



National Ice Skating Association of Great Britain & N.I.

PAIRS SKATING TEST MANUAL

RULES & REGULATIONS

CONDITIONS

1. All NISA Tests will be organised and conducted locally after application to NISA
2. Only NISA Members are entitled to apply to be candidates for NISA Tests and all candidates must be fully paid up members of NISA at the time the application is submitted and the test skated. For Dance/Pairs tests, all partners of candidates taking NISA Dance/Pairs tests must also be fully paid up members of NISA at the time of the test.
3. The candidate must apply on the official NISA Test Application Form. The candidate should have forwarded with the application his/her membership fee if not already paid, plus the appropriate test fee.
4. Both the applicant and his/her coach should sign the test application. If the applicant is under 18 years of age then his/her parent/guardian should sign on their behalf. PLEASE NOTE – APPLICATION CONFIRMS THAT THE CANDIDATE IS READY TO TAKE THE TEST. No coach may enter candidates for tests unless he/she has attended the relevant accredited seminar.
5. No test may be taken unless the application has been submitted, accepted and the applicable test fee paid.
6. Applications for a test must be made minimum of 28 days prior to a test date. Candidates may be called upon to skate the test at any time after the date of application. The candidate should indicate on the application form the rink at which he/she can take the test. However, a test candidate must be prepared to skate the test at another rink. If unavailable dates are known at time of application then the candidate should indicate these dates on the test application form.
7. Tests can be transferred between rinks. Any test transfer requests can be arranged directly with the Test & Membership Co-Ordinator at the NISA Office. Test transfers for specific test dates may be arranged but only if the receiving Test Organiser has the capacity to accommodate the test. All successful candidates of NISA Tests shall receive a certificate appropriate to the level of test passed.
8. One NISA judge will judge NISA Tests Levels 1-6 inclusive. Levels 7-10 inclusive require two NISA judges. However, under exceptional circumstances, all NISA Tests may be judged by one NISA appointed judge, who is presently qualified to judge at an ISU International or ISU Championship Level. Approval for this must be given by the Judges & Officials Director.
9. Judges have complete control during the tests with full responsibility for ensuring that the tests run efficiently.
10. A candidate who is given a retry for a test cannot retake this test until after the expiration of 28 days.
11. A candidate who is entered for two or more tests on one occasion will forfeit the fee if they refuse to skate all tests unless failure prohibits the next level in which case the test may be held over but will be included at the end of any outstanding lists.
12. Failure to attend or skate on the day and at the time arranged will result in cancellation of the test and forfeiture of the full test fee. However, candidates who are unable to attend due to illness or school examinations must submit a doctor's certificate or letter from the school to the NISA office and the test may then be held over to a future test session. Any other exceptional circumstances would need to be referred to the NISA office.
13. Unless otherwise deemed by the NISA office, a test application is null and void one year after its receipt. The fees for void tests are forfeit.
14. The recording of videos during test session is NOT PERMITTED
15. Test dates and times may be subject to change.

16. Failure to complete the NISA Test Application Form correctly will delay the processing of the application. Common errors which cause delays are: insufficient payment, out of date membership, no SkateUK Registration Document submitted for first tests.
17. Any tests that are not held in accordance with these rules may be considered null and void.

APPOINTMENT OF JUDGES

All Judges of Singles/Dance/Pair tests shall be appointed by and at the discretion of NISA and must be eligible persons and current members of NISA.

GENERAL REGULATIONS

1. All tests will be marked using IJS Test papers.
2. Skaters may progress up any vertical channel of the NISA Test Structure separately e.g. Level 1 Elements to Level 10 Elements without holding Field Moves or Free Skating Tests. Level 1 Elements Test must be passed before taking Level 2 Elements etc.
3. Music must not be played during Field Move tests and Element tests. Vocal music is allowed in Short and Free programs in all disciplines. Background music may be played during all test warm ups if desired. Other than compulsory dance, variation dance tests, no programme music should be played during warm ups.
4. It is the responsibility of the candidate to arrange for the music to be played for all Dance/Free tests.
5. The coach must not stand on the ice during any test. Skaters must not return to their coach during a test. However before any re-skate, communication with the coach will be permitted, but must be kept to a minimum. This will always be at the discretion of the judges.
6. Candidates must not waste undue time between the completion of one field move, pattern dance, or singles/pair skating elements and the commencement of the next.
7. All candidates will receive a comments sheet relating to their test from the judges.
8. **Pairs Elements Test**

