



# Murrayfield Ice Skating Club

Ice Sports Centre  
Riversdale Crescent  
Edinburgh  
EH12 5XN



## Murrayfield Ice Skating Club

### Competitions for Members

**Sunday 12th June 2011**

Closing Date 12.00noon Tuesday 31st May 2011

All Entry fees should be enclosed in an envelope marked MISC Competitions and posted in the Competitions Box or handed into the Box Office (marked MISC Club Competitions).

#### ENTRY FEES

Competitions	Solo Events £ 16.50
	Couples £ 26.00 per couple

# Competition Conditions

The event is organised and run by the Murrayfield Ice Skating Club for the benefit of its members and potential members.

1. All competitors must be eligible persons as defined by I.S.U. rules.
2. Except where specified all competitors MUST be fully paid-up members of the Club.
3. Standards and age qualifications for ALL events must be attained by the closing date, 31<sup>st</sup> May. There is NO upper limit on Field Moves tests.
4. Skaters may enter as many competitions as they are eligible to enter. Previous winners are eligible unless otherwise specified.
5. The Club reserves the right to refuse entry without explanation.
6. The club reserves the right to limit the numbers or hold a final or restrict the number of skaters in an event.
7. Music must be on C.D. and both it and the cover/holder must be clearly marked with the competitor's name, length of the programme, and the competition in which they are skating and placed at the start of the Program.
8. A SEPARATE C.D. is required for each competition entered, and must have a SHORT lead-in (less than 10 seconds). The same C.D. will NOT be accepted for more than one competition. Have a spare copy readily available on the day.
9. The competitor is responsible for ensuring the quality and loudness of the recording.
10. Winners of an event are held responsible for the safekeeping and return of the trophy. This must be returned one month before the event is next held, OR on request from the club.
11. All entry forms and fees must be received by the Club at the ice rink along with any subscription due by Tuesday 31st May 2011. Either put these in a sealed envelope in the Competitions Box on a Sunday or hand into the Box Office in a sealed envelope marked MISC Competition Entry Form.
12. No late entries will be accepted.
13. By entering the event there is an acceptance of your photograph being taken and performances being videoed by the club. These will be used for publicity, sales and the club web site. Unauthorised photography/recording of any competitor is not permitted. The club are copyright owners of the event and all rights are reserved.  
Flash Photography is strictly forbidden during the event. This is dangerous and distracts the skaters.

Cheques and postal orders should be made payable to the Murrayfield Ice Skating Club (MISC). Cash should not be sent in the post.

Fees:	Competitions	Solo Skaters	£ 16.50
		Couples	£ 26.00

**Closing Date: 12.00pm Tuesday 31st May 2011**

**The draw will take place at 11.00am on Sunday 5th June 2011.**

**ALL COMPETITIONS WILL BE JUDGED USING THE 6.0 JUDGING SYSTEM**

## ARTISTIC/EXHIBITION SKATING JUDGING.

For ALL Exhibition ice skating competitions the following rules and regulations will apply.

The scale of marks is	0 -	Not Skated
	1 -	Very Poor
	2 -	Poor
	3 -	Mediocre
	4 -	Good
	5 -	Very Good
	6 -	Perfect or Faultless

Decimals to one place are used to give intermediate values eg 2.3; 3.6; 4.2; etc. The Judges marking box contains Black figures from 0 to 6 and Red (decimal) numbers from 1 to 9. The black figures are held in the right hand and the red figures in the Left hand ( the referee will advise if this has to change depending on where the announcer is sitting).

When a performance is ended each judge will decide the mark they are to award, write this on the marking sheet provided and then display this mark on a signal given by the referee (usually a whistle). All the judges display their marks simultaneously and these will remain on display until a further signal is given by the referee.

Judge 1	Precision & Difficulty	Difficulty of the steps and other skating movements involved, including steps, jumps, and spins, and how well they are performed. Additional marks for double or other complex jump sequences will not be given unless they greatly enhance the performance.
Judge 2	Costume & Design	Suitability of the costume in relation to the music and illustration of the theme (if any), continuity and linking of sections within the performance.
Judge 3	Choreography & Presentation	The interpretation of the music into skating movement, the interpretation of the rhythm and the balance of movements, steps, jumps and spins.
Judge 4	Music	Suitability of the music used in relation to the performance and the composition of the performance in relation to the harmony of the music.
Judge 5	Innovation & Entertainment	Originality of performance, general entertainment value, appeal of the performance.

