

**British Ice Skating**  
**TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS**

**FROM 1<sup>ST</sup> July 2019 to 30<sup>th</sup> JUNE 2020**

**(To read in conjunction with any relevant ISU Communications and subject to any revisions emanating from Frankfurt July 2019)**

**These competition program requirements comply with ISU requirements from Basic Novice to Senior and, for a short time, may be out of line with the NISA Free Skating test structure. All elements performed are as per ISU current regulations. This allows skaters to perform IJS test and competition elements as per the established criteria (ISU regulations)**

**These Generic Criteria must be read in conjunction with ISU Special Regulations and Technical Rules 2018. ISU Communications 2242, 2253 and 2254 and any subsequent ISU communications.** Vocal Music is allowed at all levels. ISU Age restrictions do not apply except at Basic or Intermediate Novice.

Ladies and Men may not compete together in the same singles competitions. These singles competitions must be split into separate Ladies and Men's events. This does not apply to any exhibition events where this is at the discretion of the club. Tests passed after the closing date DO NOT allow entry to be transferred to another level.

The Generic Criteria is the same for all Opens, with the following conditions:

- **There are no age restrictions at any level of the Generic Criteria for competitors conforming to the Minimum and Maximum test standard requirements stated for the relevant level except at Basic and Intermediate Novice.**
- All competitions must be judged under IJS, except exhibition events which are at the discretion of the club.
- IJS events from Beginner to Level 3 will be judged in accordance with the ISU Basic Novice regulations, i.e. No element can achieve higher than Level 2 and only 2 components will be scored in accordance with ISU Communication 2172. In Beginners, no spin can achieve higher than Level 1.
- The Club is free to choose from these criteria which levels they wish to skate at their own event.
- NISA Permitted events will be eligible for test passes as long as they meet minimum Panel requirements and Referee Reports are submitted
- Where Clubs/Rinks choose and are permitted to hold an event using the IJS, the Short Programme and Free Programme **CAN be run as 2 separate events.**
- Skaters are free to enter either or both of the 2 events at any level for which they meet the requirements, time permitting.
- Many skaters will be eligible at more than one level and will choose which event they enter in association with their Coach, based on their personal plans for the season. If entries are submitted for 2 events, skaters must state their preference if clubs can only accommodate skaters in one event due to time restrictions.

**IMPORTANT NOTIFICATION**

**WHEN A TEST SCORE IS ACHIEVED IN COMPETITION A SKATER CAN ONLY COMPETE AT THE SAME LEVEL ON TWO MORE OCCASIONS AFTER WHICH THE TEST MUST BE APPLIED FOR AND THE SKATER MOVE TO THE HIGHER LEVEL**

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Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
Event 1 Beginner Ladies  Event 2 Beginner Men	<b>Beginner</b>	Skate UK Gold Star (Figure) or a minimum of Level 1 Field Moves  A photocopy of the Skate UK passport must be submitted with the application form (unless Level 1 Field Moves already held)	Must not hold any of the following:  <ul style="list-style-type: none"> <li>• Level 1 Elements or</li> <li>• Level 1 Free</li> </ul>	1½ Minutes (+/- 5 seconds)	Skaters should perform a well balanced programme with linking steps, consisting of:  A maximum of 3 jump elements including Different single jumps only, excluding axel NO combinations or sequences are permitted  NB - A 3 (waltz) jump is not a listed jump and is not counted as a jump element. A maximum of 2 spins, 2 Basic position spins (of different ISU abbreviations) only are allowed with no change of foot and no change of position. (Min 3 revs) <b>Variations are not permitted.</b>  A maximum of 1 Choreographic Sequence fully utilising the ice surface, in either a straight line, circular or serpentine pattern.  <b>Levels explanation:</b> In Spins, no features/variations are permitted. Spins that meet the criteria will be given Base value and evaluated in GOE. Any spin with a variation will be called No Value and receive no technical score.  <b>Program Components:</b> Skating Skills & Performance only.









