



National Ice Skating Association of UK Ltd

TECHNICAL FIGURE REQUIREMENTS FOR OPEN COMPETITIONS FROM 1ST JANUARY 2006

Open Competitions

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
	Beginner Ladies or Men	Skate UK Gold Star (Figure) or Novice Field Moves or Level 1 Dance Moves	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 comprising only single jumps. No Axels are permitted No combinations or sequences are permitted Max 2 basic position spins with no change of foot and no change of position 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)
	Level 1 Ladies or Men	Novice Field Moves or Level 1 Dance 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 comprising only single jumps. No Axels are permitted Only one jump combination or sequence is permitted. Max 2 spins (1 may have a change of position) One step sequence must be included
	Level 2 Ladies or Men	<ul style="list-style-type: none"> ▪ Prelim Field Moves or Level 2 Dance Moves and either ▪ Level 2 Elements or ▪ Level 2 Free 	Must not hold any of the following <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme comprising only single jumps. No Axels are permitted A maximum of 2 jump combinations and/or sequences are permitted Max 2 spins (1 may have a change of position and 1 may have a change of foot) One step sequence utilising the full ice surface must be included
	Level 3 Ladies or Men	Prelim Field Moves or Level 2 Dance Moves and either <ul style="list-style-type: none"> ▪ Level 3 Elements or ▪ Level 3 Free 	Must not hold any of the following <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	1½ Minutes (+/- 5 seconds)	Skaters must perform a well balanced programme. No double jumps are permitted but single Axels can be included A maximum of 2 jump combinations and/or sequences are permitted. – the Axel may not be attempted more than twice in the programme Maximum 2 spins (1 may have a change of position and 1 may have a change of foot) One step sequence utilising the full ice surface must be included



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	<p>Level 4 Ladies or Men</p>	<p>Inter Bronze Field Moves or Level 4 Dance 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 which includes a variety of jumps, spins and steps (from any level) but with:</p> <ol style="list-style-type: none"> a) an Axel b) a maximum of 1 solo double jump c) a minimum of 1 and a maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps) d) a maximum of 2 different spins (minimum of 3 revs in each or a minimum of 6 revs in total if a spin combination is performed) e) 1 step sequence, straight line, circular or serpentine <p>N.B. Both the Axel and each different double jump may only be attempted twice in the programme</p>
	<p>Level 5 Ladies or Men</p>	<p>Inter Bronze Field Moves or Level 4 Dance 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 which includes a variety of jumps, spins and steps (from any level) but with:</p> <ol style="list-style-type: none"> a) an Axel b) a maximum of 1 solo double jump c) a minimum of 1 and a maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps) d) maximum of 2 different spins (one must be a change of foot; minimum of 3 revs in each spin and a minimum of 8 revs in total in the change foot spin) e) 1 step sequence, straight line, circular or serpentine <p>N.B. Both the Axel and each different double jump may only be attempted twice in the programme</p>
	<p>Level 6 Ladies or Men</p>	<p>Bronze Field Moves or Level 6 Dance 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 which includes a variety of jumps, spins and steps (from any level) but with:</p> <ol style="list-style-type: none"> a) an Axel b) a maximum of 2 different solo double jumps c) a minimum of 1 and a maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps) d) a maximum of 3 different spins (one must be a flying spin; minimum of 3 revs in each spin and a minimum of 8 revs in total if a spin combination is performed) e) 1 step sequence, fully utilising the ice surface <p>N.B. Both the Axel and each different double jump may only be attempted twice in the programme</p>



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	<p>Level 7 Ladies or Men</p>	<p>Bronze Field Moves or Level 6 Dance Moves and either</p> <ul style="list-style-type: none"> ▪ One part Level 7 or ▪ 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 NISA Novice Competitive Test or higher 	<p>2½ Minutes (+/- 10 seconds)</p>	<p>Skaters must perform a well balanced programme which includes a variety of jumps, spins and steps (from any level) but with:</p> <ol style="list-style-type: none"> a) a maximum of 2 different solo double jumps b) a minimum of 1 and a maximum of 2 jump combinations/sequences (jumps may be different from the solo jumps) c) a maximum of 3 different spins (min. of 5 revs in each or a min of 8 revs in total if a spin combination is performed) d) 1 step sequence, straight line, circular or serpentine, fully utilising the ice surface (this can be a spiral sequence) <p>N.B. Both the Axel and each different double jump may only be attempted twice in the programme</p>
	<p>Level 8 Ladies or Men</p>	<p>Inter-Silver Field Moves or Level 8 Dance Moves and either</p> <ul style="list-style-type: none"> ▪ One part of Level 8 or ▪ 1 part of the NISA Novice Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 9 or ▪ Both parts of 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 which includes a variety of good quality jumps, spins and steps (from any level) but also with:</p> <ol style="list-style-type: none"> a) a minimum of 1 and a maximum of 3 jump combinations/sequences (jumps may be different from the solo jumps) b) a maximum of 3 different spins (one of which must be a flying spin with a min of 4 revs. Other spins must have a min of 5 revs or a min of 8 revs in total if a spin combination is performed) c) a maximum of 1 step or spiral sequence, fully utilising the ice surface <p>N.B. Only 2 different jumps with 2½ or 3 revs can be repeated and if so should be in either a jump combination or jump sequence. No jump of 2½ or 3 revs can be attempted more than twice.</p>



