



SINGAPORE
ICE SKATING
ASSOCIATION

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2019 Inter School Figure & Short Track Speed Skating Competition

9 and 10 July 2019
(Tuesday & Wednesday)
5.15pm – 11.45pm

ANNOUNCEMENT

FIGURE SKATING
&
SPEED SKATING

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GENERAL INFORMATION

Organized by: Singapore Ice Skating Association

GENERAL INFORMATION:

1. VENUE

The Rink @ JCube
Level 3, JCube Shopping Mall
2 Jurong East Central 1,
Singapore 609731

2. GENERAL REGULATIONS

The 2019 Inter School Figure & Short Track Speed Skating Competition will be conducted in accordance with the:

- ISU Constitution and General Regulations 2018 or any update;
- ISU Special Regulations and Technical Rules Single & Pair Skating and Ice Dance 2018 or any update;
- All pertinent and latest ISU Communications;
- Singapore Ice Skating Association Regulations;
- Singapore Ice Skating Association Policies and Procedures
- Singapore Ice Skating Association Communications

3. ELIGIBILITY

- Skaters must have passed the required SISA qualifying test for the Competitions level competing in prior to the commencement of the Competitions (with exception to Skate Stars, Future Stars, Preliminary and Speed Skating Categories)
- Additionally, skaters must meet the eligibility conditions specified in the respective category stated herein.
- Skaters must currently be enrolled in an accredited local or international school within Singapore in order to compete.
- Skaters will nominate the school they will represent on the entry form and include a copy of their student ID for this school.

4. TECHNICAL DATA & TRACK CONDITIONS

All events and all official practices will take place at The Rink @ JCube, an artificially refrigerated indoor ice surface of 30 x 60 meters.

5. TECHNICAL EQUIPMENT

Skate Stars:

- Any skates are allowed (Figure, Short Track, Hockey, Rental Skates)

Figure Skating Events (Future Stars, Dance and Above):

- Only Figure skates are allowed

Short Track Events:

- Skaters must have and use all safety equipment.
- Knee and shin pads, neck guards, body suits, safety helmet and gloves are compulsory equipment for all competitors in the Short Track events and must be worn appropriately. Only equipment which are in accordance with the ISU rules can be used.
- Skates used in the Short Track events must be short track blades conforming to ISU regulations with tubes closed, and compulsory rounding of the corners of the blades with the blade ends rounded off with a minimum radius of 10mm.

King/Queen of Speed:

- Competitors participating in the King/Queen of Speed category must have minimum gloves and helmet safety equipment that must be donned appropriately. Any types of skates can be used in the King/Queen of Speed category.

6. ENTRIES

Entries must be made on the official online entry form – <https://tinyurl.com/2019IceSkating-InterSchool> by **23 June 2019**.

Entries will not be accepted without full payment, or without the documents mentioned below. The following supporting documents must be emailed to administration@sisa.org.sg by **23 June 2019**.

- ✓ Scanned Student ID

All information, entry and related forms will be mass emailed to all current SISA members and will also be available from the SISA website - <https://tinyurl.com/2019IceSkating-InterSchool>

6.1 ENTRY FEES

No refunds will be provided

Participants may choose to compete in the events below:

- Skate Stars & King/Queen of Speed: \$20 (*fee includes Basic Skills Membership status for the year ending 31 March 2020 if you are not already a SISA Individual Member. Please refer to the SISA Constitution for details of Basic Skills Membership*)
- Future Stars, Dance & Short Track Speed Skating: \$30
- Preliminary & Elementary: \$50
- Basic Novice & Intermediate Novice: \$175
- Adv Novice, Junior & Senior: \$275

All competitors must be a member of the Singapore Ice Skating Association.

6.2 LATE ENTRIES

At the discretion of the SISA executive committee, entries may be accepted after the closing date upon payment of double the entry fee for the particular event.

7. FINAL SCHEDULE FOR COMPETITION AND OFFICIAL PRACTICE

The final schedule for the competition and official practice sessions (if any) will be posted on SISA's website. Updates will also be emailed to participants who have furnished an active email address in the entry form.

8. MUSIC & PLANNED PROGRAM CONTENT (FIGURE SKATING – PRELIMINARY AND ABOVE CATEGORIES)

All competitors shall furnish competition music of excellent quality on CD (compact disk) format. The discs must show the exact running time of the music (not skating time). Each program (short/free skating) must be recorded on one track and on a separate CD. Competitors must provide a back-up CD for each program.

