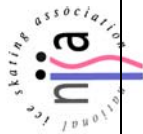




National Ice Skating Association of UK Ltd ROMFORD OPEN COMPETITION 2ND MARCH 2008

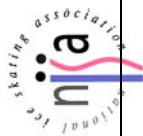
These Generic Criteria must be read in conjunction with the ISU Regulations 2006, any subsequent ISU communications, and also the updated NISA IJS element clarifications (4/08) for RJS competitions and National tests available on the NISA website. (see Figure – Singles – Rules & Regulations) Tests passed 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 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 4 jump elements including <ul style="list-style-type: none"> • single jumps only, excluding axel, lutz and flip • NO combinations or sequences are permitted 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 2 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 4 jump elements including <ul style="list-style-type: none"> • single jumps only, excluding axel, lutz and flip • NO combinations or sequences are permitted 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 3 Girls 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)



National Ice Skating Association of UK Ltd ROMFORD OPEN COMPETITION 2ND MARCH 2008

CLASS 4 Boys any age	Level 1	<ul style="list-style-type: none"> ▪ Level 1 Field Moves and either ▪ Level 1 Elements or ▪ Level 1 Free 	<ul style="list-style-type: none"> ▪ Must not hold any of the following: ▪ Level 2 Elements or ▪ Level 2 Free 	1½ Minutes (+/- 5 seconds)	<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>
CLASS 5 Girls any age	Level 2	<ul style="list-style-type: none"> ▪ Level 2 Field Moves and either ▪ Level 2 Elements or ▪ Level 2 Free 	<ul style="list-style-type: none"> ▪ Must not hold any of the following ▪ Level 3 Elements or ▪ Level 3 Free 	1½ Minutes (+/- 5 seconds)	<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>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>
CLASS 6 Boys any age	Level 2	<ul style="list-style-type: none"> ▪ Level 2 Field Moves and either ▪ Level 2 Elements or ▪ Level 2 Free 	<ul style="list-style-type: none"> ▪ Must not hold any of the following ▪ Level 3 Elements or ▪ Level 3 Free 	1½ Minutes (+/- 5 seconds)	<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>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>



National Ice Skating Association of UK Ltd
ROMFORD OPEN COMPETITION 2ND MARCH 2008

<p align="center">CLASS 7 Girls any age</p>	<p align="center">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 align="center">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>
<p align="center">CLASS 8 Boys any age</p>	<p align="center">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 align="center">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>



National Ice Skating Association of UK Ltd
ROMFORD OPEN COMPETITION 2ND MARCH 2008

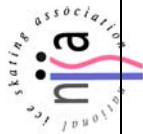
<p>CLASS 9 Girls any age</p>	<p>Level 4</p>	<p>Level 4 Field Moves and either</p> <ul style="list-style-type: none"> ▪ Level 4 Elements or ▪ Level 4 Free 	<p>Must not hold any of the following</p> <ul style="list-style-type: none"> ▪ Level 5 Elements or ▪ Level 5 Free 	<p>2 Minutes (+/- 5 seconds)</p>	<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 (3 revs in basic position spins or 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>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 (3 revs in basic position spins or 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 10 Boys 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 (3 revs in basic position spins or 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>



National Ice Skating Association of UK Ltd
ROMFORD OPEN COMPETITION 2ND MARCH 2008

<p>CLASS 11 Girls 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 (3 revs in basic position spins and 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>
<p>CLASS 12 Boys 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 (3 revs in basic position spins and 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>

<p>CLASS 13 Girls any age</p>	<p>Level 6</p>	<p>Level 6 Field Moves and either</p> <ul style="list-style-type: none"> •1 Level 6 Elements or •2 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. 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 (3 revs in basic position spins or flying spins or 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 14 Boys any age</p>	<p>Level 6</p>	<p>Level 6 Field Moves and either</p> <ul style="list-style-type: none"> •3 Level 6 Elements or •4 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. 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 (3 revs in basic position spins or flying spins or 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>



National Ice Skating Association of UK Ltd ROMFORD OPEN COMPETITION 2ND MARCH 2008

<p>CLASS 15 Girls any age</p>	<p>Level 7</p>	<p>Level 7 Field Moves and either</p> <ul style="list-style-type: none"> ▪ One part Level 7 Elements or 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. 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations. (3 revs in basic position spins or 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 16 Boys any age</p>	<p>Level 7</p>	<p>Level 7 Field Moves and either</p> <ul style="list-style-type: none"> ▪ One part Level 7 Elements or 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. 1 may consist of 3 jumps and the others of only 2 jumps. <p>A maximum of 3 spins with different ISU abbreviations. (3 revs in basic position spins or 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>



ARTISTIC CLASSES

National Ice Skating Association of UK Ltd ROMFORD OPEN COMPETITION 2ND MARCH 2008

<p>CLASS 17 Girls any age</p>	<p>Level 3 and under</p>	<p>Skate UK Gold Star (Figure) or Novice Field Moves or new Level 1 Field Moves or Level 1 Dance 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)</p>	<p>Must not hold any of the following Level 4 Elements or Level 4 Free</p>	<p>2 minutes +/- 5 seconds</p>	<p>Programmes should be of an entertaining nature. Marks will be awarded for: Technical Merit Presentation Musical interpretation Choreography Costume/Props Each judge will also award an entertainment mark. In the event of a tie, the entertainment mark will preside</p>
<p>CLASS 18 Boys any age</p>	<p>Level 3 and under</p>	<p>Skate UK Gold Star (Figure) or Novice Field Moves or new Level 1 Field Moves or Level 1 Dance 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)</p>	<p>Must not hold any of the following Level 4 Elements or Level 4 Free</p>	<p>2 minutes +/- 5 seconds</p>	<p>Programmes should be of an entertaining nature. Marks will be awarded for: Technical Merit Presentation Musical interpretation Choreography Costume/Props Each judge will also award an entertainment mark. In the event of a tie, the entertainment mark will preside</p>
<p>CLASS 19 Girls any age</p>	<p>Level 4 and over</p>	<p>Inter Bronze Field Moves or Level 4 Dance Moves and either Level 4 Elements or Level 4 Free</p>	<p>No maximum test requirement</p>	<p>2 minutes +/- 5 seconds</p>	<p>Programmes should be of an entertaining nature. Marks will be awarded for: Technical Merit Presentation Musical interpretation Choreography Costume/props Each judge will also award an entertainment mark. In the event of a tie, the entertainment mark will preside</p>



National Ice Skating Association of UK Ltd
ROMFORD OPEN COMPETITION 2ND MARCH 2008

<p align="center">CLASS 20 Boys any age</p>	<p align="center">Level 4 and over</p>	<p align="center">Inter Bronze Field Moves or Level 4 Dance Moves and either Level 4 Elements or Level 4 Free</p>	<p align="center">No maximum test requirement</p>	<p align="center">2 minutes +/- 5 seconds</p>	<p>Programmes should be of an entertaining nature. Marks will be awarded for: Technical Merit Presentation Musical Interpretation Choreography Costume/props Each judge will also award an entertainment mark. In the event of a tie, the entertainment mark will preside</p>
--	--	---	---	---	---