### DEDUCTIONS

For infringements to the regulations a deduction of 0.1 to 0.3 will be deducted by each of the judges for each offence.

A time deduction of 0.1 will be made by each judge for each 10 seconds over the allowed time

Only one Judge (Precision & Difficulty) need be a qualified dance, synchro or figure Judge.

The Referee for Exhibition Skating Events Must be from the appointed Referees / Judges panel and must comply with the requirements for referees for Open Competitions.

The Results will be calculated using the same method of calculation as specified in the current ISU Regulations with the additional regulation being used in the event of a tie

In the event of a Tie, the Precision & Difficulty Judge's place will be ignored. If this still results in a tie, the total from the other judges will be calculated and the highest points will take the place. In the event of this being the same, the places will be tied.

Props are permitted but they must be carried on and off the ice but the skater(s).

# REQUIREMENTS – entry standards and competition details

These Club competitions contain events for Solo Skating, Solo Dance, Ice Dance and Pair Skating and are for members only (you must have joined the club to skate in them).

In addition to the main competitions which are for skaters of any age, there are the age restricted competitions for those 16 years of age and under.

There is likely to be more than one competition you can enter. If you have any questions about the requirements of any event please e-mail the competition convener on [competitions@murrayfield-isc.co.uk](mailto:competitions@murrayfield-isc.co.uk)

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## **Young Skaters Events (16 & under)**

*Competitions 1-5 are open to Club Members who are 16 years of age and under on the closing date and meet the entry requirements.*

### **1. Rayburn Shield – Beginners Trophy (mixed and under 16)**

Standard Must not have passed Level 2 elements or free  
Requirements A 1.5 minute programme, +/- 5 secs.  
a) No double jumps or axels permitted  
b) No combinations or sequences

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### **2. Grove Trophy (mixed and under 16)**

Standard Must have passed either level 2 elements or free but not Level 4 elements or free  
Requirements A 1.5 minute programme, +/- 5 secs.  
a) No double jumps. (Axels permitted).  
b) Maximum of 2 combinations or sequences.

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### **3. Bruntsfield Shield (mixed and under 16)**

Standard Must have passed either level 4 elements or free but not Level 6 elements or free  
Requirements A 2 minute programme +/- 5 secs.  
a) Axels and double jumps permitted  
b) Maximum of 2 combinations or sequences  
c) No double jump or axel may be repeated more than twice in the programme

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### **4. Glenrock for Girls (16 years of age and under)**

Standard Must have passed either level 4 elements or free but not Level 8 elements or free  
Requirements A 2.5 minute programme +/- 10 secs.  
a) No double jumps permitted, but axels allowed.  
b) Minimum of 1 and maximum of 2 jump combinations/sequences permitted.

**PRESENTATION MARK WILL HAVE A FACTOR OF 2.0**

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### **5. Lornell for Boys (16 years of age and under)**

Standard Must have passed either level 4 elements or free but not Level 8 elements or free  
Requirements A 2.5 minute programme +/- 10 secs.  
a) No double jumps permitted but axels allowed.  
b) Minimum of 1 and maximum of 2 jump combinations/sequences permitted.

**PRESENTATION MARK WILL HAVE A FACTOR OF 2.0**

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All competitions from here onwards events are open to **ALL** Club Members who meet the specific entry requirements for that event. You can enter as many competitions as you are wish provided you have the correct standard.

## **SOLO SKATING EVENTS for Ladies/Girls**

### **6. Craigmount Competition for Ladies**

Standard Must have passed Skate UK Gold Star but not level 1 elements or free

Requirements A 1.5 minute programme +/- 5 secs

Skaters must perform a well balanced programme with linking steps, consisting of:

1. A maximum of 3 jump elements including
    - 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.
  2. A maximum of 2 spins,
    - Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs)
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### **7. Skating World Trophy for Ladies**

Standard Must have passed either level 1 elements or free but not Level 2 elements or free

Requirements A 1.5 minute programme +/- 5 secs.

