



COMMUNICATION NO: 003.1

**ISAM Singles Skating Categories – Required Elements
(to be adopted for 2010 Nationals)**

19 October 2009

1. ELEMENTARY

Free Skating Duration: 2 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of 5 jump elements;
- Maximum of 3 spins (min 4 revs each);
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral sequence (Ladies);

Factors The multiplying factor for the Total Program Components Score is:

Free Skating 2.0

The Program Component Sections will have the following weightings:

- Skating Skills – 1.00
- Transitions – 0.75
- Performance / Execution – 1.00
- Choreography – 0.75
- Interpretation – 0.75

Where appropriate all elements will receive either a Level 1 or Level 0, no features will be awarded.

Eligibility Allowed migration to this Elementary level (as per ISAM Comm. 0003); or Passed the ISAM Preliminary Test, but not higher

Not competed in the 2009 Nationals Elementary category, or equivalent higher Singles Competition event.

2. PRE-PRIMARY

Free Skating Duration: 2 minutes and 30 seconds, +/- 10 seconds

A well balanced program must contain:

- Maximum of 6 jump elements (one of which must be an Axel type jump);
- Maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral sequence (Ladies);



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Factors

The multiplying factor for the Total Program Components Score is:

Free Skating 2.0

The Program Component Sections will have the following weightings:

- Skating Skills – 1.00
- Transitions – 0.75
- Performance / Execution – 1.00
- Choreography – 0.75
- Interpretation – 0.75

Where appropriate all elements will receive either a Level 1 or Level 0, no features will be awarded.

Eligibility

- Allowed migration to the Pre-Primary level (as per ISAM Comm. 0003); or Passed the ISAM Elementary Test, but not higher.
- Not competed in the 2009 Nationals Primary category, or equivalent higher Singles Competition event.

3. PRIMARY

Short Program

Duration: 2 minutes and 50 seconds maximum, but may be less

The required elements to be skated are:

- Axel Paulsen
- One double jump immediately preceded by connecting steps and/or other comparable free skating movements.
- One jump combination consisting of any single or double jump followed by any double jump.
- Flying spin (no change of foot, no change of position).
- Spin in one position (no change of foot, no flying entry).
- Spin combination with one change of foot and at least one change of position (sit, camel, upright or any variation thereof, no flying entry).

Men:

- One step sequence (straight line, circular or serpentine) fully utilising the ice surface.

Ladies:

- One spiral sequence fully utilising the ice surface.

Free Skating

Duration: 2 minutes and 30 seconds, +/- 10 seconds

A well balanced program must contain:

- Maximum of 6 jump elements (one of which must be an Axel type jump);



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- Maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- Maximum of 1 step sequence (Men and Ladies);

Factors The multiplying factors for the Total Program Components Score are:

Short Program 1.0

Free Skating 2.0

- Eligibility**
- Allowed migration to the Primary level (as per ISAM Comm. 0003); or Passed the ISAM Primary test, but not higher
 - Not competed in the 2009 Nationals Intermediate category, or equivalent higher Singles Competition event.

4. NOVICE

Short Program Duration: 2 minutes and 50 seconds maximum, but may be less

The required elements to be skated are:

- Single Axel Paulsen
- One double jump immediately preceded by connecting steps and/or other comparable free skating movements.
- One jump combination consisting of two double jumps.
- Flying spin (no change of foot, no change of position).
- Spin combination with one change of foot and at least one change of position (sit, camel, upright or any variation thereof, no flying entry).

Men:

- Spin in one position (no change of foot, no flying entry).
- Two different step sequences (straight line, circular or serpentine) fully utilising the ice surface.

Ladies:

- Layback or sideways leaning spin
- One spiral sequence fully utilising the ice surface.
- One step sequence (straight line, circular or serpentine) fully utilising the ice surface.

Free Skating Duration: Men: 3 minutes and 30 seconds, +/- 10 seconds

Ladies: 3 minutes, +/- 10 seconds

A well balanced program must contain:

- Maximum of 7 jump elements (one of which must be an Axel type jump);



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- Maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- Maximum of 1 step sequence (Ladies and Men);

Factors The multiplying factors for the Total Program Components Score are

Short Program 1.0

Free Skating 2.0

- Eligibility**
- Allowed migration to the Novice Level (as per ISAM Comm. 0003); or Passed the ISAM Intermediate or Novice test, but not higher.
 - Not competed in the 2009 Nationals Junior category, or equivalent higher Singles Competition event.

