Corrine Gilkison Trophy

Rules and Requirements

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| **SINGLES COMPETITIVE ELEMENTS** |
| **SHORT PROGRAMME REQUIREMENTS** |
| NOVICE, JUNIOR and SENIOR Requirements shall be as per current ISU Regulations Advanced Novice, Junior and Senior respectively.  |
| **FREE SKATE PROGRAMME REQUIREMENTS** |
| SENIOR Requirements shall be as per current ISU Regulations Senior. JUNIOR Requirements shall be as per current ISU Regulations Junior. NOVICE Requirements shall be as per current ISU Regulations Advanced Novice. INTERMEDIATE Requirements shall be as per current ISU Regulations Basic Novice B. PRIMARY Requirements shall be as per current ISU Regulations Basic Novice B. PRE PRIMARY Requirements shall be as per current ISU Regulations Basic Novice A.  |

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| **NON COMPETITIVE GRADES** |
| **KIWI SKATE** |
| Requirements for KiwiSkate Grade Duration: – up to 1 minutes 40 secondsA well-balanced KiwiSkate programme must contain a maximum of 5 elements: 1. Optional jump (may be a combination jump consisting of two single jumps)
2. Salchow
3. Toe loop
4. Upright spin (min 3 revs)
5. Simple Step Sequence (at least one half the length of the rink) with a fixed Base value and evaluated in GOE only.
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| **PRE ELEMENTARY** |
| Requirements for Pre Elementary Grade Duration: – up to 2 minutes 15 secondsA well-balanced Pre Elementary programme must contain a maximum of 5 elements:1. Optional jump (selected from loop,flip or lutz)
2. Salchow
3. Toe loop
4. Upright spin (min 3 revs)
5. Simple Step Sequence (at least one half the length of the rink) with a fixed Base value and evaluated in GOE only.
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| **ELEMENTARY** |
| Requirements for Elementary Grade Duration: – up to 2 minutes 15 secondsA well-balanced Elementary programme must contain a maximum of 7 elements: 1. Salchow
2. Toe loop
3. Spin in one position with no change of foot – choice of upright/sit/camel (min 4 revs)
4. Step sequence (fully utilises the ice surface) with a fixed Base value and evaluated in GOE only.
5. Optional element 1, jump different from those above
6. Optional element 2, jump different from those above (may be a jump combination consisting of only two jumps)
7. Optional element 3, spin different from those above (can be a combination spin without a change of foot (min 4 revs)
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| **DEVELOPMENT** |
| Tier One Development Free Skating 1 (music 1:20)* 2 - foot spin (minuimun 3 revolutions)
* Bunny Hop
* Spiral
* Backwards skating (1/2 legnth of the arena)

Tier One Development Free Skating 2 (music 1:20)* 1 - foot spin (minuimun of 3 revolutions)
* Waltz jump
* Salchow or Toe Loop jump
* Step Sequence (minimum of half the length of the arena)

Tier Two Development Free Skating 1 (music 1:40)* 1-foot spin (minimum of 6 revolutions)
* Waltz jump
* Toe Loop jump
* Salchow jump
* Step Sequence (minimum of half the length of the arena)
* Drag

Tier Two Free Skating 2 (music 2:10)* 1- foot spin (minimum of 8 revolutions)
* ½ sit spin (minimum of 3 revolutions)
* Salchow + Toe Loop jump
* Loop jump or Flip jump
* ½ Lutz jump
* Step Sequence (Full length of the arena)
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| **DEVELOPMENT GROUP SKILLS** |
| There may be a maximum of four skaters per group and a minimum of 2 skaters per group.Tier One* Bunny Hop
* Backwards Skating (minimum of half the length of the arena)
* 2-foot spin (minimum of 3 revolutions)
* Forward Drag
* Forward Spiral on a curve
* Waltz jump

Tier Two* Salchow jump
* Toe Loop jump
* Loop jump
* ½ Lutz jump
* 1 – foot spin (minimum of 6 revolutions)
* Backwards Spiral on a curve