All CD's must show:

- Competitors name
- Competition category, e.g.: Basic Novice
- Program Identification e.g.: Short Program
- Exact running time of the music (not skating time), including any starting signal

Music must be submitted at the time of registration. Competitors will be responsible for the collection of their music at the conclusion of their event. SISA will not be responsible for the safekeeping or on forwarding of any unclaimed music.

All competitors are required to submit a Planned Program Content (PPC) Form with their Entry Form. No changes will be accepted to PPC's after the **23 June 2019**.

9. DRAWS – ORDER OF SKATING (FIGURE SKATING)

The date of the draw for the order of skating will be undertaken on **2 July 2019**. The official competition and practice schedule (if any) will be released after the close of entries. For participants who have two programs, the order for the free skating program will be the reverse order of the short program results.

10. COACH ACCREDITATION

Only NROC registered coaches with at least NCAP Level 1 may obtain accreditation.

No unaccredited coaches will be allowed rink side during practice session or events.

In the case of an international coach who is assisting skaters only during the Competitions, and who has not obtained accreditation from SportSG, an application must be made to SISA administration@sisa.org.sg for temporary accreditation.

11. INSURANCE/LIABILITY

Under no circumstances shall the Singapore Ice Skating Association and the organizers of this competition, their employees, agents and/or servants be held responsible or liable for any loss, damages or injuries whatsoever or howsoever caused suffered by the skaters or officials. As a condition of and in consideration of the acceptance of the entries or participation therein, all entrants, their family members and officials shall be deemed to have agreed to assume all risk of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims, which they may have against the Singapore Ice Skating Association.

12. CORRESPONDENCE

Please note that all correspondence with regards to the 2019 Inter School Figure & Short Track Speed Skating Competition will be by email only. Please ensure that the email address you supply with your registration form is current and active. Please check your email regularly for updates as the Competitions approaches.

13. ENQUIRIES

ALL enquiries should be directed to the SISA Administration Officer by email administration@sisa.org.sg.

All competitors and coaches should also familiarize themselves with the rules of the International Skating Union. A copy of the ISU rules and the latest communications, may be downloaded from ISU website www.isu.org.

14. RESULT

The ISU judging system will be used for all IJS events.

15. AWARDS

Gold, Silver and Bronze medals will be presented to the first, second and third placed skater in each division.

16. SCHOOL RESULTS (Team)

1. The first five (5) places of every event receive team points as follows:

1 st	5 Team Points
2 nd	4 Team Points
3 rd	3 Team Points
4 th	2 Team Points
5 th	1 Team Point

2. No points are awarded for participants placing below fifth place.

3. If a tie occurs, both skaters are awarded the same placement and the same team score, ie of the tied placement number of points (eg two skaters tied for 1st place, each is awarded 1st place medals and each is awarded five (5) team points)., The next skater is 3rd place and is awarded three (3) team points.

4. The team points awarded to each skater in each event shall be added to any points won by another skater on the same team in any other event. The combined totals of team points shall determine the team placing. The highest score shall determine the first place team, the second highest score shall determine the second place team and so on.

5. For example, a team of five (5) skaters finish in their respective events as follows:

Skater 1	3 rd Place	3 team points
Skater 2	2 nd Place	4 team points
Skater 3	9 th Place	0 team points
Skater 4	5 th Place	1 team point
Skater 5	4 th Place	2 team points
		10 team points

6. Individual awards for each event are to be given first, followed by the team presentation awards.

7. If a tie between teams does occur, the tie should be broken by the team having the greatest number of first placing's becoming the winner. If the teams are still tied, the team having the greatest number of second placing's will be the winner and so on.

8. Trophies will be presented to the first, second and third placed schools under Combined Overall Figure and Short Track Speed Skating.

17. VIDEO RECORDING AND PHOTOGRAPHY

SISA retains the rights for any photographs and video recording of this competition. The use of FLASH PHOTOGRAPHY or VIDEO LIGHTS is not permitted during warm-ups or events.

