



## **Skating Academy Competition Skills List**

[Skate School Events](#) | [Paradite Ice Skating](#)

**Next Competition Date: Sunday 26<sup>th</sup> September 2021**

Entries close 12<sup>th</sup> September

Skaters are separated by level and age group with categories for everyone from Tiny Tots or Beginners to Free Skate level + entry level figure skating grades Kiwi Skate and Pre-Elementary.

### **Character category**

Skaters choose their own music & choreography expressing a character or theme, skated on 1/3<sup>rd</sup> of Ice to a 1-minute piece of music. They can either skate solo or with 2 or more skaters. Skaters are welcome to dress up in costume. We encourage skaters to make up their own routine, alternatively if you would like to arrange private tuition, please see the office.

***Skills in Isolation Tiny Tots to Free Skate Levels. Skills from skater's current badge level are performed in a set order.***

### **Tiny Tots (under 6 years not passed Beginner level)**

- 1) ¼, ½ bend turns on spot
- 2) Forward Skating ½ width of rink
- 3) Pee-Wee glide (dip whilst moving)
- 4) Backward wiggles (minimum of 1/3<sup>rd</sup> width of rink)
- 5) Forward Fishies (x6)
- 6) Snowplough (Make snow)

### **Beginners**

- 1) ¼, ½ bend turns on spot
- 2) Forward Rhythm width of rink
- 3) Pee-Wee (dip whilst moving)
- 4) Backward marching (1/2 width of rink)
- 5) Forward Two-foot glides on a curve (held for minimum of 3 seconds each direction)
- 6) Snowplough

### **Elementary**

- 1) Forward to backward Fishies (½ width Forward/1/2 width Backward)
- 2) Forward Pumping on circle (x6 each direction)
- 3) One-foot glide on a curve (each direction for minimum of 3 seconds)
- 4) Backward C pushes (1/2 width of rink)
- 5) Snowplough ½ on each foot
- 6) Two-foot spin from standstill (minimum 1 rev)

### **Basic**

- 1) Fl edges alternating ½ circles on long axis (width of rink)
- 2) Backward fishies (1/2 width of rink)
- 3) Backward C pushes (1/2 width of rink)
- 4) Forward Cross Overs (once around hockey circle, both directions)
- 5) Two foot turns on a circle (both directions)
- 6) Two-foot spin from spiralling curve (min of 1 revolution)

### **Novice 1**

- 1) Forward Spiral on straight line (skater's choice of leg, held for minimum of 3 seconds)
- 2) Backward Pumping on circle (one hockey circle each direction)
- 3) Backward One-foot glide on a curve (held for minimum of 3 seconds each direction, on each foot i.e. backward outside (BO) and Backward inside (BI) edge)
- 4) Backward Stop
- 5) FO 3 Turns (on each foot, glide for 2 seconds on entry and exit of turn)
- 6) Two-foot spin from spiralling curve (Min 2 rev)

## Novice 2

- 1) Backward Outside (BO) Edges alternating ½ circles on long axis (width of rink)
- 2) Forward Spiral on a curve (held for minimum of 3 seconds)
- 3) Two-foot jump forwards to backwards
- 4) Backward Cross overs (one hockey circle each direction)
- 5) FI 3 Turns (on each foot, glide for 2 seconds on entry and exit of turn)
- 6) One-foot spin (1 rev)

## Advanced

- 1) Forward Crossovers in a serpentine pattern (3 half circles)
- 2) jumping forward 3 turn (each direction, choice of Forward outside or inside)
- 3) BI Edges (alternating ½ circles on long axis (width of rink)
- 4) Backward Spirals on curve (held for minimum of 3 seconds)
- 5) T Stop
- 6) One foot Spin, Marching spin (alternate feet during spin for minimum of 3 revolutions)

## Free Skate 1-3

- 1) Spiral Sequence (2 Spirals on different feet, direction and edge, each held for 3 seconds)
- 2) Bunny Hop
- 3) Backward Crossovers in a serpentine pattern (3 half circles)
- 4) Waltz Jump
- 5) Width of rink step sequence (Min 2 diff. turn & 3 diff steps)
- 6) ½ Flip Jump
- 7) Choice of Salchow or Toe Loop Jump
- 8) Choice of A or B
  - A) Back Spin (Min. 2 rev. note higher value skill)
  - B) Two foot spin in half sitting position

As per NZIFSA 226.3 competition requirements [200 SECTION - COMPETITIONS \(nzifsa.org.nz\)](https://nzifsa.org.nz)

**Kiwi Skate** Music length up to 1min 40 sec, to include

- a) Optional jump, different from those below (may be a jump combination consisting of only two jumps, jumps performed solo may be repeated once in combination)
- b) Salchow
- c) Toe loop
- d) Upright spin without change of foot (min 3 revs)
- e) Simple Step Sequence (at least one half the length of the rink) with a fixed Base value and evaluated in GOE only.

*Recommended to include;*

- *Transition sequence, covering a minimum of ½ the ice with one or more forward or backward spiral, spread eagle, Ena bauer or pivot movements.*
- *simple connecting movements between elements*
- *An opening and closing movement (Other movements allowed)*

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*[categories approved by NZIFSA]*

**Pre-Elementary** Music Duration: up to 2 minutes 15 seconds, to include

- a) Optional jump (selected from loop, flip or Lutz)
- b) Optional jump (selected from loop, flip or Lutz); different to the jump performed in a).
- c) Salchow
- d) Toe loop
- e) Upright spin without change of foot (min 3 revs)
- f) Simple Step Sequence (at least one half the length of the rink) with a fixed Base value and evaluated in GOE only.

## Skate School Synchronized

- **Skate School Synchronized A:** Skaters more advanced, working on tests, some, but not all, may have NZIFSA Test 0
- **Skate School Synchronized B:** All skaters are still in skate school and have no tests
- **Skate School Synchronized Adult:** Majority of skaters are over 18, some but not all, may have NZIFSA Test 0

- Free Skating Program - up to 3 mins
- Between 6 and 16 skaters
- Individual music allowed
- Expected Elements in the program are:

- 1) Forward or backwards horizontal line (1/2 length of rink or more)
- 2) Two spoke wheel (optional hold) forwards or backwards
- 3) Forward intersection
- 4) Circle formation: forward crosscuts/three turn or Mohawk/backwards crosscuts/three turn or Mohawk (optional hold). Repeat twice.
- 5) Step sequence in block formation or block with a change of configuration.