Tier Three* Salchow + Toe Loop jump
* Flip jump
* Lutz jump
* Single Axel
* Camel Spin (minimum of 3 revolutions)
* Sit Spin (minimum of 3 revolutions)
* 3 position Combination Spin ( Minimum of 6 revolutions)

Tier Four* Lutz + Loop jump
* Single Axel
* Double Salchow
* Double Toe Loop jump
* Level 2 solo spin (minimum of 8 revolutions)
* Level 1 Flying spin (minimum of 8 revolutions)
* Level 2 change foot combination spin (minimum of 6 revolution on each foot)

Tier Five* Double loop jump
* Double Flip jump
* Double Lutz jump
* Double Axel jump
* Level 3 Flying spin (minimum of 8 revolutions)
* Level 3 change foot combination spin (minimum of 6 revolution on each foot)
* Level 3 Layback spin (minimum of 8 revolutions)
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| **ADULT SINGLES FREE SKATING AND ARTISIC SKATING** |
| **BRONZE** |
| Duration: must not exceed 1 minute 50 seconds but may be less. A well-balanced BRONZE programme must contain a maximum of 7 elements: * maximum of four (4) jump elements. Only single jumps are permitted, no axel

type jump, no double or triples jumps can be included.Each listed jump may be repeated only once.There may be up to two jump combinations or jump sequences. One jump combination could consist of up to three jumps; the other combination must only consist of two jumps. A jump sequence may consist of any number of single jumps, however, only the two jumps with the highest value will count. * A maximum of two (2) spins of a different abbreviation, one of which must be a spin in one position with no change of foot. The spins must have a required minimum number of revolutions: three (3) for a spin with only one position and no change of foot; four (4) for the spin combination with no change of foot and six (3+3) for the spin combination with a change of foot or the spin in one position with change of foot. Flying spins are not permitted.
* A maximum of one (1) choreographic sequence covering at least 1⁄2 the ice surface. Will be awarded a fixed base value and evaluated by the judges in GOE.
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| **SILVER** |
| Duration: must not exceed 2 minutes 10 seconds but may be less. * A well-balanced SILVER programme must contain a maximum of 9 elements
* A maximum of five (5) jump elements. All single jumps are permitted. No double or triple jumps are permitted.Each listed jump may be repeated only once. There may be up to three jump combinations or jump sequences. One jump combination could consist of up to three jumps; the other two combinations must only consist of two jumps each.
* A jump sequence may consist of any number of single jumps, however, only the two jumps with the highest value will count.
* A maximum of three (3) spins of different abbreviations, one of which must be a spin combination.The spins must have a required minimum number of revolutions: three (3) for a flying spin with no change of foot after landing, three (3) for a spin with only one position and no change of foot, four (4) for the spin combination with no change of foot and eight (4+4) for the spin combination with a change of foot or spin in one position with a change of foot.
* A maximum of one (1) choreographic sequence covering at least 1⁄2 the ice surface. Will be awarded a fixed base value and evaluated by the judges in GOE.
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| **GOLD** |
| Duration: must not exceed 2 minutes 50 seconds but may be less. A well-balanced GOLD programme must contain a maximum of 10 elements: * •  A maximum of 6 jump elements; can include single and double jumps, excluding

double flip, double Lutz and double Axel. No triple jumps are permitted.Each listed jump may be repeated only once.There may be up to three jump combinations or jump sequences. One jump combination could consist of up to three jumps; the other two combinations must only consist of two jumps each. A jump sequence may consist of any number of single and double jumps, excluding double flip, double Lutz and double Axel and all triple jumps, however, only the two jumps with the highest value will count. * •  A maximum of three (3) spins of different abbreviations, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: four (4) for a flying spin with no change of foot after landing; four (4) for a spin with only one position and no change of foot; four (4) for the spin combination with no change of foot and eight (4+4) for the spin combination with a change of foot or spin in one position with a change of foot.
* •  A maximum of one (1) step sequence fully utilising the ice surface. Only features up to Level 3 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
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| **ELITE** |
| Duration: must not exceed 3 minutes 10 seconds but may be less. A well-balanced ELITE programme must contain a maximum of 11 elements: * •  A maximum of seven (7) jump elements, one of which must be an Axel type jump.