FIGURE SKATING

Registration deadline: 23 June 2019

SKATE STARS FUTURE STARS and DANCE

18. SINGLE SKATING – SKATE STARS and FUTURE STARS

18.1 Remarks for Skate Stars and Future Stars Categories

- All elements must be skated **IN THE ORDER LISTED**
- Each skater will take their place and will then proceed to perform each element listed below **ONLY** (no excessive connecting steps).
- **NO** additional elements to be performed
- To be skated on ½ ice.
- **Background music played by the organizers**
- Maximum time: 1:15
- Skaters may only compete in one Skate Star/Future Stars level and are not allowed to compete in another event except the Dance events.
- Please refer to SISA Communication No. 15 for the definitions of the Future Stars elements
- Must not have passed the SISA Elementary test or higher
- Must not have competed in a Preliminary or higher singles competition
- Depending on the number of entries, this event may be split according to age.
- Both boys and girls will compete in the same division, unless there are at least 3 boys in a division, then a separate event will be held.
- Factors The multiplying factor for the Program Components Score is 2.5
 - The only Program Components to be judged are:
 - ✓ Skating Skills
 - ✓ Performance / Execution

18.2 Mini Blades (Maximum Test Level Mini Blades 2)

- Backward Wiggles, 6-8 in a row
- March followed by a two-foot glide and dip
- Forward two-foot swizzles, 2-3 in a row
- Forward skating

18.3 Core Blades 1 (Maximum Test Level Core Blades 1)

- Backward Wiggles, 6-8 in a row
- March followed by a two-foot glide and dip
- Forward two-foot swizzles, 2-3 in a row
- Forward skating

18.4 Core Blades 2 (Min Test Level Core Blades 1 test, Maximum Test Level Core Blades 2)

- Right foot and Left foot one foot glide
- Snowplow stop
- Backward Swizzles, 2-3 in a row
- Backward skating with glide
- Two foot jump (stationary)

18.5 Core Blades 3 (Min Test Level Core Blades 2, Maximum Test Level Core Blades 3)

- Moving two foot turn to forward to backward
- Moving two foot turn backward to forward
- Right foot and Left foot outside edge glide
- Right foot and Left foot inside edge glide

18.6 Core Blades 4 (Min Test Level Core Blades 3, Maximum Test Level Core Blades 4)

- Forward Crossovers clockwise direction and counter-clockwise direction (not in a Figure 8 pattern – may be performed on one circle. Figure 8 pattern (optional).
- Right Foot and Left Foot Backward one-foot glide
- Backward Skating
- Forward Chasses on a Circle (2-3 clockwise and 2-3 counter-clockwise)

18.7 Figure Blades (Min Test Level Figure blades 1 or Figure Blades 2)

- Forward two-foot slalom, ½ width of rink
- Backward crossovers clockwise and counter-clockwise direction, figure 8
- Bunny Hop
- T-Stop – Both Left Foot and Right Foot
- Two foot spin

18.8 Future Stars 1

- Lunge (Right and Left)
- Waltz Jump
- Ballet Jump (Right and Left)
- Forward Spirals (Right and Left) **optional forward outside or forward inside
- Inside Spread Eagles (Clockwise and Anti-Clockwise)
- One-Foot spin (correct entry and exit min 3 revs)

18.9 Future Stars 2

- Advanced forward stroking (min 4 forward crossovers each direction clockwise and counter clockwise. Figure 8 pattern (optional).
- Forward Power Three turns (right and left feet) - (min 2 each)
- Salchow Jump
- Backward outside spirals (right and left)
- Toe Loop Jump
- Forward cross leg/scratch spin (min 3 revs)

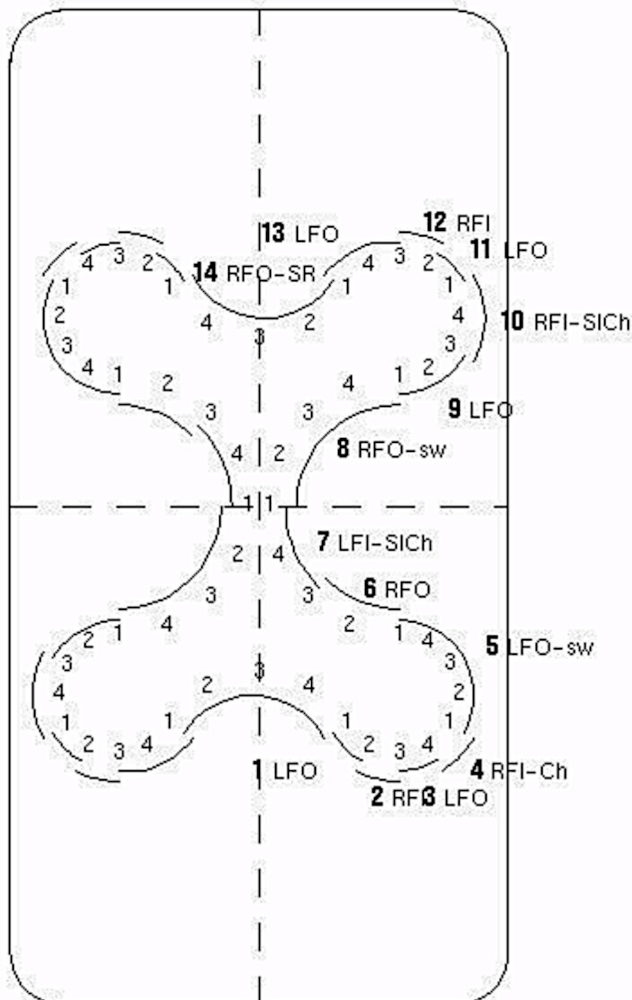
18.10 Future Stars Ice Dance

- FO Swing Rolls in Kilian position
- Forward Chassé's in Kilian position
- FI Swing Rolls in Kilian position