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<p>Event 11 Basic Novice Ladies</p>	<p style="text-align: center;"><b>Basic Novice</b> (Ranking Event)</p>	<p>A minimum of Level 4 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 4 Elements or</li> <li>▪ Level 4 Free</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ No Maximum Standard</li> </ul> <p><b>MUST NOT HAVE NOT REACHED THE AGE OF 13 BEFORE THE 1<sup>ST</sup> OF JULY 2019.</b></p>	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 4 jump elements, consisting of</p> <ul style="list-style-type: none"> <li>• A minimum of 1 axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or sequences. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• No single or double jump may be executed more than twice in total.</li> <li>• Triple or quadruple jumps are not permitted</li> </ul>
<p>Event 12 Basic Novice Men</p>	<p>Please see ISU communication 2242</p>				<p>There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <ul style="list-style-type: none"> <li>• The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</li> <li>• The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</li> <li>• In both spins flying entries are allowed</li> <li>• There must be one step sequence fully utilising the ice surface.</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 2 will be counted.</p> <p><b>Program Components:</b> Skating Skills &amp; Performance only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded for each Double Axel called in the Program with no &lt; or &lt;&lt; sign</p>







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<p>Event 17 Advanced Novice Ladies Short</p> <p>Event 18 Advanced Novice Men Short</p>	<p style="text-align: center;"><b>Level 8/ Advanced Novice</b></p> <p style="text-align: center;"><b>SHORT PROGRAMME</b></p> <p style="text-align: center;">Please see ISU Communication 2242</p>	<p>A minimum of Level 8 Field Moves and either</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Level 8 Free or</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 9 Elements and Free</li> </ul> <p><b><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1<sup>ST</sup> OF JULY 2019</u></b></p>	<p>Ladies and Men 2 Min 20 (+/- 10 seconds)</p>	<p><b><u>SHORT PROGRAMME</u></b></p> <p><b><u>Ladies</u></b></p> <ol style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump, may not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or a double and a triple jump, jumps may not repeat a jump in a) or b) )</li> <li>d) Layback or sideways leaning spin or spin in one basic position with no change of foot. (min. 6 revs in position) and no flying entrance.</li> <li>e) Spin combination with only one change of foot – min. 5 revs on each foot. Flying entry is allowed.</li> <li>f) One step sequence, fully utilising ice surface.</li> </ol> <p><b><u>Men</u></b></p> <ol style="list-style-type: none"> <li>a) Single or double Axel</li> <li>b) Double or triple jump, may not repeat jump in a)</li> <li>c) One jump combination consisting of two double jumps or a double and a triple jump, jumps may not repeat a jump in a) or b)</li> <li>d) Camel, sit or upright spin (minimum of five (5) revolution on each foot) with change of foot and no flying entrance.</li> <li>e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed</li> <li>f) One step sequence, fully utilising the ice surface.</li> </ol> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Transitions, Performance and Interpretation only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded to each Double Axel or Triple Jump called in the Program with no &lt; or &lt;&lt; sign</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2242, 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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<p>Event 19 Advanced Novice Ladies Free</p> <p>Event 20 Advanced Novice Men Free</p>	<p style="text-align: center;"><b>Level 8/ Advanced Novice</b></p> <p style="text-align: center;"><b>FREE PROGRAMME</b></p> <p style="text-align: center;">Please see ISU Communication 2242</p>	<p>A minimum of Level 8 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 8 Elements or</li> <li>▪ Level 8 Free or</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 9 Elements and Free</li> </ul> <p><b><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 15 BEFORE THE 1<sup>ST</sup> OF JULY 2019.