Skaters must perform a well balanced programme with linking steps, consisting of:

1. A maximum of 4 jump elements including
    - single jumps only, excluding axel ,and lutz
    - A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel & lutz.
  2. A maximum of 2 spins
    - Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs)
  3. A Maximum of 1 step sequence .
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### **8. Level 2 Trophy for Ladies**

Standard Must have passed either level 2 elements or free but not Level 3 elements or free

Requirements A 1.5 minute programme +/- 5 secs.

Skaters must perform a well balanced programme with linking steps, consisting of:

1. A maximum of 4 jump elements, consisting of
    - single jumps only (no axels allowed) i
    - A maximum of 2 jump combinations or sequences consisting of only 2 single jumps excluding axels.
  2. A maximum of 2 spins, 1 of which should 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 should be a basic position spin with no change of foot and no change of position (Min 3 revs)
  3. A Maximum of 1 step sequence utilizing the full ice surface
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### **9. Graham Trophy for Ladies**

Standard Must have passed either level 3 elements or free but not Level 4 elements or free

Requirements A 1.5 minute programme,+/- 5 secs.

Skaters must perform a well balanced programme with linking steps consisting of

1. A maximum of 4 jump elements, consisting of
  - Single jumps only – axels allowed
  - A maximum of 2 jump combinations or sequences consisting of only 2 single jumps or axels.
2. A maximum of 2 spins, 1 of which should 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 which should be a change of foot spin with only 1 change of foot and no change of position (Min 3 revs on each foot)
3. A Maximum of 1 step sequence utilizing the full ice surface

**NB The axel may not be attempted more than twice in the programme**

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### **10. Arnold Clark Trophy for Ladies**

Standard Must have passed either level 4 elements or free but not Level 6 elements or free

Requirements A 2 minute programme.+/- 5 secs.

Skaters must perform a well balanced programme with linking steps consisting of

1. A maximum of 5 jump elements, consisting of
  - 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
2. 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)
3. A Maximum of 1 step sequence utilizing the full ice surface

**N.B The Axel and each different double jump may only be attempted twice in the programme**

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## 11. Archibald Junior Trophy for Ladies

Standard Must have passed either level 6 elements or free but not Level 8 elements or free  
Requirements A 2.5 minute programme +/- 10 secs.

Skaters must perform a well balanced programme with linking steps consisting of

1. A maximum of 6 jump elements, consisting of
  - 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.
2. 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)
3. A Maximum of 1 step sequence utilizing the full ice surface

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**N.B. The Axel and each different double jump may only be attempted twice in the programme**

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## 12. Cargil Ladies Trophy

Standard Must have passed either level 8 elements or free but not Level 9 elements or free  
Requirements A 3 minute programme +/- 10 secs.

Skaters must perform a well balanced programme with linking steps consisting of

1. A maximum of 6 jump elements for ladies and 7 for men, consisting of
  - 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.
2. 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.
3. 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.

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**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 2 times in the programme**

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## 13. Locke Trophy for Ladies

Standard Must have passed either level 9 elements or free but not Level 10 elements or free  
Requirements A 3.5 minute programme +/- 10 secs.

Skaters must perform a well balanced programme with linking steps consisting of

1. A maximum of 7 jump elements for ladies and 8 for men, consisting of
  - 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.
2. 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)
3. A Maximum of 1 step sequence utilizing the full ice surface. .

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**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 2 times in the programme**

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## 14. Archibald Senior for Ladies

Standard Must hold either level 10 elements or free  
Requirements A 4 minute programme +/- 10 secs.

Skaters must perform a well balanced programme with linking steps consisting of

1. A maximum of 7 jump elements for ladies and 8 for men, consisting of
  - 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.
2. 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)
3. 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.

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**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 2 times in the programme**

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# SOLO SKATING EVENTS for Men/Boys

## 15. Skating World Trophy for Men

Standard	Must have passed Skate UK Gold Star but not level 2 elements or free
Requirements	A 1.5 minute programme +/- 5 secs. Skaters must perform a well balanced programme with linking steps, consisting of: <ol style="list-style-type: none"><li>1. A maximum of 4 jump elements including<ul style="list-style-type: none"><li>• single jumps only, excluding axel ,and lutz</li><li>• A maximum of 1 jump combination or sequence consisting of only 2 single jumps, excluding axel &amp; lutz.</li></ul></li><li>2. A maximum of 2 spins<ul style="list-style-type: none"><li>• Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs)</li></ul></li><li>3. A Maximum of 1 step sequence.</li></ol>