18.11 Remarks for Shadow Pattern Dance

- Skaters who are participating in another event (Skate Star, Future Stars, Prelim – Senior) are allowed to enter this event as their second event.

The Canasta Tango



18.12 Shadow Pattern Dance

The shadow pattern dance event is offered to skaters of all ages with no testing required.

Skaters will skate the ice dance pattern side-by-side separately at the same time without being in an ice dance hold on full ice.

A team may be comprised of two females, two males or one female and one male.

In any case, the steps skated shall be the lady's steps as specified – Please see pattern below.

Competition Dance:

Canasta Tango (3 sequences)

Music may be vocal or instrumental. Music option may be skater's choice or ISU Ice Dance music selected for the Canasta Tango.

- Music Rhythm: Cha Cha 4/4
- Tempo: 25 four-beat measures per minute; 104 beats per minute
- Music Introduction: 32 beats, 19.2 seconds
- Pattern-Timing: 1 =: 19; 2 =: 28; 3 =: 58; 4 = 1:17
Duration: Competition 3 =: 48
- Skaters are to start the first sequence on the judges seating side

SINGLE SKATING

**PRELIMINARY
TO SENIOR**

19.1 PRELIMINARY

Free Skating

Duration: 1 minute and 30 seconds +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements
 - ½ Revolution jumps can be executed as transitional elements ONLY
 - Any jump can be repeated only once
 - Max 1 jump combinations or sequence
 - Single Axels may be performed, no DOUBLE or TRIPLE Jumps allowed
- Maximum of 2 spins, each of a different nature, max Level 1 to be called for features
 - One of which must be an upright spin with a change of foot (min 3 revs on each foot), May NOT commence with a fly
 - Sit or Camel Spin with NO Change of foot and NO change of position (min 4 revs in position), May NOT commence with a Fly.
- Maximum of 1 step sequence, max Level 1 to be called for features
 - Covering at least ½ the ice surface (lengthwise of a full size rink).

Where appropriate elements will receive a maximum of Level 1

Eligibility: No minimum test requirement.

- Must not have passed the SISA Elementary or higher test, at close of entries.
- Must not have competed in a SISA Elementary or equivalent higher singles competition.

REMARKS

- There will be a deduction of 0.5 for each fall.
 - * A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any part of the arm (Rule 503, para 1).
- Depending on the number of entries, this event may be split according to age.
- Both boys and girls will compete in the same division, unless there are at least 3 boys in a division, then a separate event will be held.

19.2 ELEMENTARY

Free Skating

Duration: Maximum 2 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements
 - Any jump can be repeated only once and this repetition must be done either in a jump combination or jump sequence.
 - Minimum of one (1), maximum of two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps.
- Maximum of 2 spins, each of a different nature, max Level 1 to be called for features
 - One of which must be a spin combination with or without change of foot (min 6 revs in total), NO Flying entry
 - One spin in one position, either Sit or Camel, with or without change of foot (min 4 revs in position), NO Flying entry.
- Maximum of 1 step sequence, max Level 1 to be called for features
 - Must fully utilise the ice surface.

Where appropriate elements will receive a maximum of Level 1

Eligibility: Passed the SISA Elementary Test

- Not competed in a Basic Novice or equivalent higher singles competition event

REMARKS

- There will be a deduction of 0.5 for each fall.
 - * A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any part of the arm (Rule 503, para 1).
- Depending on the number of entries, this event may be split according to age.
- Both boys and girls will compete in the same division, unless there are at least 3 boys in a division, then a separate event will be held.

19.3 BASIC NOVICE

Free Skating

In accordance with ISU Communication 2242 Single Skating Basic Novice (or subsequent updates).

Duration: 2 minutes and 30 seconds, +/- 10 seconds

Factors

The multiplying factor of the Program Components Score is:

Free Skating – 2.5

The Program Components to be judged are:

Skating Skills

Performance/Execution

Where appropriate, elements will receive a maximum of Level 2

Eligibility: Passed the SISA Basic Novice Test

- Not competed in an Intermediate Novice or equivalent or higher singles competition event.

