

**2010 National Competition & Championship - Technical Requirement**

ISAI NATIONAL COMPETITION AND CHAMPIONSHIP					
Event Number	Standard	Minimum Test and Age Requirement	Maximum Test and Age Requirement	Program Length	Programme Technical Requirement
EVENT 1	Beginners Cup Girls Free Program	Emerald Skate Level Eight	Must NOT Hold any National Test	1½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme with linking steps, comprising only single jumps. <b>NO Axel, Lutz or Flip or Double</b> jumps are permitted A maximum of 3 different solo jumps Only one jump combination or sequence is permitted. Max 2 different basic position spins with no change of foot and no change of position One step sequence <b>must</b> be included (full ice not required)
EVENT 2	Beginners Cup Boys Free Program	Emerald Skate Level Eight	Must NOT Hold any National Test	1½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme with linking steps, comprising only single jumps. <b>NO Axel, Lutz or Flip or Double</b> jumps are permitted A maximum of 3 different solo jumps Only one jump combination or sequence is permitted. Max 2 different basic position spins with no change of foot and no change of position One step sequence <b>must</b> be included (full ice not required)
EVENT 3	Open Pre Bronze Girls Free Program	Must hold at least one part Pre Bronze	Must NOT Hold more than 2 parts Pre Bronze	1½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme with linking steps, comprising only single jumps <b>NO Axels or double</b> jumps are permitted A maximum of 3 different solo jumps A maximum of 2 jump combinations and/or sequences are permitted Max 2 spins 1 spin with change of position and no change and foot, 1 spin with no change of position, change of foot is permitted One step or spiral sequence utilising the full ice surface <b>must</b> be included
EVENT 4	Open Pre Bronze Boys Free Program	Must hold at least one part Pre Bronze	Must NOT Hold more than 2 parts Pre Bronze	1½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme with linking steps, comprising only single jumps <b>NO Axels or double</b> jumps are permitted A maximum of 3 different solo jumps A maximum of 2 jump combinations and/or sequences are permitted Max 2 spins 1 spin with change of position and no change and foot, 1 spin with no change of position, change of foot is permitted One step sequence utilising the full ice surface <b>must</b> be included
EVENT 5	Pre Bronze Trophy Girls Free Program	ALL 3 parts Pre Bronze	Must NOT Hold any part Bronze	1½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme with linking steps. <b>No double</b> jumps are permitted. A maximum of 3 different solo jumps, A maximum of 2 jump combinations and/or sequences are permitted. Max. 2 spins. 1 may have ONLY 1 change of position and NO CHANGE OF FOOT and the other may have ONLY 1 change of foot and change of position. One step or spiral sequence utilising the full ice surface <b>must</b> be included

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EVENT 6	Pre Bronze Trophy Boys Free Program	ALL 3 parts Pre Bronze	Must NOT Hold any part Bronze	1½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme with linking steps. <b>No double</b> jumps are permitted. A maximum of 3 different solo jumps, A maximum of 2 jump combinations and/or sequences are permitted. Max. 2 spins. 1 may have ONLY 1 change of position and NO CHANGE OF FOOT and the other may have ONLY 1 change of foot and change of position. One step sequence utilising the full ice surface <b>must</b> be included
EVENT 7	Open Bronze Girls Free Program	Must hold at least one part Bronze	Must NOT Hold more than 2 parts Bronze	1½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme with linking steps. A maximum of 3 different solo jumps, A maximum of 2 jump combinations and/or sequences are permitted. Max. 2 spins. 1 may have ONLY 1 change of position and NO CHANGE OF FOOT and the other may have ONLY 1 change of foot and change of position. One step or spiral sequence utilising the full ice surface <b>must</b> be included
EVENT 8	Open Bronze Boys Free Program	Must hold at least one part Bronze	Must NOT Hold more than 2 parts Bronze	1½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme with linking steps. A maximum of 3 different solo jumps, A maximum of 2 jump combinations and/or sequences are permitted. Max. 2 spins. 1 may have ONLY 1 change of position and NO CHANGE OF FOOT and the other may have ONLY 1 change of foot and change of position. One step sequence utilising the full ice surface <b>must</b> be included
EVENT 9	BEGINNER ADULTS	Must have reached the age of 18 by the closing date.	Must NOT Hold any National Test or Adult Tests	1½ Minutes (+/- 10 seconds)	Skaters must perform a well balanced programme with linking steps, comprising only single jumps. <b>NO Axel, Lutz or Flip or Double</b> jumps are permitted A maximum of 3 different solo jumps Only one jump combination or sequence is permitted. Max 2 basic position spins with no change of foot and no change of position One step sequence <b>must</b> be included (full ice not required)

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Event Number	Standard	Minimum Test and Age Requirement	Maximum Test and Age Requirement	Program Length	Programme Technical Requirement
EVENT 10	LADIES NOVICE CHAMPIONSHIP	Full Novice Medal Test Must have reached the age of 10 on the 1 <sup>st</sup> July proceeding the event	Must not hold any part of Junior Test Must have not reached the age of 15 on the 1 <sup>st</sup> July proceeding the event	Short Programme Max 2.30  Free Programme 3 minutes (+/- 10 seconds)	As per ISU regulations
EVENT 11	MENS NOVICE CHAMPIONSHIP	Full Novice Medal Test Must have reached the age of 10 on the 1 <sup>st</sup> July proceeding the event	Must not hold any part of Junior Test Must have not reached the age of 15 on the 1 <sup>st</sup> July proceeding the event	Short Programme Max 2.30  Free Programme 3 and half minutes (+/- 10 seconds)	As per ISU regulations
EVENT 12	JUNIOR LADIES CHAMPIONSHIP	Full Junior Medal Test Must have reached the age of 13 on the 1 <sup>st</sup> July proceeding the event	Must not hold any part of Senior Test Must have not reached the age of 19 on the 1 <sup>st</sup> July proceeding the event	Short Programme Max 2.50  Free Programme 3 and half minutes (+/- 10 seconds)	As per ISU regulations
EVENT 13	JUNIOR MEN CHAMPIONSHIP	Full Junior Medal Test Must have reached the age of 13 on the 1 <sup>st</sup> July proceeding the event	Must not hold any part of Senior Test Must have not reached the age of 19 on the 1 <sup>st</sup> July proceeding the event	Short Programme Max 2.50  Free Programme 4 minutes (+/- 10 seconds)	As per ISU regulations
EVENT 14	SENIOR LADIES CHAMPIONSHIP	Full Senior Medal Test Must have reached the age of 15 on the 1 <sup>st</sup> July proceeding the event	No Maximum	Short Programme Max 2.50  Free Programme 4 minutes (+/- 10 seconds)	As per ISU regulations
EVENT 15	SENIOR MEN CHAMPIONSHIP	Full Senior Medal Test Must have reached the age of 15 on the 1 <sup>st</sup> July proceeding the event	No Maximum	Short Programme Max 2.50  Free Programme 4 & half minutes (+/- 10 sec)	As per ISU regulations