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## 16. Alan McIver Trophy for Men

Standard	Must have passed level 2 elements or free but not level 4 elements or free
Requirements	A 1.5 minute programme +/- 5 secs. Skaters must perform a well balanced programme with linking steps consisting of <ol style="list-style-type: none"><li>4. A maximum of 4 jump elements, consisting of<ul style="list-style-type: none"><li>• Single jumps only – axels allowed</li><li>• A maximum of 2 jump combinations or sequences consisting of only 2 single jumps or axels.</li></ul></li><li>5. A maximum of 2 spins, 1 of which should 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 which should be a change of foot spin with only 1 change of foot and no change of position (Min 3 revs on each foot)</li><li>6. A Maximum of 1 step sequence utilizing the full ice surface</li></ol> <b>NB The axel may not be attempted more than twice in the programme</b>

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## 17. Arnold Clark Trophy for Men

Standard	Must have passed level 4 elements or free but not level 6 elements or free
Requirements	A 2 minute programme. +/- 5 secs. Skaters must perform a well balanced programme with linking steps consisting of <ol style="list-style-type: none"><li>7. A maximum of 5 jump elements, consisting of<ul style="list-style-type: none"><li>• 1 axel type jump element (either solo or in combination or sequence)</li><li>• A maximum of 2 jump combinations or sequences consisting of only 2 jumps</li></ul></li><li>8. 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)</li><li>9. A Maximum of 1 step sequence utilizing the full ice surface</li></ol> <b>N.B The Axel and each different double jump may only be attempted twice in the programme</b>

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## 18. Arthur Nisbet for Men

Standard	Must have passed level 6 elements or free but not level 8 elements or free
Requirements	A 2.5 minute programme +/- 10 secs. Skaters must perform a well balanced programme with linking steps consisting of <ol style="list-style-type: none"><li>4. A maximum of 6 jump elements, consisting of<ul style="list-style-type: none"><li>• 1 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></li><li>5. 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)</li><li>6. A Maximum of 1 step sequence utilizing the full ice surface</li></ol> <b>N.B. The Axel and each different double jump may only be attempted twice in the programme</b>

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## 19. Lyndon for Men

Standard	Must have passed level 8 elements or free but not level 10 elements or free
Requirements	A 4 minute programme +/- 10 secs. Skaters must perform a well balanced programme with linking steps consisting of <ol style="list-style-type: none"><li>4. A maximum of 7 jump elements for ladies and 8 for men, consisting of<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></li><li>5. 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)</li><li>6. A Maximum of 1 step sequence utilizing the full ice surface. .</li></ol> <b>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 2 times in the programme</b>

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## 20. Western Autos Free Skating Trophy for Men

Standard Must have a minimum of level 10 elements or free

Requirements A 4.5 minute programme +/- 10 secs.

Skaters must perform a well balanced programme with linking steps consisting of

1. A maximum of 7 jump elements for ladies and 8 for men, consisting of
  - 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.
2. 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)
3. 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 maximum of 2 times in the programme**

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## SOLO SKATING EVENTS for ADULTS

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### 21. Caroline Trophy (over 21 but under 50 years of age)

Standard Open **over 21 but under 50 years of age**

Requirements The maximum time is 1:40 sec., but may be less.

A well-balanced program that must contain:

- a) A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.
- b) A jump combination may consist of the same or another single jump. There may be up to three (3) jump combinations or jump sequences in the Free Program. One (1) jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.

- c) A maximum of two (2) spins; (free choice)  
The chosen spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot, four (4) for the spin combination with no change of foot and eight (8) for the spin combination with change of foot. **Flying spins are not permitted**. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- d) A maximum of one (1) step sequence (i.e, circular, straight line, serpentine) or spiral sequence.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

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### 22. Adult Trophy 2

Standard Open **50 years of age and over**

Requirements The maximum time is 1:40 sec., but may be less.

A well-balanced program that must contain:

- a) A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.
- b) A jump combination may consist of the same or another single jump. There may be up to three (3) jump combinations or jump sequences in the Free Program. One (1) jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps. A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.