19.4 INTERMEDIATE NOVICE

Free Skating

In accordance with ISU Communication 2242 Single Skating Intermediate Novice (or subsequent updates).

Duration: 3 minutes +/- 10 seconds

Factors

The multiplying factor of the Program Components Score is:

Free Skating

2.0 for Men

1.7 for Ladies

The program Components to be judged are:

Skating Skills

Performance/Execution

Interpretation

Where appropriate elements will receive a maximum of Level 2

Eligibility: Passed the SISA Intermediate Novice Test

- Not competed in Advanced Novice or equivalent or higher singles competition event.

19.5 ADVANCED NOVICE

Short Program

In accordance with ISU Communication 2242 Single Skating Advanced Novice (or subsequent updates).

Duration: Maximum: 2 minutes and 20 seconds +/- 10 seconds

Free Skating

In accordance with ISU Communication 2024 Single Skating Advanced Novice (or subsequent updates).

Duration: 3 minutes +/- 10 seconds

Factors The multiplying factor of the Program Components Score is:

Short Program:

0.9 for Men
0.8 for Ladies

Free Skating:

1.8 for Men
1.6 for Ladies

The program Components to be judged are:

Skating Skills
Transitions
Performance/Execution
Interpretation

Where appropriate elements will receive a maximum of Level 3

Eligibility: Passed the SISA Advanced Novice Test

- Not competed in Junior or equivalent higher singles competition event.

19.6 JUNIOR

Short Program

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018 Rule 611, paragraphs 1 and 3 for 2019/2020.

Duration: Maximum 2 minutes and 40 secs, but may be less

Free Skating

In accordance with ISU Technical Rules Single & Pair Skating 2018, Rule 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.

Duration: 3 minutes and 30 seconds +/- 10 seconds

Factors In accordance with ISU Rule 353, paragraph 1 m) the multiplying factor of the Program Components Score is:

Short Program:

1.0 for Men
0.8 for Ladies

Free Skating:

2.0 for Men
1.6 for Ladies

Eligibility: Passed the SISA Junior Test

19.7 SENIOR

Short Program

The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2018 Rule 611, paragraphs 1 and 2.

Duration: Maximum 2 minutes and 50 secs, but maybe less

Free Skating

The required elements to be skated for Senior Singles as listed in the ISU Special Regulations and Technical Rules Single and Pair Skating and Ice Dance 2018.

Duration: 4 minutes +/- 10 seconds

Factors In accordance with ISU Rule 353, paragraph 1 m) the multiplying factor of the Program Components Score is:

Short Program:

1.0 for Men
0.8 for Ladies

Free Skating:

2.0 for Men
1.6 for Ladies

Eligibility: Passed the SISA Senior Test

SPEED SKATING

Registration deadline: 23 June 2019

NOTE:

A skater **may** compete in both events and may opt to compete in selected one or two distances.

All current and former National and Development Team members are not eligible for King/Queen of Speed but may compete in Short Track events.

Non-team members are required to compete in the King/Queen of Speed if participating in the Short Track races.

Individual events are for both Ladies and Men in the different divisions. The combining of divisions, in the event if insufficient entries are received, is at the discretion of the competition organizers and officials. The competition organizing committee will advise participants if any of the above alterations are required.

Protective padding covers the boards in accordance with Rule 280, paragraph 5 and the respective ISU Communications or its update. The tracks are in accordance with Rule 280, paragraphs 1 – 4 or its update.

20.1 SHORT TRACK SPEED SKATING (The same fees apply regardless of the number of distances the skater opts to skate in)

Categories, Age Groups and Distances

Category (Ladies/Men)	Age	Ladies / Men – Distances / System	
Junior A	17 and up	1000m	500m
Junior B	15-16	1000m	500m
Junior C	13-14	1000m	500m
Junior D	11-12	777m	500m
Junior E	9 - 10	777m	500m
Junior F	8 and under	500m	333m

20.2 KING/QUEEN OF SPEED

- Must not be a current member of the short track national and national development teams.

Category (Ladies/Men)	Age	Ladies / Men – Distances / System
Junior A	17 and up	500m
Junior B	15-16	500m
Junior C	13-14	500m
Junior D	11-12	333m
Junior E	9 - 10	333m
Junior F	8 and under	222m

Age is calculated as of July 1st preceding the competition. The organizer reserves the right to combine age groups and events.