

2007 COMPETITION TIPS

The recent Hollins Trophy event held over the June long weekend provided the ideal opportunity to work through ISU Communication 1445 and the revised ISA Technical Requirements. Although these provisions were applied in part during Hollins in order to give participants more time to 'catch up' with the new requirements, they will be applied in full during future events. Some of these new requirements are mentioned below as a reminder and to assist with avoiding loss of levels or marks at future events:

- The free leg in the spiral (including knee and foot) must be higher than hip level.
- Only the first 3 attempted positions are to be considered for Level features.
- Spiral positions for all levels (including Preliminary & Elementary) are required to be held for a minimum of 3 seconds in each position.
- Spins in free skating must be of a different character (ie have different abbreviations). Any spin with the same abbreviation as the one executed before will be deleted by the IJS computer.
- A Jump Sequence may consist of any number of jumps that must be linked by non-listed jumps and hops immediately following each other whilst maintaining the jump rhythm (knee); **there can be no three turns/Mohawks during the sequence;** there can be no crossovers or stroking during the sequence. If this definition is not fulfilled, two solo jumps will be called.

Many skaters are unclear about what they should do when something "goes wrong" during their performance - the right thing to do in this situation is to stop and go straight to the event Referee. **Amended ISU Rule 551:** If there is an interruption or stop in the music, or circumstances arise which jeopardize safety on account of unexpected damage to clothing or equipment which impede skating, the Competitor must stop skating at the signal of the Referee. The Competitor shall then continue immediately from the point of interruption if the circumstances which caused the Competitor to stop can be rectified without delay. If that is not possible, a period of up to three (3) minutes before continuation will be allowed. The three (3) minutes time period commences immediately after the Referee has stopped the performance with a loud signal (eg whistle). The same applies to the situation when the Competitor interrupts the program on account of unexpected damage to clothing or equipment without the signal of the Referee. However, if the tempo or quality of the music is deficient, **no restart may be made if the Competitor fails to inform the Referee within 30 seconds after the start.** If, in the opinion of the Referee, medical attention is required, the Referee must stop the performance and allow the Competitor to continue immediately from the point of interruption or, if that is not possible, allow a period of up to three (3) minutes before the continuation. No restarts of the whole program are allowed. If a Competitor is unable to complete the program, no marks are awarded. The same applies to the situation when a Competitor has been given the opportunity to continue the program from the point of interruption and once more is unable to complete the program.