



TELFORD OPEN 2010 & NISA Cup England – Wednesday 24th and Thursday 25th March
National Ice Skating Association of UK Ltd
TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS
FROM 1ST JULY 2009 to 30th JUNE 2010

These competition program requirements fit with the National Test Structure requirements despite there being specification of elements in the test structure. The only amendment to the criteria from last season is the maximum number of elements in the beginner sections. As with the current test structure, all elements performed are as per ISU current regulations. This therefore allows skaters to perform RJS test and competition elements as per the established criteria (ISU regulations 2008) and indeed as per the IJS criteria and clarifications. (Communication 1504).

These Generic Criteria must be read in conjunction with the ISU Regulations 2008, any subsequent ISU communications, including the communication regarding listed jumps, and also the updated NISA IJS element clarifications (2/09) for RJS competitions and National tests available on the NISA website. (see Figure – Singles & Pairs – rules & regulations)

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 exhibition events where this is at the discretion of the club. In levels 7 to 10 skaters may not compete in more than 1 level at National Open events or NISA Cup events. Tests passed after the closing date **DO NOT** allow entry to be transferred to another level under any circumstances.

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
CLASS 1 Girls 8 & under CLASS 1b Girls 9 & 10 Years CLASS 2 Girls 11 yrs & Over CLASS 3 Boys any age	Beginner	Skate UK Gold Star (Figure) or Level 1 Field Moves A photocopy of the Skate UK passport must be submitted with the application form (unless Novice Field Moves or Level 1 Dance Moves already held)	Must not hold any of the following: <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme with linking steps, consisting of: A maximum of 3 jump elements including <ul style="list-style-type: none"> • single jumps only, excluding axel, lutz and flip • 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, <ul style="list-style-type: none"> • Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs)
CLASS 4 Girls 11 yrs & under CLASS 5 Girls 12 yrs & over CLASS 6 Boys any age	Level 1	Level 1 Field Moves and either <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	Must not hold any of the following: <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme with linking steps, consisting of: A maximum of 4 jump elements including <ul style="list-style-type: none"> • single jumps only, excluding axel ,and lutz • A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel & lutz. A maximum of 2 spins <ul style="list-style-type: none"> • Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs) A Maximum of 1 step sequence (full ice not required)



TELFORD OPEN 2010 & NISA Cup England – Wednesday 24th and Thursday 25th March

National Ice Skating Association of UK Ltd

TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS

FROM 1ST JULY 2009 to 30TH JUNE 2010

<p>CLASS 7 Girls 11 yrs & under</p> <p>CLASS 7a Girls 12 yrs & over</p> <p>CLASS 8 Boys any age</p>	<p>Level 2</p>	<p>Level 2 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	<p>1½ Minutes (+/- 5 seconds)</p>	<p>Skaters must 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"> • single jumps only (no axels allowed) i • A maximum of 2 jump combinations or sequences consisting of only 2 single jumps excluding axels. <p>A maximum of 2 spins, including</p> <ul style="list-style-type: none"> • Max of 1 with only 1 change of position and no change of foot (Min 2 revs in each position) • max of 1 basic position spin with no change of foot and no change of position (Min 3 revs) <p>A Maximum of 1 step sequence utilizing the full ice surface</p>
<p>CLASS 9 Ladies any age</p> <p>CLASS 10 Men any age</p>	<p>Level 3</p>	<p>Level 3 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	<p>1½ Minutes (+/- 5 seconds)</p>	<p>Skaters must 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"> • Single jumps only – axels allowed • A maximum of 2 jump combinations or sequences consisting of only 2 single jumps or axels. <p>A maximum of 2 spins, including</p> <ul style="list-style-type: none"> • Max of 1 with only 1 change of position and no change of foot (Min 2 revs in each position) • Max of 1 with only 1 change of foot and no change of position (Min 2 revs on each foot) <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>NB The axel may not be attempted more than twice in the programme</p>



TELFORD OPEN 2010 & NISA Cup England – Wednesday 24th and Thursday 25th March

National Ice Skating Association of UK Ltd

TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS

FROM 1ST JULY 2009 to 30TH JUNE 2010

<p>CLASS 11 Ladies any age</p> <p>CLASS 12 Men any age</p>	<p>Level 4</p>	<p>Level 4 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences consisting of only 2 jumps <p>A maximum of 2 different spins (min 3 revs in basic position spins or min 6 revs in combination or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>NB The axel and each different double jump may only be attempted twice in the programme.</p>
<p>CLASS 13 Ladies any age</p> <p>CLASS 14 Men any age</p>	<p>Level 5</p>	<p>Level 5 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Level 6 Elements or ▪ Level 6 Free 	<p>2 Minutes (+/- 5 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 5 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences consisting of only 2 jumps <p>A maximum of 2 spins with different ISU abbreviations ,1 of which must be a change of foot spin (min 3 revs in basic position spins and min 8 revs in change of position or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>N.B The Axel and each different double jump may only be attempted twice in the programme</p>