Elements may be skated in any order. Two attempts at each separate element are permitted and the higher mark attained for each separate element will be used in the calculation of the final total before reskates. A maximum of two re-skates on two separate elements will be permitted and a short warm up may be given, but this will be at the discretion of the judges. In free choice elements the elements originally selected by the candidate must be re-skated. The highest mark from the two attempts and the re-skate of an element will be used to determine the final total mark for the test. All step and spiral sequences in Levels 7-10 must be in accordance with the current ISU Single's regulations. *In Small Rinks (less than 40 metres) all elements tests may be taken on small rinks, provided the step sequences and jumps can be performed to the required standard with speed consistent with that standard.*

9. Pairs Free Skating Tests

Vocal music will be allowed for all free skating tests. The GOE's for the required elements will be marked in the same manner as in IJS competitions. Hence all attempted Elements will receive a GOE and will block a box for that Element. At the discretion of the Judge(s) a skater may re-skate one (1) element the GOE for which will replace the element re-skated in the original test.

Small Rinks:- Free Tests Levels 7-10 will only be allowed on rinks of 40 metres and larger

10. During a pair free skating test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardise his/her safety on account of damage to his/her clothing or equipment or any other serious exceptional circumstances then the candidate will recommence from the point of interruption. These re-starts will be at the discretion of the judges. However, if the tempo or quality of the music is deficient, no re-start may be allowed if the skater fails to inform the judge within 30 seconds of the start.
11. If two skaters have both applied to skate a pairs test together they skate only one performance and both are judged on this performance.
12. Pair Applicants must ensure that they include the name of the pair partner for the test on the application form as this may be different to their normal pair partner (e.g. a coach)

NISA Pairs Elements & Free Program Test Structure

Each Pairs Test from 1 to 5 is divided into sections dependant on the level:

Hand Holds and Positions • Field Moves • Individual Spins • Pair Spins • Jumps Side By Side • Lifts • Pairs movements. (The focus of these levels are timing and unison)

ELEMENTS	FREE
LEVEL 1	
1. Forward Outside and Forward Inside continuous edges (Side by Side) as per Level 1 FM exercise 1	
2. Landing Positions in figure of 8	
3. Perimeter Stroking (Open Hold)	
4. Forward Spiral on a curve (Side by side) – min. 10 metres	
5. Solo Upright Spin (Min. 3 revs) Timing and unison on entry and exit	
6. Solo Single Salchow or Toe-loop Jump	
LEVEL 2 (beginner couples)	
1. Backward Outside and Inside continuous edges (Side by side) as per Level 2 FM exercise 1	
2. 2. Forward Crossovers in a figure of 8 Side by Side) with Artistic arm movement	
3. Backward Spiral side by side (min. 10metres)	
4. Pairs Upright spin in Kilian hold (Min. 3 revs) Unison on entry & exit	
5. Solo Loop or Flip Jump	
6. Solo Sit Spin	

ELEMENTS	FREE
LEVEL 3	
1. Forward Changes of Edge (As per NISA Level 3 FM exercise 1)	
2. Forward Crossovers in figure of eight in open hold (2 slow/ 2 fast) Twice round each circle	
3. Backward Cross Rolls	
4. Spiral Sequence (Consisting of 1 forward and 1 backward Spiral by both partners) with or without hold.	
5. Pair Upright spin in Kilian hold (Min. 4 revs) Emphasis on entry and exit unison	
6. Throw Single Salchow or Single toe-loop	
7. Lift Group 1 (Armpit) Min 1 and max 3 ½ revs of man (Full extension of man's arms is not compulsory)	

