



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

Affiliated to the International Skating Union
and the Asian Skating Union

5th Malaysia National Figure Skating Championships

April 2nd and 3rd 2010
Sunway Pyramid Ice Rink

Rules & Regulations

January 01, 2010



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1. GENERAL REGULATIONS

The 5th Malaysia National Figure Skating Championships will be conducted in accordance with the

- ISU Constitution and General Regulations 2008;
- ISU Special Regulations and Technical Rules Single, Pair Skating and Ice Dancing 2008;
- All pertinent ISU Communications; and
- Ice Skating Association of Malaysia (ISAM) Regulations.

2. ELIGIBILITY

- The Competition is open to all current members of ISAM.
- Skaters who are not Malaysian Citizens may compete as Guest Skaters.

• **(NOTE: ONLY FOR ISAM MEMBERS)** - All skating levels referred to in this document are based on the new categories stated in ISAM Communication No. 003, i.e., Rising Levels 1 – 4, Preliminary, Elementary, Pre-Primary, Primary, Novice, Junior and Senior.

3. FEES

- All entries must be received by **Friday, February 12, 2010** with the correct fees.
- Entry fees are as follows and they include one (1) Championship Dinner ticket for the competitor:

RM150.00	Rising Starz (1-4)and Preliminary
RM200.00	Elementary and Pre-Primary; Adult
RM300.00	Primary to Senior
- Entry fees for GUEST SKATERS with one (1)Championship Dinner ticket for the competitor are:

USD60.00	Rising Starz (1-4)and Preliminary
USD80.00	Elementary and Pre-Primary; Adult
USD100.00	Primary to Senior
- There will be NO refunds after the closing date. Entry forms (please download from www.isam.my) must be filled out completely and returned with payment. Cheques and bank drafts are to be made payable to **Ice Skating Association of Malaysia**. There will be an RM30.00 fee charged for any returned cheques.

4. INSURANCE/LIABILITY

Under no circumstances shall the Ice Skating Association of Malaysia or Pyramid Ice Rink, or the organisers of this competition, their employees, agents and/or servants be held responsible or liable for any loss, damages or injuries whatsoever or howsoever caused suffered by the skaters or officials.

As a condition of and in consideration of the acceptance of the entries or participation therein, all entrants, their family members and officials shall be deemed to have agreed to assume all risk of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims, which they may have against the Ice Skating Association of Malaysia.



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5. ENQUIRIES

All enquiries should be directed to the ISAM panel by “emailing” all queries to the following address - enquiries@isam.my.

6. JUDGING SYSTEM and RESULTS

The ISU Judging System will be used for all events. Results will be posted in the “Results Area” after each event. Judges decisions are final. Skaters, coaches and parents are not allowed to approach the judges regarding results of the competition. Please raise any issues you may have with the Competition Director, who may forward your concerns to the relevant parties.

7. AWARDS

- Guest skaters are only eligible to win or place in the Open category. Malaysian competitors are eligible for both the Open and the National categories. The title of National Champion can only be held by a citizen or permanent resident of Malaysia.
- Awards will be awarded to the First, Second and Third placings. All competitors will receive a Certificate of Participation.

8. SCHEDULE OF EVENTS

This will be posted on the Official Bulletin Board and the ISAM website (www.isam.my), after the drawings for skater positions have been done.

9. PRACTICE ICE TIME

Practice ice time will be notified at a later date.

10. MUSIC

All music must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. The skater will be held accountable for the quality of his/her music.

11. VIDEO RECORDING AND PHOTOGRAPHY

ISAM retains the rights for any video recording of the Competition.
The use of FLASH PHOTOGRAPHY or VIDEO LIGHTS is not permitted during warm-ups or events.



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SINGLES SKATING ELEMENTS – Basic Skills

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 Rising Starz section they wish to compete in. For future competitions they must not compete in a lower section to what they have already competed in.

RISING STARZ LEVEL 1 (Ladies and Men)

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.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

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

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



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RISING STARZ LEVEL 2 (Ladies and Men)

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

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.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

RISING STARZ LEVEL 3 (Ladies and Men)

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.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.



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RISING STARZ LEVEL 4 (Ladies and Men)

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;
- 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.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.



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PRELIMINARY (Ladies and Men)

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 except 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.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.



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SINGLES SKATING ELEMENTS – Elementary to Senior

ELEMENTARY (Ladies and Men)

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

Passed the ISAM Elementary (or equivalent) Test, but not higher.

Not competed in a Pre-Primary or equivalent higher Singles Competition event.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.



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PRE-PRIMARY (Ladies and Men)

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);

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 Passed the ISAM Pre-Primary (or equivalent) Test, but not higher.

Not competed in a Primary or equivalent higher Singles Competition event.

- Depending on the number of entries, this event may be split according to age.



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PRIMARY (Ladies and Men)

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);
- 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 Passed the ISAM Primary (or equivalent) Test, but not higher.

- Not competed in a Novice or equivalent higher Singles Competition event.
- Depending on the number of entries, this event may be split according to age.



JUNIOR (Ladies and Men)

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 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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REMARKS ON SHORT PROGRAM ELEMENTS

a) 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.

i) Jumps

A single spread eagle, 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).

ii) 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).

iii) 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.



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Flying spin

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

Ladies - Layback or sideways leaning spin:

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

iv) Spins 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.

v) Step and Spiral Sequences

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

vi) Spiral Sequence (Ladies):

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

REMARKS ON FREE SKATING ELEMENTS

a) PRELIMINARY, ELEMENTARY, PRE-PRIMARY, PRIMARY AND NOVICE

Refer to ISU Rule 520, Paragraph 2, General.



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ADULT SINGLES SKATING

Eligibility

Men and women will compete separately. The Competition Director reserves the right to combine sections should there be fewer than two entries in any section.

Eligible skaters are those skaters who are aged nineteen (19) years or older before July 1st preceding the event but have not reached the age of seventy-one (71) before July 1st, preceding the competition.

A skater competing after July 1, 2008 in a Junior or Senior event either locally or internationally may NOT participate in this event.

ADULT MASTER (Ladies and Men)

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.



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- 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 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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ADULT GOLD (Ladies and Men)

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 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:

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ADULT SILVER (Ladies and Men)

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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ADULT BRONZE (Ladies and Men)

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 not 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