5. JUNIOR

Short Program Duration: 2 minutes and 50 seconds maximum, but may be less

The required elements to be skated are listed in ISU Rule 510, paragraphs 1 and 3, Group B and the respective ISU Communication.

Free Skating Duration: Men: 4 minutes, +/- 10 seconds

Ladies: 3 minutes and 30 seconds, +/- 10 seconds

In accordance with ISU Rule 520

Factors In accordance with ISU Rule 353, paragraph 1, l) the multiplying factors for the Program Components are:

Men

Short Program 1.0

Free Skating 2.0

Ladies

Short Program 0.8

Free Skating 1.6

- Eligibility**
- Allowed migration to the Junior level (as per ISAM Comm. 0003); or Passed the ISAM Junior Test.
 - Not exceeded the ISU Junior age of 19 for Ladies and Men by 1st July 2010.
 - Not competed in a Senior or equivalent higher Singles Competition event.



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6. SENIOR

Short Program Duration: 2 minutes and 50 seconds maximum, but may be less
The required elements to be skated are listed in ISU Rule 510, paragraphs 1 and 2 and the respective ISU Communication.

Free Skating Duration: Men: 4 minutes and 30 seconds, +/- 10 seconds
Ladies: 4 minutes, +/- 10 seconds

In accordance with ISU Rule 520

Factors In accordance with ISU Rule 353, paragraph 1, l) the multiplying factors for the Program Components are:

Men

Short Program 1.0

Free Skating 2.0

Ladies

Short Program 0.8

Free Skating 1.6

Eligibility

- Passed the ISAM Senior Test.



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10. REMARKS ON SHORT PROGRAM ELEMENTS

10.1 PRIMARY AND NOVICE

No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, but vocal music with lyrics is not permitted.

Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a "box" (spot) of another type of element.

If, however, such an Unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

If a skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being marked.

10.1.1 Jumps

A single spreadeagle, spiral or free skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable free skating movements and must be considered by the Judges in the Grade of Execution (GOE).

10.1.2 Jump Combinations

No change of foot or turn is allowed at any time between the two jumps which must directly follow one another (except for touching down the non-tracing foot in toe jumps). In the case of jumps (including toe jumps) special attention must be paid to a clean spring from a true edge and to a clean landing. Any jump commenced or landed on two feet must be considered by the judge in the Grade of Execution (GOE).

Primary:

The solo double jump may be repeated in the jump combination.

Novice:

The jump combination may consist of the same jump or another double jump. However, the jumps included must be different from the solo jump.

If the same jump is executed as a solo jump and as part of the jump combination, the last performed of these jump elements will not be counted, but will occupy a jumping box (if this element is a jump combination, the whole jump combination will not be counted).

10.1.3 Spins

Refer ISU Rule 510, paragraph 4, Remarks Single Skating, Spins, paragraph 1 and 2.

Spin in one position

The competitor is free to choose either the camel position, sit position or upright position to be executed. The spin must not change foot and shall have a minimum of six (6) revolutions.

Novice:

The spin must not change foot and shall have a minimum of eight (8) revolutions.

Flying spin

Any type of flying spin is permitted. A step over must be considered by the Judges in the Grade of



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Execution. In the flying sit spin changing foot on landing is permitted. No previous rotation on the ice before the take-off is permitted.

The spin shall have a minimum of eight (8) revolutions in the landing position. e)

Ladies - Layback or sideways leaning spin:

Refer ISU Rule 510, paragraph 4, Remarks Single Skating, e) Ladies – layback or sideways leaning spin.

10.1.4 Spin Combinations

The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of position, a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted.

The change of foot in the spin combination must be followed by any spin position with at least two (2) revolutions. If there is no spin position after the change of foot with at least two (2) revolutions, the spin combination is not according to the requirements and no value will be given.

A spin combination executed with less than 2 revolutions in all executed positions is considered as a “Spin combination not according to the requirements”, receives no Level and therefore no value. A spin combination executed with only 1 position with at least 2 revolutions (as to requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

Primary:

The spin combination must consist of one change of foot and at least one change of position (sit, camel, upright or any variation thereof) with not less than six revolutions on each foot.

Novice:

The spin combination must consist of only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof) with not less than six revolutions on each foot. Any spin combination must include all three basic positions or their variations.

10.1.5 Step and Spiral Sequences

Refer ISU Rule 510, Paragraph 4, Remarks Single Skating, Step sequences.

