



AYR FIGURE SKATING CLUB OPENS 2010 – RJS (6.0) –

TECHNICAL REQUIREMENTS

FROM 1ST JULY 2010 to 30th JUNE 2011 - REVISED

Provisional and subject to change and update following ISU Congress in June 2010



These competition program requirements fit with the National Test Structure requirements despite there being specification of elements in the test structure. 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 1611).

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 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 under any circumstances.

The Generic Criteria are the same for all Opens, whether judged under the RJS (6.0) or the IJS.

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
Event 1 Beginner Ladies The Event Films Trophy	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 Level 1 Field 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.
Event 2 Beginner Men					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)

<p>Event 3 Level 1 Ladies Specialist Skating Trophy</p>	<p align="center">Level 1</p>	<p>Level 1 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 1 Elements or ▪ Level 1 Free 	<p>Must not hold any of the following:</p> <ul style="list-style-type: none"> ▪ Level 2 Elements or ▪ Level 2 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 including</p> <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. <p>A maximum of 2 spins</p> <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) <p>A Maximum of 1 step sequence (full ice not required)</p>
<p>Event 4 Level 1 Men</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, 1 of which must be a change of</p>



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<p>Event 6 Level 2 Men</p>					<p>position spin with only 1 change of position and no change of foot (Min 2 revs in each position) and the other a basic position spin with no change of foot and no change of position (Min 3 revs)</p> <p>A Maximum of 1 step sequence utilizing the full ice surface</p>
<p>Event 7 Level 3 Ladies The Lindsay Memorial Trophy</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, 1 of which must be a change of position spin with only 1 change of position and no change of foot (Min 2 revs in each position) and the other a change of foot spin with only 1 change of foot and no change of position (Min 2 revs on each foot)</p>
<p>Event 8 Level 3 Men</p>	<p>Level 3</p>				<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>



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<p>Event 9 Level 4 Ladies The Provost's Cup for Ladies</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>Event 10 Level 4 Men</p>					
<p>Event 11 Level 5 Ladies The AFSC Trophy for Ladies</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



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<p>Event 12 Level 5 Men</p>					<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 spiral sequence consisting of at least 2 spirals and as per ISU regs 2008</p> <p>N.B The Axel and each different double jump may only be attempted twice in the programme</p>
<p>Event 14 Level 6 Ladies The Somerville Trophy for Ladies</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>Event 15 Level 6 Men</p>					



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<p>Event 16 Level 7 Ladies The AFSC Salver for Ladies</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>
<p>Event 17 Level 7 Men</p>					

<p>Event 18 Level 8 Ladies The AFSC Salver for Ladies</p>	<p align="center">Level 8 Free Programme</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 or ▪ Both parts of old NISA Primary (ISU Novice) Competitive Test or higher <p align="center">UNLESS UNDER 15 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</p>	<p>Ladies 3 Minutes (+/- 10 seconds) Men 3 ½ Minutes (+/- 10 seconds)</p>	<p><u>FREE PROGRAMME</u> Skaters must perform a well balanced programme with linking steps consisting of 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 (optional change of foot) 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>
<p>Event 19 Level 8 Men</p>					



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<p>Event 20</p> <p>Level 9 Ladies The Mary Morrison Kerr Cup for Ladies</p>	<p align="center">Level 9 Free Programme</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 align="center">UNLESS UNDER 19 ON PREVIOUS 1ST JULY IN WHICH CASE THERE IS NO MAXIMUM STANDARD</p>	<p>Ladies 3½ Minutes (+/- 10 seconds)</p> <p>Men 4 Minutes (+/- 10 seconds)</p>	<p><u>FREE PROGRAMME</u></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>
<p>Event 21</p> <p>Level 9 Men The Wilson Trophy for Men</p>					



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<p>Event 22 Level 10 Ladies The McCormack Cup for Ladies</p>	<p>Level 10 Free Programme</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) Men: 4½ Minutes (+/- 10 seconds)</p>	<p><u>FREE PROGRAMME</u> Skaters must perform a well balanced programme with linking steps consisting of: 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, as per ISU regs 2008 and any subsequent ISU communications. Men – A Maximum of 2 different step sequences. 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 max of 3 times in the programme</p>
<p>Event 23 Level 10 Men The Clydesdale Bank Trophy for Men</p>					

Open Competitions for Couples/Pairs

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
Event 24 The Carrick Lodge Cup	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) <p>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.</p>
Event 25 Novice Pairs	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 <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 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.



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<p>Event 26 Pre IJS Pairs</p>	<p>Pre IJS/ISU Novice Pairs (Preparing for ISU Novice – FREE PROGRAM ME)</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> <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 or death spiral without restrictions i) 1 step sequence.
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Exhibition Events

Event Number and Competition Name	Event level	Minimum Test Requirement	Maximum Test Requirement	Program Length	Notes
Event 27	Exhibition Solo Ladies / Men Level 5 and below	Skate UK Gold Star or Level 1 Field Moves	Level 5 Elements and Level 5 Free	Free skating programme of 1 ½ minutes (+/-5 seconds)	A photocopy of the Skate UK passport must be submitted with the application form (unless Level 1 Field Moves or above already held).
Event 28	Exhibition Solo Ladies / Men Level 6 and above	Minimum of either Level 6 Elements or Level 6 Free	No maximum standard	Free skating programme of 2 minutes (+/-5 seconds)	
Event 29	Exhibition (Pairs) Ladies / Men	Each partner must have passed Skate UK Gold Star or Level 1 Field Moves	No maximum standard	Free skating programme of 2 minutes (+/-5 seconds)	A photocopy of the Skate UK passport must be submitted with the application form (unless Level 1 Field Moves or above already held).