Single, double and triple jumps are permitted.Each listed jump may be repeated only once.There may be up to three jump combinations or jump sequences. One jump combination could consist of up to three jumps; the other two combinations must only consist of two jumps each. A jump sequence may consist of any number of jumps of any number of revolutions, however, only the two jumps with the highest value will count. * •  A maximum of three (3) spins of different abbreviations, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: five (5) for a flying spin with no change of foot after landing, five (5) for a spin with only one position and no change of foot; five (5) for the spin combination with no change of foot and eight (4+4) for the spin combination with a change of foot or spin in one position with a change of foot.
* •  A maximum of one (1) step sequence, fully utilising the ice surface.
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| **BRONZE, SILVER, and GOLD INTERPRETIVE PROGRAMMES** |
| Duration: Bronze and Silver must not exceed 1 minute and 40 seconds Gold must not exceed 2 minutes and 10 seconds Vocal music is permitted. The Interpretive programme will be judged only on the basis of the five Component Marks. The programme should consist of a variety of skating moves selected for their value to enhance the skater’s interpretation of the music rather than for their technical difficulty. Skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills. The Interpretive programme must include: a)  A minimum of one and a maximum of two single jumps b)  A minimum of one and a maximum of two spins No axel type jump or double jumps or combination jumps are permitted. Credit for jumps and spins are based solely on the ability of such movements to enhance the chosen theme and support the music. No credit will be given for their technical difficulty. The programme must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps which should be used only to reflect the character of the programme and to underline the rhythm and nuances of the chosen music. The skater must not remain in one place for more than five (5) seconds. Elements exceeding the maximum number will be judged as an illegal element and receive a 1.0 deduction. Elements lacking in number will receive a 1.0 deduction. Costumes should be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme. * Props may not be used in any part of the programme. Any item that is held in the hand or removed during the performance is considered a prop. A hat worn throughout the programme is not considered a prop unless intentionally removed.
* Objects on the ice, thrown to the audience, placed on the boards or on the Judges’ tables are not permitted.
* Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

Illegal elements * Somersault type jumps
* Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice.
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| **PAIRS SKATING** |
| **JUVENILE** |
| Duration: 2 minutes 15 seconds (+/- 10 seconds) A well-balanced Juvenile programme must contain a maximum of 5 elements: ▪ one(1)solo jump▪ one(1)solo spin or solo spin combination(minimumof4revolutions) ▪ one(1)pair spin or pair spin combination(minimumof3revolutions) ▪ one(1)pivot figure ▪ one (1) choreographic sequence which includes at least one (1) spiral position of each partner (not a kick). The sequence will have a fixed Base value and be evaluated in GOE only  |
| **PRE PRIMARY** |
| A well-balanced Pre Primary programme must contain a maximum of 6 elements: ▪one (1) solo jump▪one (1) jump combination or sequence▪one (1) solo spin or solo spin combination (minimum of 4 revolutions); ▪one (1) pair spin or pair spin combination (minimum of 3 revolutions); ▪one (1) Single Throw Jump▪one (1) choreographic sequence which includes at least one (1) spiral position of each partner (not a kick). The sequence will have a fixed Base value and be evaluated in GOE only  |
| **PAIR SKATING SHORT PROGRAMME** |
| SENIOR Requirements shall be as per current ISU Regulations and relevant ISU Communications for Senior. JUNIOR Requirements shall be as per current ISU Regulations and relevant ISU Communications for Junior. NOVICE Requirements shall be as per current ISU Regulations and relevant ISU Communications for Advanced Novice.  |
| **PAIR SKATING FREE PROGRAMME** |
| SENIOR Requirements shall be as per current ISU Regulations and relevant ISU Communications for Senior. JUNIOR Requirements shall be as per current ISU Regulations and relevant ISU Communications for Junior. NOVICERequirements shall be as per current ISU Regulations and relevant ISU Communications for Advanced Novice. PRIMARYRequirements shall be as per current ISU Regulations and relevant ISU Communications for Basic Novice |
| **ADULT STROKING** |
| PRE ELEMENTRY* Perimeter Stroking Forward (crossovers optional)
* Forward and Backwards Bubbles
* Froward pumping

