



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg. No: 0712/2000

COMMUNICATION NO: 003.2

ISAM Basic Skills Categories – Required Elements (to be adopted for 2010 Nationals)

19 October 2009

1. SINGLE SKATING – MEN AND LADIES

1.1. RISING STARZ EVENTS COMMENTS

- The skating order of the elements is optional;
- There is no restriction on the number of times an element is executed, length of glide or number of revolutions unless otherwise stated;
- Vocal music **is NOT** allowed;
- The skater must demonstrate the required elements and **may** use, but is **not** required to use any additional elements from lower levels;
- A deduction will be taken for each element performed from a higher level;
- Skaters may choose which future stars section they which to compete in. For future competitions they must not compete in a lower section to what they have already competed in.

1.2. RISING STARZ LEVEL 1

Free Skating Duration: 1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- 1 foot spin (min 3 revs);
- Waltz jump;
- Ballet jump;
- Forward inside pivots;
- Forward attitude (right and left feet);

Eligibility

No minimum test requirement.

Must not have passed the ISAM Elementary or higher test.

Must not have competed in an ISAM Preliminary or higher singles competition.

Additional elements that may be performed for filling purposes of the program

- Bunny Hops;
- Side toe to toe jumps or Tap-Toe Jumps;
- Forward outside spirals;

1.3. RISING STARZ LEVEL 2

Free Skating Duration: 1 minute and 30 seconds maximum, but may be less



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A well balanced program must contain:

- Forward cross leg spin or scratch spin (min 3 revs);
- Backward inside pivots (right and left feet);
- Spread Eagle (right and left feet);
- Half flip jump;
- Waltz three turns (right and left feet) min 3 each foot;
- Forward inside spirals (right and left feet);

Eligibility

No minimum test requirement.

Must not have passed the ISAM Elementary or higher test.

Must not have competed in an ISAM Preliminary or higher singles competition.

1.4. RISING STARZS LEVEL 3

Free Skating

Duration: 1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- Backspin with crossed free leg (min 3 revs);
- Advanced forward stroking (min 4 forward crossovers each direction in a figure 8 pattern);
- Forward Power Three turns (right and left feet) (min 2 each);
- Toe Loop Jump;
- Salchow jump;
- Backward outside spirals (right and left feet);

Eligibility

No minimum test requirement.

Must not have passed the ISAM Elementary or higher test.

Must not have competed in an ISAM Preliminary or higher singles competition.

1.5. FUTURE STARS LEVEL 4

Free Skating

Duration: 1 minute and 30 seconds maximum, but may be less

A well balanced program must contain:

- Sit spin (min 3 revs);
- Advanced backward stroking (min 4 backward crossovers each direction in a figure 8 pattern);
- Forward outside swing rolls (2 consecutive alternating feet);
- Waltz jump + loop jump combination;



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- Flip jump;
- Backward inside spirals (right and left feet);

Eligibility

No minimum test requirement.
Must not have passed the ISAM Elementary or higher test.
Must not have competed in an ISAM Preliminary or higher singles competition.

1.6. PRELIMINARY

Free Skating

Duration: 1 minute and 30 seconds +/- 10 seconds

A well balanced program must contain:

- Maximum of 5 jump elements
 - Only single revolution jumps permitted, no ½ revolution jumps expect when executed as part of a jump sequence, e.g.: half loop as a connecting element
 - No Axel jump
- Maximum of 3 spins of a different nature (min 4 revs each, no 2 foot spins permitted);
 - Spins may change feet, position or start with a flying entry
- 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

No minimum test requirement.
Must not have passed the ISAM Elementary or higher test.
Must not have competed in an ISAM Elementary or equivalent higher singles competition.