- c) A maximum of two (2) spins; (free choice)  
The chosen spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot, four (4) for the spin combination with no change of foot and eight (8) for the spin combination with change of foot. **Flying spins are not permitted**. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- d) A maximum of one (1) step sequence (i.e, circular, straight line, serpentine) or spiral sequence.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

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# SOLO ICE DANCING

## 23. Cumlodden Trophy

Standard	No minimum test requirement	
Requirements	a) Dutch Waltz	2 sequences
	b) Riverside Rhumba	2 sequences

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## 24. Nicolson Trophy

Min Standard	Level 2 Compulsory Ice Dance	
Requirements	a) Foxtrot	2 sequences
	b) 14 Step	3 sequences

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## 25. Lennel Trophy

Min Standard	Level 3 Compulsory Ice Dance	
Requirements	a) American Waltz	1 circuit of Rink - 2 lobes
	b) Tango	2 sequences

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## 26. Noel Grimshaw Cup

Min Standard	Level 5 Compulsory Ice Dance	
Requirements	a) Blues	2 sequences
	b) Quickstep	2 sequences

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## 27. Abbeyhill Trophy

Standard	Open	
Requirements	a) Killian	4 sequences
	b) Starlight Waltz	2 sequences

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## 28. Russell Dance Trophy

Standard	Open	
Requirements	a) Quickstep	4 sequences
	b) Rhumba	4sequences

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## 29. Grimshaw solo dance (Adult)

Standard	Open Standard <b>21 years of age and over</b>	
Requirements	a) Willow Waltz	2 sequences
	b) 14 step	3 sequences

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## 30. Burton/Findlay Solo Free Dance Trophy

Standard	No minimum test requirement	
Requirements	1min 30secs +/- 5secs Pre-Novice Free Dance Requirements See appendix for Required Elements	

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## 31. Burton Free Dance Trophy

Min Standard	Level 2 Compulsory Ice Dance	
Requirements	1½ minutes +/- 5 seconds Novice Free Dance Requirements See appendix for Required Elements	

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## 32. Findlay Free Dance Trophy

Min Standard	Level 4 Compulsory Ice Dance	
Requirements	2 minutes +/- 5 seconds Junior Free Dance Requirements See appendix for Required Elements	

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## 33. Glenogle Free Dance Trophy

Min Standard	Level 5 Compulsory Ice Dance	
Requirements	2mins +/- 5secs Intermediate Free Dance Requirements See appendix for Required Elements	

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## 34. Hermiston Free Dance Trophy

Standard	Open	
Requirements	3 minutes +/- 10 seconds Senior Free Dance Requirements See appendix for Required Elements	

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## 35. Grimshaw Free dance (Adult)

Standard	Open, <b>21 years of age and over</b>	
Requirements	Minimum 1 ½ mins, maximum 2mins Free Dance (+/- 5 secs) See appendix for required elements	

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## Dance (Couples)

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### 36. Alan McIver Dance

Standard	No part of a level 4 Dance test by <b>either partner</b>	
Requirements	a) Dutch Waltz	2 sequences
	b) Riverside Rhumba	2 sequences

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### 37. Dickson Dance

Standard	No part of a level 8 dance test by <b>either partner</b>	
Requirements	a) European Waltz	1 circuits of Rink – 2 lobes
	b) Tango	2 sequences

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### 38. Nisbet Dance Quaich

Standard	1 partner to have passed any part of a level 5 dance test	
Requirements	a) 14 step International	3 sequences
	b) Foxtrot	2 sequences

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### 39. Stirling and Wilson Dance

Standard	Open	
Requirements	a) Tango	2 sequences
	b) Silver Samba	2 sequences

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### 40. Coats Free Dance

Standard	Open	
	Minimum 1 ½ mins, Maximum 2mins Free Dance (+/- 5 secs)	
Requirements	1. A maximum of one (1) dance lift, with a maximum duration of 6 seconds	
	2. A maximum of one (1) Step Sequence, in varied hold.	
	3. A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between. (See ISU Communication 1522 and 1567).	
	4. A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least Three (3) rotations on each foot is permitted. (See ISU Communications 1522 and 1567.)	

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## Pair Skating Competitions

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### 41. Victoria Pairs Trophy

Standard	Open	
Requirements	2 minute + / - 5 secs programme	

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### 42. Caledonian Pairs Trophy

Standard	Open	
Requirements	3 minute + / - 5 secs programme	

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## Exhibition Events

(Exhibition judging rules apply – Vocal music allowed)

### 43. James Allan Exhibition Skating Trophy for Ladies (18yrs & over)

Standard	Open <b>18 years of age and over</b>	
Requirements	2 minute programme.	