</u></b></p>	<p>Ladies and Men 3 Minutes (+/- 10 seconds)</p>	<p><b><u>FREE PROGRAMME</u></b></p> <p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements for ladies and men, consisting of</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 2 jump combinations or sequences. One jump combination could consist of up to three (3) jumps, the other up to two (2) jumps. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump.</li> <li>• No quadruple jumps are allowed.</li> <li>• No single, double (including Double Axel) or triple jump may be executed more than twice in total. Only two (2) triple jumps can be repeated either in a jump combination or a jump sequence.</li> </ul> <p>There must be a maximum of two (2) spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> <li>• one must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed</li> <li>• one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).</li> <li>• A Maximum of 1 step sequence fully utilizing the full ice surface.</li> </ul> <p><b>Levels explanation:</b> In all elements subject to levels only features up to level 3 will be counted.</p> <p><b>Program Components:</b> Skating Skills, Transitions, Performance and Interpretation only.</p> <p><b>Bonus:</b> A bonus of 0.5 will be awarded to each Double Axel or Triple Jump called in the Program with no &lt; or &lt;&lt; sign</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2242, 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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<p>Event 21 Junior Ladies Short</p> <p>Event 22 Junior Men Short</p>	<p><b>Level 9/ Junior</b></p> <p><b>SHORT PROGRAMME</b></p>	<p>A minimum of Level 9 Field Moves <b>and</b> either:</p> <ul style="list-style-type: none"> <li>▪ Level 9 Elements or</li> <li>▪ Level 9 Free or</li> <li>▪</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 10 Elements and Free or</li> <li>▪ Both parts of the Junior Competitive Test or higher</li> </ul> <p><b>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 19 BEFORE THE 1<sup>ST</sup> OF JULY 2019.</b></p>	<p>Ladies and Men 2 min 40 (+/- 10 seconds)</p>	<p><b>SHORT PROGRAMME</b></p> <p><b>Ladies</b></p> <ol style="list-style-type: none"> <li>a) Double Axel</li> <li>b) One double or triple Loop</li> <li>c) One jump combination consisting of two doubles or a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying Sit spin (min. 8 revolutions in position)</li> <li>e) Layback or sideways leaning spin or Camel spin without change of foot (min. 8 revolutions in position)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ol> <p><b>Men</b></p> <ol style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One double or triple Loop</li> <li>c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying Sit spin (min. 8 revolutions in position)</li> <li>e) Camel spin with only one change of foot (min. 6 revolutions on each foot)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>h) One Step sequence fully utilizing the ice surface</li> </ol> <p><b>Bonus:</b> A bonus of 1.0 will be awarded to each non-compulsory Triple Jump called in the Program with no &lt; or &lt;&lt; sign</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 AND ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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<p>Event 23 Junior Ladies Free</p> <p>Event 24 Junior Men Free</p>	<p><b>Level 9/ Junior</b></p> <p><b>FREE PROGRAMME</b></p>	<p>A minimum of Level 9 Field Moves <b>and</b> either:</p> <ul style="list-style-type: none"> <li>▪ Level 9 Elements or</li> <li>▪ Level 9 Free or</li> </ul>	<p>Must not hold</p> <ul style="list-style-type: none"> <li>▪ Both parts of Level 10 Elements and Free</li> </ul> <p><b><u>THERE IS NO MAXIMUM STANDARD FOR SKATERS WHO HAVE NOT REACHED THE AGE OF 19 BEFORE THE 1<sup>ST</sup> OF JULY 2019.</u></b></p>	<p>Ladies and Men 3½ Minutes (+/- 10 seconds)</p>	<p><b><u>FREE PROGRAMME</u></b></p> <p>Skaters should perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 7 jump elements which must contain</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps.</li> </ul> <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs), 1 a flying spin or spin with a flying entrance (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface.</p> <p>N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2018 applies.