ELEMENTS	FREE
LEVEL 4 (basic novice)	
1. Forward Three Turns (Outside and Inside) as per NISA Level 4 FM exercise 1	Programme Length: 3 minutes +/- 10 seconds Programme content: A well balanced programme which must contain: <ul style="list-style-type: none"> • Maximum 2 lifts from groups 1 and 2 only, one arm holds are not allowed (full extension of the lifting arm is not required). • One Twist lift (single) • One Solo jump (single or double) • One solo spin, no change of foot, change of position optional, (min. 5 revs in position or one pair spin (min. 5 revs in total) • One pivot figure (if a Death Spiral is executed, it is marked in accordance with ISU Regulations 2012. In other cases, the rarer no levels.) • One choreographic sequence which includes at least 1 spiral positions of each partner of at least 3 seconds long. (Fixed base value)
2. Backward Cross overs in figure of eight in open hold	
3. Step Sequence (in hold or without hold) full length of the rink.	
4. Side by side Spiral sequence (In hold) each partner must demonstrate 2 different spiral positions.	
5. Pair Upright Spin in Waltz hold (Min 4 revs in position) entry and exit in unison	
6. Solo Jump Sequence (Consisting of a Single Axel plus 1 other listed single jump)	
7. Lift Group 2 (Waist) Taking off from a Loop jump take off (Min 1 and max 3 ½ revs of man) Full extension of man's arms is not compulsory.	

ELEMENTS	FREE
LEVEL 5	
1. Backward Changes of Edges (as per NISA Level 5 FM exercise 1)	Programme Length: 3 Minutes +/- 10 seconds Programme Content: A well balanced programme which must consist of <ul style="list-style-type: none"> • Pivot Spiral (the man must perform 1 complete revolution whilst in a pivot position; the lady must maintain a spiral position on a backward outside edge. If a death spiral is executed then this will receive no level and value.) • Circular Step Sequence fully utilising the ice (Must show two different holds) • Choreographic sequence (min of 2 spiral positions and a change of edge spiral by each partner) • Pair Sit Spin (in any catch position) Min 5 revs in position • Solo Double Jump (entry and exit unison) • Lift Group 4 (Press lift) Min 1 and max 3 ½ revs of man (Full extension of man's arms are NOT required.)
2. Pivot Spiral (the man must perform 1 complete revolution whilst in a pivot position; the lady must maintain a spiral position on a backward outside edge.	
3. Circular Step Sequence fully utilising the ice (Must show two different holds)	
4. Spiral sequence (min of 2 spiral positions and a change of edge spiral by each partner)	
5. Pair Sit Spin (in any catch position) Min 5 revs in position	
6. Solo Double Jump (entry and exit unison)	
7. Lift Group 4 (Press lift) Min 1 and max 3 ½ revs of man (Full extension of man's arms are NOT required.)	

Each Pair Test from 6-10 is divided into sections dependant on level:

• Lift • Twist • Throw • Solo Jump • Solo Jump Sequence • Pairs Spin • Death Spiral or Pivot Figure • Step Sequence or Choreographic Sequence .(The focus of these levels is technical execution, timing and unison)

ELEMENTS	FREE
LEVEL 6 (advanced novice)	
1. Lifts Group 1-4 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm	Programme Length: 3 minutes 30 seconds +/- 10 seconds Programme content: A well balanced programme which must consist of: <ul style="list-style-type: none"> • 2 Lifts from Group 1-4 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm (in Groups 1 and 2 full extension of the lift arms are not required) • Single Twist Lift • Throw Single or Double Jump • Solo Double Jump • Pairs Spin or pair combination spin (Min. 5 revs in total) • Pivot Figure or Death Spiral In death spiral or pivot figure position both partners must execute min ½ rev with man in pivot position) • Choreographic sequence which must include at least 1 spiral position of each partner (fixed base value)
2. Single Twist Lift	
3. Throw Single or Double Jump	
4. Solo Double Toe-loop	
5. Solo Jump combination or sequence (Single and Double jumps only)	
6. Pairs Spin (Min 3 revs) Optional change of position- no change of foot	
7. Solo Spin combination (Min 6 revs in total) No change of foot	
8. Pivot Figure or Death Spiral (1 hand to 1 hand hold required- In death spiral or pivot figure position, both partners must execute min ½ rev with man in pivot position)	