TELFORD OPEN 2010 & NISA Cup England – Wednesday 24th and Thursday 25th March

National Ice Skating Association of UK Ltd

TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS

FROM 1ST JULY 2009 to 30TH JUNE 2010

<p>CLASS 15 Ladies any age</p> <p>CLASS 16 Men any age</p>	<p>Level 6</p>	<p>Level 6 Field Moves and either</p> <ul style="list-style-type: none"> • Level 6 Elements or • Level 6 Free 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Level 7 Elements or ▪ Level 7 Free or ▪ Any part of any Competitive Test 	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 axel type jump element (either solo or in combination or sequence) • A maximum of 2 jump combinations or sequences. If in combination, 1 may consist of 3 jumps, and the other 2 jumps <p>A maximum of 3 spins with different ISU abbreviations, one of which must be a flying spin (min 3 revs in basic position spins or flying spins or min 8 revs in combination or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>N.B The Axel and each different double jump may only be attempted twice in the programme</p>
<p>CLASS 17 Ladies any age</p> <p>CLASS 18 Men any age</p>	<p>Level 7</p>	<p>Level 7 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 7 Elements or ▪ Level 7 Free or ▪ Old NISA Pre-Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ Any part of old NISA Novice Competitive Test or higher 	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements, consisting of</p> <ul style="list-style-type: none"> • 1 Axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations. (min 3 revs in basic position spins or min 8 revs in combination or change of foot spins)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p> <p>N.B. The Axel and each different double jump may only be attempted twice in the programme</p>



TELFORD OPEN 2010 & NISA Cup England – Wednesday 24th and Thursday 25th March
National Ice Skating Association of UK Ltd
TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS
FROM 1ST JULY 2009 to 30th JUNE 2010

<p>CLASS 19 Ladies any age</p> <p>CLASS 20 Men any age</p>	<p>Level 8</p>	<p>Level 8 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 8 Elements or ▪ Level 8 Free or ▪ 1 part of the old NISA Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 9 Elements and Free <p>or</p> <ul style="list-style-type: none"> ▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher 	<p>Ladies 3 Minutes (+/- 10 seconds)</p> <p>Men 3 ½ Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 6 jump elements for ladies and 7 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations, 1 of which must be a flying spin with no change of foot, no change of position and with min 6 revs, and 1 a combination spin with min 10 revs.</p> <p>A Maximum of 1 step sequence or spiral sequence utilizing the full ice surface. If the spiral sequence is skated it must comply with ISU regs 2008 and any subsequent ISU communications.</p> <p>N.B. Only 2 different jumps with 2 ½ revs or more can be repeated and if so should be in either a jump combination or jump sequence. No jump of 3 revs or more can be attempted more than twice in the programme. Double axel may be attempted a maximum of 3 times in the programme</p>
--	----------------	---	---	--	---



TELFORD OPEN 2010 & NISA Cup England – Wednesday 24th and Thursday 25th March

National Ice Skating Association of UK Ltd

TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS

FROM 1ST JULY 2009 to 30TH JUNE 2010

<p>CLASS 21 Ladies any age</p> <p>CLASS 22 Men any age</p>	<p>Level 9</p>	<p>Level 9 Field Moves and either :</p> <ul style="list-style-type: none"> ▪ Level 9 Elements or ▪ Level 9 Free or ▪ 1 part of the old NISA Primary (ISU Novice) Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 10 Elements and Free or ▪ Both parts of the Junior Competitive Test or higher 	<p>Ladies 3½ Minutes (+/- 10 seconds)</p> <p>Men 4 Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 7 jump elements for ladies and 8 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <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 (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. Only 2 different jumps with 3 revs or more can be repeated and if so should be in either a jump combination or jump sequence. No jump of 3 revs or more can be attempted more than twice in the programme. Double axel may be attempted a maximum of 3 times in the programme</p>
--	----------------	---	---	---	--



TELFORD OPEN 2010 & NISA Cup England – Wednesday 24th and Thursday 25th March
National Ice Skating Association of UK Ltd
TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS
FROM 1ST JULY 2009 to 30TH JUNE 2010