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	<p>Level 9 Ladies or Men</p>	<p>Inter-Silver Field Moves or Level 8 Dance Moves and either :</p> <ul style="list-style-type: none"> ▪ One part of Level 9 or ▪ 1 part of the NISA Primary (ISU Novice) Competitive Test 	<p>Must not hold</p> <ul style="list-style-type: none"> ▪ Both parts of Level 10 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 which includes a variety of good quality jumps, spins and steps (from any level) but also with:</p> <ol style="list-style-type: none"> a) a minimum of 1 and a maximum of 3 jump combinations/sequences (jumps may be different from the solo jumps) b) a maximum of 3 different spins (one of which must be a flying spin with a min of 5 revs. Other spins must have a min of 5 revs or a min of 10 revs in total if a spin combination is performed) c) a maximum of 2 step sequences for Ladies, one of which must be a spiral sequence, and a maximum of 2 different step sequences for men, fully utilising the ice surface <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.</p>
	<p>Level 10 Ladies or Men</p>	<p>Inter-Silver Field Moves or Level 8 Dance Moves and either</p> <ul style="list-style-type: none"> ▪ One part of Level 10 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 which includes a variety of good quality jumps, spins and steps (from any level) but also with:</p> <ol style="list-style-type: none"> a) a minimum of 1 and a maximum of 3 jump combinations/sequences (jumps may be different from the solo jumps) b) a maximum of 4 different spins (one of which must be a flying spin with a min of 6 revs or a min of 10 revs in total if a spin combination is performed) c) a maximum of 2 step sequences for Ladies, one of which must be a spiral sequence, and a maximum of 2 different step sequences for men, fully utilising the ice surface <p>N.B. Only 2 different jumps with 3 or more revs 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.</p>



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Open Competitions for Couples/Pairs

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
	Beginner Couples/Pairs	Each partner must have passed either Novice Field Moves or Level 1 Dance Moves	Must not hold any Pair Test or any part of Level 6 Figure or Dance Standard tests	Free Program of 2 minutes (+/- 5 seconds)	<p>The programme must contain ONLY the following elements:</p> <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 ▪ recognised pair/dance lifts are not allowed ▪ Vocal music is not permitted
	Novice Pairs (NISA Novice)	Novice Pair Test and Prelim Field Moves or Level 2 Dance Moves with either <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 Free 	No Maximum Test Requirement	Free Program of 2½ minutes (+/- 10 seconds)	<p>The well balanced programme must contain:</p> <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.



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	<p style="text-align: center;">Pre NJS Pairs (Preparing for ISU Novice Free)</p>	<p>Novice Pair Test and Inter Bronze Field Moves or Level 4 Dance Moves plus</p> <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free <p>OR 2006 NJS ENTRY</p> <ul style="list-style-type: none"> ▪ Bronze Field Moves or Level 6 Dance Moves and ▪ Level 6 Elements and ▪ Level 6 Free 	<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> <ol 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 without restrictions i) 1 step sequence which must fully utilise the ice surface
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EXPLANATION OF INTEGRATION OF NATIONAL TESTS, NATIONAL OPEN COMPETITIONS AND NJS EVENT PROGRAMME CRITERIA

Open Level	Min. Entry	Max. Entry	Prog. Length	Prog. Content	Equivalent Test Content/Length	Skaters who <u>can</u> enter in addition to National Open Comp.skaters	Skaters who <u>cannot</u> enter
Opens L7	Bronze field moves or Level 6 dance moves and 1 part L7 or (NISA) Pre-Novice Comp. Test	No part L8 Or Novice Comp. Test	2 ½	L7 Test	L7 (2 ½)	Working towards NJS or National Tests/Comps. 1 or 2 parts L7 working towards L7 Free and L8 Elements Tests.	As per max. entry standard.
Opens L8	Inter Silver field moves or level 8 dance moves and 1 part L8 or 1 part (NISA)Novice Comp. Test	Not 2 parts L9 or 2 parts Primary Comp. Test (ISU Novice)	3 (ladies) 3 ½ (men)	L8 Test/ NISA Primary (ISU Novice) NJS	L8 (3) ladies (3 ½) men	Working towards Pri NJS if Pri age i.e. .not yet got 2 parts Pri. Or working towards L8 Free & L9 Element Tests	Skaters with 2 parts Pri working towards Primary Champs as they should not be skating within National Opens
Opens L9	Inter silver field moves or level 8 dance moves and 1 part L9 or 1 part Primary Comp. Test (ISU Novice)	Not 2 parts L10 or 2 parts Junior Comp. Test	3 ½ (ladies) 4 (men)	L9 test/ ISU Junior NJS	L9 (3 ½) ladies (4) men	Working towards Jnr NJS if Jnr age i.e.1 or 2 parts Primary (ISU Novice) if too old Primary champs. Also does allow skaters with no part or 1 part Junior test to skate champ. prog. length Or working towards L9 Free and L10 Element Tests.	Skaters with 2 parts Jnr working towards Jnr Champ as they should not be skating within National Opens
Opens L10*	Inter silver field moves or Level 8 dance moves and 1 part L10 or 1 part Junior Comp. Test	No max. entry	4 (ladies) 4 ½ (men)	L10 test/ ISU Senior NJS	L10 (4) ladies (4 ½) men	Working towards Snr. NJS i.e. 1 or 2 parts Junior.if too old for Junior Champs. Also does allow skaters with no part or 1 part Senior test to skate Champ prog. length Or working towards L10 free test.	*None, but Skaters with 2 parts Snr. Should only skate at this level if they are no longer working towards British Championships.

Sections 10 and 10* now combined to replicate the range within L8 and L9.

N.B. Test Programs will have separate lengths for ladies and men from Level 8 – Level 10 to accommodate skaters practising for NJS.

It is expected that skaters will work towards element tests before free tests and therefore remain in the lower standard opens until they have gained the element tests. Therefore skaters **MAY NOT** compete in more than one level at National Open Competitions or NISA Cup events.