ELEMENTS	FREE
LEVEL 7	
1. Lift Group 1-4 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm	Programme Length: 3 minutes 30 seconds +/- 10 seconds Programme content: A well balanced programme which must consist of: <ul style="list-style-type: none"> • Lift Group 1-4 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm • Single twist lift • Throw Double Salchow • Solo Double Jump • Solo Jump Combination or sequence (must be 1 Double jump and 1 Single jump) • Pivot Figure or Death Spiral (In death spiral or pivot figure position, both partners must execute min ½ rev with man in pivot position) • Pairs Spin (must include 2 basic positions) min 5 revs in total. • Choreographic sequence
2. Single twist lift	
3. Throw Double Salchow	
4. Solo Double Jump	
5. Solo Jump Combination or sequence (must be 1 Double jump and 1 Single jump)	
6. Pivot Figure or Death Spiral (1 hand to 1 hand hold required- In death spiral or pivot figure position, both partners must execute min ½ rev with man in pivot position)	
7. Pairs Spin (min 4 revs in total)	
8. Straight line Step sequence (50% of pattern in variety of holds)	

ELEMENTS	FREE
LEVEL 8 (junior)	
1. Lift Group 3 or 4 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm	Programme Length: 4 minutes +/- 10 seconds Programme content: A well balanced programme which must consist of: <ul style="list-style-type: none"> • 2 Lifts, one of which must be from Group 3 or 4 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm • 1 twist lift • 2 different Throw jumps • 1 Solo Jump • 1 jump combination or sequence • 1 Solo Spin combination 10 revs in total) • 1 Pair spin combination (Min 6 revs in total) • 1 death spiral • 1 choreographic sequence
2. Single twist lift	
3. Throw Double Salchow or Loop	
4. Solo Double Jump	
5. Solo Jump combination or sequence (Consisting of two double jumps or 1 double and 1 single)	
6. Pairs spin or pairs combination spin (Min 5 revs in total)	
7. Death Spiral (1 hand to 1 hand hold)	
8. Choreographic sequence (must fully utilise the ice surface)	

ELEMENTS	FREE
LEVEL 9	
1. Lift group 4 or 5 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm	Programme Length: 4 minutes +/- 10 seconds Programme content: A well balanced programme which must consist of: <ul style="list-style-type: none"> • Max. 2 Lifts group 3-5 (Min 1 and Max 3 ½ revs of man) with full extension of lifting arm • Single or Double twist Lift (Take off free choice) • Throw Jump (As per ISU Junior Short throw requirement) • Solo Jump (As per ISU Junior Short solo jump requirement) • Solo Jump Combination or sequence (Max of two double jumps) • Solo Spin combination (Min 10 revs in total) • Pairs combination spin (min 6 revs in total) • Forward Inside Death Spiral (min 1 full Rotation of man in pivot position)
2. Single or Double twist Lift (Take off free choice)	
3. Throw Jump (As per ISU Junior Short throw requirement)	
4. Solo Jump (As per ISU Junior Short solo jump requirement)	
5. Solo Jump Combination or sequence (Max of two double jumps)	
6. Solo Spin combination (Min 10 revs in total)	
7. Pairs combination spin (min 6 revs in total)	
8. Forward Inside Death Spiral (min 1 full Rotation of man in pivot position)	

ELEMENTS	FREE
LEVEL 10 (senior)	
1. Lift group 5 (min 1 rotation, max. 3 ½ of man)	Programme Length: 4 minutes 30 seconds +/- 10 seconds Programme content: A well balanced programme which must consist of: <ul style="list-style-type: none"> • Maximum 3 Lifts One Lift must be from Group 3 or 4 (Min 1 and max 3 ½ revs of Man) with full extension of lifting arm. If 2 x group 5 lifts are executed, the take offs have to be of a different nature. If the take-off is not different the 2nd executed group 5 lift will not be marked but will block a lift box. • 1 Twist Lift • 2 different Throw jumps • 1 Solo Jump • 1 jump combination or sequence • 1 Solo Spin combination 10 revs in total) • 1 Pair spin combination (Min 6 revs in total) • 1 death spiral • 1 choreographic sequence
2. Double Twist Lift (Take off free choice)	
3. Throw Double or Triple	
4. Death Spiral (as per current ISU requirements in Senior Short)	
5. Solo jump (Free Choice) Double or Triple	
6. Solo Jump combination or sequence (Consisting of 2 double jumps or 1 triple and 1 double jump)	
7. Pairs combination spin (min 6 revs in total)	
8. Choreographic Sequence	