10.1.6 Spiral sequence (Ladies):

Refer ISU Rule 510, Paragraph 4, Remarks Single Skating, Spiral sequence (Ladies).

11. REMARKS ON FREE SKATING ELEMENTS

11.1 PRELIMINARY, ELEMENTARY, PRE-PRIMARY, PRIMARY AND NOVICE

Refer to ISU Rule 520, Paragraph 2, General.



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12. ADULT SKATING – MEN AND LADIES

Eligibility

Eligible skaters are those skaters who are aged sixteen (16) years or older, preceding the Nationals but have not reached the age of seventy-one (71).

A skater competing in a Novice, Junior or Senior event, preceding the Nationals or internationally, may NOT participate in this event.

12.1 ADULT MASTER

Free Skating

Duration: 3 minutes and 10 seconds, but may be less

A well balanced program may contain:

- Maximum of 7 jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted.

A jump combination may consist of the same or another single, double or triple jump.

There may be up to three jump combinations or jump sequences in the Free Program.

One 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 jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas, half-loops etc and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

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.

- A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin.

The spins must have a required minimum number of revolutions: Five

(5) revs for a flying spin with no change of foot after landing; Five

(5) revs for a spin with only one position and no change of foot;

Five (5) revs for a spin combination with no change of foot;

Eight (4 + 4) revs for a spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- A maximum of one step sequence (circular, straight line, serpentine) OR spiral sequence fully utilising the ice surface.



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Additional spiral sequences and step sequences will no be counted as a step sequence but will be counted as transitions and marked as such.

Factors

The multiplying factors for the Program Components are: Free Skating 1.6

12.2 ADULT GOLD

Free Skating

Duration: 2 minutes and 40 seconds, but may be less

A well balanced program may contain:

- Maximum of 6 jump elements, consisting only of single jumps but can include a single Axel and double jumps, **excluding double Flip, double Lutz and double Axel.**

A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above.

There may be up to three jump combinations or jump sequences in the Free Program.

One 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 and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple jumps that may be linked by non-listed jumps like mazurkas, half-loops etc and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

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.

- A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin.

The spins must have a required minimum number of revolutions:

Four (4) for the flying spin with no change of foot after landing;

Four (4) for the spin with only one position and no change of

foot; Four (4) revs for a spin combination with no change of foot;

Eight (4 + 4) revs for a spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- A maximum of one step sequence (circular, straight line, serpentine) OR spiral sequence fully utilising the ice surface.

Additional spiral sequences and step sequences will no be counted as a step sequence but will be counted as transitions and marked as such.



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Factors The multiplying factors for the Program Components:
Free Skating 1.6

12.3 ADULT SILVER

Free Skating Duration: 2 minutes and 10 seconds, but may be less

A well balanced program may contain:

- Maximum of 5 jump elements. The single Axel or any other single Axel type jump and all other single jumps are permitted.

A jump combination may consist of the same or another single jump.

There may be up to three jump combinations or jump sequences in the Free Program.

One 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, half-loops etc and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

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.

- A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot.

The spins must have a required minimum number of revolutions:

Three (3) for the flying spin with no change of foot after landing;

Three (3) for the spin with only one position and no change of

foot; Four (4) revs for a spin combination with no change of foot;

Eight (4 + 4) revs for a spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- A maximum of one step sequence (circular, straight line, serpentine) OR spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half a straight line etc). In case of a circular step sequence a full circle is required covering $\frac{1}{2}$ the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as transitions and marked as such.

Factors The multiplying factors for the Program Components
are: Free Skating 1.6



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12.4 ADULT BRONZE

Free Skating

Duration: 1 minutes and 40 seconds, but may be less

A well balanced program may contain:

- Maximum of 4 jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.

A jump combination may consist of the same or another single jump.

There may be up to three jump combinations or jump sequences in the Free Program.

One 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, half-loops etc and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

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.

- A maximum of three (2) spins of a different abbreviation.

The 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) revs for a spin combination with no change of foot;

Eight (4 + 4) revs for a 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.

- A maximum of one step sequence (circular, straight line, serpentine) OR spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half a straight line etc). In case of a circular step sequence a full circle is required covering $\frac{1}{2}$ the ice surface.

Additional spiral sequences and step sequences will no be counted as a step sequence but will be counted as transitions and marked as such.

Factors

The multiplying factors for the Program Components are: Free

Skating 1.6