

Signed.....Team Manager \ Coach    Date .....

#### **Coach \ Team Manager Details**

<b>Coach \ Team Manager</b>		<b>Coach 2</b>	
Name	Membership Number	Name	Membership Number
Date / Venue NISA Coach Conference attended		Date / Venue NISA Coach Conference attended	
Date / Venue IJS seminar attended (if applicable)		Date / Venue IJS seminar attended (if applicable)	
Date / Venue Field Moves seminar attended		Date / Venue Field Moves seminar attended	
Signature		Signature	
Date		Date	

## Entry Fee

£ 416 per Team. Please note entry fees are non-refundable

## Payment:

Payment must be received in full by the closing date.

<b><u>Payment Details:</u></b> (please tick)			
<b>Bacs Transfer:</b> <input type="checkbox"/>	<b>Cheque:</b> <input type="checkbox"/>	<b>Debit Card</b> <input type="checkbox"/>	<b>Credit Card</b> <input type="checkbox"/>
<b><u>Card Number:</u></b>	<b><u>Name on card:</u></b>		
<b><u>Issue Number:</u></b> (if applicable)	<b><u>Security Number :</u></b> ( last 3 digits on back of card)		
<b><u>Start Date:</u></b>	<b><u>Expiry date:</u></b>		
Cheques should be made payable to NISA UK LTD Credit / Debit card payments are subject to a 5% administration charge			

## Declaration

A) I confirm I have duly completed the entry forms including, Competition entered, List of skaters, Programme Content Sheet, Music Selection Form, Video / Photography Consent Form, Parental Consent Form, , Anti-doping Form, Coach / Team Manger details and Payment. (All forms must be received by the NISA by the closing date,)

B) I confirm that all skaters are Eligible/Retained Eligible Skaters and, if retained Eligible Skaters, have submitted the appropriate Eligibility 4 forms to NISA.

<b>NAME LICENSED COACH NAME \ TEAM MANAGER</b>	<b>SIGNATURE</b>	<b>Date:</b>

Entries should be submitted by one of the following methods:

- **MAIL TO**

NISA Events Administrator  
Grains Building  
High Cross Street  
Nottingham  
NG1 3AX

- **FAX TO:** 0115 988 8061

- **E MAIL TO:** [eventsadmin@iceskating.org.uk](mailto:eventsadmin@iceskating.org.uk)

**CLOSING DATE FOR ENTRIES IS STRICTLY**  
**5pm 7<sup>th</sup> December 2015**

**NO LATE ENTRIES WILL BE ACCEPTED**