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### 44. J & M Exhibition Skating Trophy for Men

Standard	Open <b>Any age</b>	
Requirements	2 minute programme.	

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### 45. Valerie Dawson Exhibition Trophy (mixed)

Standard	Open <b>17 years of age and under</b>	
Requirements	2 minute programme.	

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# APPENDIX. FREE DANCE REQUIRED ELEMENTS.

## PRE-NOVICE

1. Maximum 1x combination pose (see separate sheet for details of pose / attitude)
2. Maximum 1x midline step sequence skated as close to the midline long axis as possible
3. Maximum 1x dance spin with a minimum of 3 revolutions
  - Combination spins are not permitted
4. 1x set of sequential twizzles with no more than 3 steps between the twizzles
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 rotation in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark.

## NOVICE

1. Maximum 1x combination pose including one attitude (see separate sheet for details of pose / attitude)
2. Maximum 1x circular step sequence
3. Maximum 1x dance spin with a minimum of 3 revolutions
  - Combination spins are not permitted
4. 1x set sequential twizzles with no more than 3 steps between the twizzles
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 rotation in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark

## JUNIOR

1. Maximum 1x combination attitude (see separate sheet for details of pose / attitude)
2. Maximum 1x circular or serpentine step sequence utilizing the full ice surface
3. Maximum 1x dance spin combination
  - Must have a minimum of 3 revolutions on each foot
4. 1x set sequential twizzles with no more than 1 step between the twizzles.
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 rotation in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark

## INTERMEDIATE

1. Maximum of 1 attitude with change of edge (see separate sheet for details of pose / attitude)
2. Maximum of 1 step sequence, circular or serpentine, utilizing the full ice surface
3. Maximum of 1 dance spin combination
  - Must have a minimum of 3 revolutions on each foot
4. 1x set of sequential twizzles with no more than 1 step between the twizzles
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 revolution in each twizzles
  - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark.

## SENIOR

1. Maximum of 1 attitude with change of edge (see separate sheet for details of pose / attitude)
2. Maximum of 2 step sequences of a different pattern and covering full ice surface
3. Maximum of 2 dance spins
  - Must have a minimum of 3 revs or 3 revs on each foot if a spin combination is performed
  - If 2 basic position spins are skated (camel sit upright) then the spins must show different basic positions
4. 1x set of sequential twizzles with no more than 1 step between the twizzles
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 revolution in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark.

# DEFINITION OF POSE & ATTITUDE

## POSE

A position or stance held for a minimum of 3 seconds (except attitude with change of edge).

Types of pose are as follows:

- ATTITUDE – A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg extended or slightly bent and the free leg either
  - Raised higher than the level of the hip and
  - In front, behind or on the side and
  - Bent or extended and
  - Free or held (by knee or blade) and
  - Stationary or moving,  
ie Biellmann
- SPIRAL – Type of attitude where the free leg is raised behind, above horizontal level, without assistance from a hand or an arm while in the same position throughout its duration.
- CROUCHING POSE – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°
- INA BAUER – A movement on 2 feet during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on different but parallel curves.
- LUNGE/DRAW – A movement during which the skater moves on the ice with the skating knee bent more than 90° with the other leg extended behind and touching the ice.
- TEA POT/SHOOT THE DUCK – A movement on 1 foot where the skater moves on the ice with the skating knee bent to 90° and the thigh parallel to the ice, with the other leg extending forwards either parallel to the ice or pulled towards the core with the head and body bent to meet the knee.
- SPREAD EAGLE – A movement on 2 feet on an edge during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on the same curve.

## COMBINATION POSE -

A position or stance composing of 2 different types of poses combined and each held for a minimum of 3 seconds.

- A maximum of 1 linking step is allowed between the 2 types of poses.

# RULES FOR FREE DANCE

1. Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone, but not melody alone.
2. Spins, stops and pirouettes are not allowed during the step sequences.
3. Toe steps, kneeling, sliding on two knees and performing a full split position on the ice is permitted only if not used excessively. Attention should be paid to the IJS definition of a fall at all levels.
4. Costume rules will apply, following ISU **Special Regulations and Technical Rules** Single and Pair Skating and Ice Dance 2008, rule 612