</p> <p><b>Bonus:</b> A bonus of 1.0 will be awarded to each Triple Jump called in the Program with no &lt; or &lt;&lt; sign</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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<p>Event 25 Senior Ladies Short</p> <p>Event 26 Senior Men Free</p>	<p><b>Level 10/ Senior</b></p> <p><b>SHORT PROGRAMME</b></p>	<p>Level 10 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 10 Elements or</li> <li>▪ Level 10 Free or</li> </ul>	<p>No maximum test requirement</p>	<p>Ladies and Men: 2 Min 40 (+/- 10 seconds.)</p>	<p><b>SHORT PROGRAMME</b></p> <p><b>Ladies</b></p> <ul style="list-style-type: none"> <li>a) Double or Triple Axel</li> <li>b) One Triple jump</li> <li>c) One Jump combination consisting of a double and a triple jump or two triple jumps (No repeat of a or b)</li> <li>d) Flying spin (free choice – min. 8 revolutions in position)</li> <li>e) Layback or sideways leaning spin (min. 8 revolutions in position) <b>or</b> sit/camel spin without change of foot (minimum 8 revolutions in position)</li> <li>f) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>g) One Step sequence fully utilizing the ice surface</li> </ul> <p><b>Men</b></p> <ul style="list-style-type: none"> <li>h) Double or Triple Axel</li> <li>i) One Triple or quadruple jump</li> <li>j) One Jump combination consisting of a double and a triple jump, or two triple jumps, or a quadruple jump with a double or a triple (No repeat of a or b)</li> <li>k) Flying spin (free choice – min 8 revolutions in position)</li> <li>l) Sit or camel spin with only one change of foot (min. 6 revolutions on each foot)</li> <li>m) Spin combination with only 1 change of foot (min. 6 revolutions on each foot).</li> <li>n) One Step sequence fully utilizing the ice surface</li> </ul> <p>Note - The landing position of the flying spin (d) must be different to the position selected in the one position spin (e).</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2253 &amp; 2254 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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<p>Event 27 Senior Ladies Free</p> <p>Event 28 Senior Men Free</p>	<p><b>Level 10/ Senior</b></p> <p><b>FREE PROGRAMME</b></p>	<p>Level 10 Field Moves <b>and</b> either</p> <ul style="list-style-type: none"> <li>▪ Level 10 Elements or</li> <li>▪ Level 10 Free or</li> </ul>	<p>No maximum test requirement</p>	<p>Ladies and Men 4 Minutes (+/- 10 seconds)</p>	<p><b><u>FREE PROGRAMME</u></b></p> <p>Skaters should perform a well balanced programme with linking steps consisting of:</p> <p>A maximum of 7 jump elements which must consist of</p> <ul style="list-style-type: none"> <li>• An axel type jump element (either solo or in combination or sequence)</li> <li>• A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps.</li> </ul> <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs) 1 a flying spin or spin with flying entry (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>A Maximum of 1 step sequence and 1 choreographic sequence utilizing the full ice surface, as per ISU Regulations 2016 and any subsequent ISU communications. (see below for definition of choreographic sequence)</p> <p>N.B. With regard to the repetition of jumps ISU Rule 612 Special Regulations 2016 applies. See also ISU Communication</p> <p><b>SKATERS ARE ADVISED TO READ CAREFULLY THE ISU SPECIAL REGULATIONS &amp; TECHNICAL RULES FOR SINGLES &amp; PAIRS 2018 ALL RELEVANT ISU COMMUNICATIONS INCLUDING 2168 &amp; 2176 WHICH GIVE FURTHER DETAILS REGARDING ELEMENTS</b></p>
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- 1) **SPIN WITH NO CHANGE OF POSITION.** A “spin with no change of position”, in which another basic position is executed with more than two (2) revolutions, does not fulfil the requirements of a spin with “no change of position” and will be identified as a “spin combination”. However, the concluding upright position at the end of the spin is not considered to be another position independent of the number of revolutions, as long as the skater is executing only the final wind up without any enhancements. NB. This means in a spin with only one change of position, if the second position is an Upright position it must be obvious, e.g. have an enhancement, to make it clear is not simply the wind up.
- 2) **CHOREOGRAPHIC SEQUENCE**  
A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins etc. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible. It can be performed before or after the Step Sequence. This element has a fixed base value and will be evaluated by the judges in GOE only. As per ISU Special Regulations & Technical Rules, Single & Pair Skating 2018 and any subsequent updates.