ELEMENTARY * Perimeter Stroking
* Basic Consecutive Edges

PRELIMINARY * Figure 8 Crossovers (Forward and Backwards) Forward and Backward Perimeter Power Stroking

BRONZE: * 5 Step Mohawk
* Alternating Forward Inside Three-Turns
* Alternating Backward Crossovers to Backward Outside Edges
* Forward Power 3 turns

SILVER: * FO-BI Three-Turns in the Field
* FI-BO Three-Turns in the Field
* Cross-steps forward and backwards
* Eight step Mohawk
* Backward Power Three-Turns

GOLD: * Forward Double 3 turns
* Backward Double 3 turns
* Backward Power Circles
* Inside Slide Chasse Pattern

GOLD STAR: * Brackets in the Field
* Inside Three-Turns/Rocker Choctaws
* Forward & Backward Counters (choice of inside or outside)
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| **SYNCHRONISED SHORT PROGRAM** |
| Junior and Senior grades only: Requirements shall be as per current ISU Regulations and relevant ISU communications for Junior and Senior respectively.  |
| **SYNCHRONISED FREE SKATING** |
| JUVENILE As per current requirements for Novice Basic as published in ISU Communications. NOVICE As per current requirements for Novice Advanced as published in ISU Communications. JUNIOR Requirements shall be as per current ISU Regulations and relevant ISU communications for Junior. SENIOR Requirements shall be as per current ISU Regulations and relevant ISU communications for Senior. ADULT 3 minutes 30 seconds (+/- 10 seconds)As per current requirements for Novice Advanced as published in ISU Communications. NOTE: Teams wishing to compete in Novice, Mixed Age and Adult competitions in Australia or internationally need to check the competition announcement to ensure that the programme meets the time and element requirements for that competition as they may differ from NZIFSA rules. ELEMENTARY GRADE – GUIDELINES FOR CLUB AND SUB-ASSOCIATION CHAMPIONSHIPS/COMPETITIONS In the Elementary Section of Synchronised Skating competitions each team will skate a free skate programme only. A team may consist of 8 to 16 skaters. Eligibility for Elementary Grade - skaters may hold Preliminary Stroking or Preliminary Pattern Dance but no higher stroking or pattern dance test. Requirements for Elementary Grade (Programme length: 2 minutes +/- 10 seconds) A well balanced Elementary free skate programme may contain a maximum of five elements chosen from: * one (1) block
* one (1) circle
* one (1) line
* one (1) wheel
* one (1) intersection
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| **SYCNHRONISED MIXED AGE** |
| As per current requirements for Novice Advanced as published in ISU Communications.  |
| **SYCNHRONISED NOVICE** |
| As per current requirements for Novice Advanced as published in ISU Communications.  |
| **SYCNHRONISED JUNIOR** |
| Requirements shall be as per current ISU Regulations and relevant ISU communications for Junior.  |
| **SYCNHRONISED SENIOR** |
| Requirements shall be as per current ISU Regulations and relevant ISU communications for Senior.  |
| **SYCNHRONISED ADULT** |
| 3 minutes 30 seconds (+/- 10 seconds)As per current requirements for Novice Advanced as published in ISU Communications.  |
| **SYCNHRONISED ELEMENTARY GRADE** |
| In the Elementary Section of Synchronised Skating competitions each team will skate a free skate programme only. A team may consist of 8 to 16 skaters. Eligibility for Elementary Grade - skaters may hold Preliminary Stroking or Preliminary Pattern Dance but no higher stroking or pattern dance test. Requirements for Elementary Grade (Programme length: 2 minutes +/- 10 seconds) A well balanced Elementary free skate programme may contain a maximum of five elements chosen from: * one (1) block
* one (1) circle
* one (1) line
* one (1) wheel
* one (1) intersection
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| **ADULT ICE DANCE – ALL GRADES** |
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| **SOLO DANCE – ALL GRADES** |