<p>CLASS 23 Ladies any age</p> <p>CLASS 24 Men any age</p>	<p style="text-align: center;">Level 10</p>	<p>Level 10 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 10 Elements or ▪ Level 10 Free or ▪ One part of the Junior Competitive Test 	<p>No maximum test requirement</p>	<p>Ladies: 4 Minutes (+/- 10 seconds)</p> <p>Men: 4½ Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>A maximum of 7 jump elements for ladies and 8 for men, consisting of</p> <ul style="list-style-type: none"> • An axel type jump element (either solo or in combination or sequence) • A maximum of 3 jump combinations or sequences. If in combination, 1 may consist of 3 jumps and the others of only 2 jumps. <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 (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>Ladies- A Maximum of 1 step sequence and 1 spiral sequence utilizing the full ice surface. The spiral sequence must comply with ISU regs 2008 and any subsequent ISU communications.</p> <p>Men – A Maximum of 2 different step sequences</p> <p>N.B. Only 2 different jumps with 3 revs or more can be repeated and if so should be in either a jump combination or jump sequence. No jump of 3 revs or more can be attempted more than twice in the programme. Double axel may be attempted a maximum of 3 times in the programme</p>
--	---	---	------------------------------------	---	--



TELFORD OPEN 2010 & NISA Cup England – Wednesday 24th and Thursday 25th March
National Ice Skating Association of UK Ltd
TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS
FROM 1ST JULY 2009 to 30th JUNE 2010

Open Competitions for Couples/Pairs

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
CLASS 25	Beginner Couples/Pairs	Each partner must have passed Level 1 Field Moves	Must not hold any old NISA Pair Test or any part of Level 4 Singles or Dance National tests (excluding Field Moves) Must not hold Level 2 or higher new National Pair test	Free Program of 2 minutes (+/- 5 seconds)	The programme must contain ONLY the following elements: <ul style="list-style-type: none"> ▪ Mid-line step sequence utilising the full length of the ice surface. ▪ Second step sequence (any pattern). This may include spirals ▪ Pair spin/dance spin in any position and any hold (min. 2 revs). Change of foot or position optional ▪ Side by side solo spin (min. 3 revs) Moves demonstrating quality edges, simple turns and footwork should be included. At least 3 different dance/pair holds should be demonstrated throughout the programme. Recognised pair/dance lifts are not allowed. Vocal music is not permitted.
CLASS 26	Novice Pairs (NISA Novice)	Each partner must hold: <ul style="list-style-type: none"> ▪ Level 4 Field Moves ▪ Level 4 Elements and ▪ Level 4 Free AND EITHER <ul style="list-style-type: none"> ▪ Old NISA Novice Pairs Test OR <ul style="list-style-type: none"> ▪ New Level 3 National Pairs Test 	No Maximum Test Requirement	Free Program of 2½ minutes (+/- 10 seconds)	A well balanced programme which must contain: <ul style="list-style-type: none"> ▪ Minimum 2 lifts, maximum 3 (only one may be a twist lift – only single twist permitted. This complies with group 2). Lifts can only be selected from Groups 1 and 2. Platter lift not permitted ▪ Only 1 throw jump (single or double) ▪ Only 1 solo jump (single or double) ▪ Minimum 1 pair spin (min. 3 revs in total), max 2: (second pair spin, if executed, need not comply with rev. requirements) ▪ Only 1 solo spin (min. 3 revs in total) ▪ Minimum 1 death spiral or pivot figure, max 2 (only 1 may be a death spiral) ▪ Minimum 1 step or spiral sequence.



TELFORD OPEN 2010 & NISA Cup England – Wednesday 24th and Thursday 25th March

National Ice Skating Association of UK Ltd

TECHNICAL REQUIREMENTS FOR NATIONAL SINGLES & PAIRS OPEN COMPETITIONS

FROM 1ST JULY 2009 to 30TH JUNE 2010

<p>CLASS 27</p>	<p>Pre IJS Pairs (Preparing for ISU Novice Free)</p>	<p>Each partner must hold:</p> <ul style="list-style-type: none"> ▪ Level 6 Field Moves ▪ Level 4 Elements and ▪ Level 4 Free <p>AND EITHER</p> <ul style="list-style-type: none"> ▪ Old NISA Novice pairs Test <p>OR</p> <ul style="list-style-type: none"> ▪ New Level 4 National Pairs Test 	<p>No Maximum Test Requirement</p>	<p>Free Program of 3 ½ minutes (+/- 10 seconds)</p>	<p>The well balanced programme must contain only the following elements:</p> <ul style="list-style-type: none"> a) 2 different lifts (1 must be from Group 3 or 4) b) 1 twist lift (single or double) c) 1 or 2 throw jumps (single or double) d) 1 solo jump (single or double) 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. 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 or death spiral without restrictions i) 1 step sequence.
------------------------	--	--	------------------------------------	---	---