

INTERMEDIATE SINGLES (Ladies & Men)

ELIGIBILITY

(ISA Rule 525)

Participation in an Intermediate Singles Championship shall be open to a member of a State association who has, at the closing of entries:

1. passed the Primary Level Test or its equivalent;
2. not competed in the same season in a Novice or higher level Singles Championship, (State, Australian or other).

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><u>SHORT PROGRAM</u> (ISA Rule 310)</p> <ol style="list-style-type: none"> a) Axel Paulsen. b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements. c) One jump combination consisting of any single or double jump followed by any double jump. d) <u>Flying spin.</u> e) <u>Ladies: Layback or sideways leaning spin.</u> <u>Men: Camel or Sit spin.</u> f) Spin combination with one change of foot and at least two changes of position (sit, camel, upright or any variation thereof). g) Step sequence (straight line, circular or serpentine,) fully utilising the ice surface. h) Ladies: A spiral sequence, fully utilising the ice surface. i) Men: A step sequence other than that performed in (g), (straight line, circular or serpentine) fully utilising the ice surface. 	<p>Spin d) – <u>any type of flying spin. No change of foot or position after landing.</u> Minimum (8) revolutions in the landing position which may be different from the flying position.</p> <p>Spin e) – <u>Ladies: Any position permitted as long as the basic layback or sideways leaning position is maintained for (8) revolutions without rising to an upright position.</u></p> <p>Spin e – <u>Men: Camel or sit spin. Any position permitted as long as the basic camel or sit position is maintained for (8) revolutions without rising to an upright position. No change of foot, no flying entry.</u></p> <p>Spin f) - only one change of foot and at least (2) changes of position (sit, camel, upright or any variation thereof), with not less than (6) revolutions on each foot. <u>No flying entry.</u> The minimum number of revolutions in a required position is (2), or the position is not counted.</p> <p>h) Spiral sequence must have at least (3) spiral positions with at least (1) change of foot.</p>	<p>Maximum Duration: 2 min 50 sec (ISA Rule 305)</p> <p>If a competitor fails to finish a program within the allowed time, there will be a <u>1.0 point</u> deduction for every five (5) seconds in excess.</p>

NB: IJS calling requirements as per ISU Communication # 1445 7/5/07

INTERMEDIATE SINGLES (Ladies & Men) (Cont)

<p><u>FREE SKATING PROGRAM</u> (ISA Rule 320)</p> <p>A well-balanced program consisting of free skating elements, such as jumps, spins, steps and other linking movements executed with a minimum of two-footed skating in harmony with music of the competitor's choice, except that vocal music with lyrics is not permitted.</p>	<p>Maximum (11) elements:</p> <p>Jumps Maximum (7) jump elements (one of which must be an Axel type jump), including at least: (1) jump combination or sequence but not more than (3) in total. One jump combination could consist of up to (3) jumps, the other two up to (2) jumps.</p> <p>Spins (3) spins of a different nature, (1) of which must be a spin combination and (1) a flying spin. Min of (6) revolutions in each spin and min of (10) revolutions in the spin combination.</p> <p>Ladies: (1) sequence of spirals and/or free skating movements such as turns, arabesques and spread eagles, fully utilising the ice surface.</p> <p>Men: (1) step sequence, straight line, serpentine, circular or other, fully utilising the ice surface.</p>	<p>3 min plus or minus 10 sec (ISA Rule 305)</p> <p>If a competitor fails to finish a program within the allowed range of time, there will be a <u>1.0 point</u> deduction for up to every five <u>(5) seconds</u> lacking or in excess.</p>
---	--	--

NB: IJS calling requirements as per ISU Communication # 1445 7/5/07.