

ISA Adult Singles – Proficiency Level Free Skating (as at April 2008)

ADULT SINGLES – PROFICIENCY LEVEL (Ladies & Men)

ELIGIBILITY

(ISA Rule 601)

A participant must be a financial member of a State association, who has reached the age of 18 years as at 1 July in the year of the event.

Separate Men’s & Ladies’ Divisions may be held if three or more entries are received for each division. If less than three entries are received for either division, the Men’s & Ladies Division(s) may be combined.

PROGRAM REQUIREMENTS	DEFINITIONS & REMARKS	PROGRAM DURATION
<p><u>FREE SKATING PROGRAM</u> (ISA Rule 360)</p> <p>A well-balanced program of free skating elements, such as jumps, spins, steps and other linking movements executed in harmony with music of the competitor’s choice, demonstrating ability to use edges, turns and other skating movements to interpret music. Optional elements such as spirals, pivots, attitudes, jumps and spins may be included.</p>	<p>No specific jumps or spins are required.</p> <p>Jumps are restricted to a maximum of half a revolution and spins are restricted to two foot or one foot upright spins.</p>	<p>1 min 30 sec plus or minus 10 sec (ISA Rule 601)</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</u>) <u>seconds</u> lacking or in excess.</p>