



SINGLES SKATING

TEST MANUAL

(Last updated 26/09/2017)

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 Skate UK 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. **Singles 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 re-skates. 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. **Singles 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 singles 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.

ELEMENTS	FREE
LEVEL 1	
1. Simple forward perimeter stroking in both directions.	<p>Skaters must perform a well balanced programme with linking steps, consisting of:</p> <p>3 jump elements including</p> <ul style="list-style-type: none"> • single jumps only, excluding axel, lutz and flip. Must include 2 different solo single jumps. • NO combinations or sequences are permitted <p>A minimum of 1 and a maximum of 2 spins,</p> <ul style="list-style-type: none"> • Basic position spins only are allowed with no change of foot and no change of position. (Min 3 revs) <p>1 Step Sequence (min 75% ice coverage required)</p> <p>Program length: 1 minute 30 secs +/- 5 sec.</p>
2. A Salchow	
3. Toe Loop (Entry must be from backwards)	
4. Upright spin (min 3 rev)(Upright position only)	
5. Forward and Backward Spiral held for a minimum of 10 metres.	
6. Simple step sequence (minimum 75% ice coverage)	
LEVEL 2	
1. Forward Perimeter Stroking with crossovers across the ends of the rink. To be skated clockwise and anti clockwise using a maximum of four to six strokes along the sides.	<p>Skaters must perform a well balanced programme with linking steps, consisting of:</p> <p>4 jump elements including</p> <ul style="list-style-type: none"> • single jumps only, excluding axel ,and lutz. • A minimum of 1 and a maximum of 2 jump combination or sequence consisting of only 2 single jumps, excluding axel & lutz. • Any single jump cannot be executed more than twice in total. <p>There must be two (2) spins (but not more) of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <p>The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</p> <p>The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</p> <p>In both spins flying entries are allowed</p> <p>1 step sequence utilising the full ice surface</p> <p>Program length: 1 minute 30 secs +/- 5 sec.</p>
2. A single jump (excluding Axel or Lutz) skated with flow.	
3. A second single jump of a different type to that skated in 2. (excluding Axel or Lutz) and skated with flow.	
4. Upright spin (min 5 rev) optional leg position	
5. Sit spin (min 2 rev in position)	
6. Simple step sequence with full ice coverage	

ELEMENTS	FREE
LEVEL 3	
<p>1. Figure of eight crossovers. This exercise will comprise of four alternating circles with crossovers, clockwise and anti-clockwise, both forward and backwards. This exercise must commence with speed and the skater must maintain good speed throughout. Circles must be linked with simple steps. These steps should be minimal and are at the discretion of the skater.</p>	<p>Skaters must perform a well balanced programme with linking steps, consisting of:</p> <p>4 jump elements, consisting of</p> <ul style="list-style-type: none"> • single jumps only (no axels allowed). • A minimum of 1 and a maximum of 2 jump combinations or sequences consisting of only 2 single jumps excluding axels. • Any single jump cannot be executed more than twice in total <p>1 step sequence utilizing the full ice surface</p> <p>There must be two (2) spins (but not more) of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <p>The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</p> <p>The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</p> <p>In both spins flying entries are allowed</p> <p>Program length: 2 minute +/- 5 sec</p>
<p>2. A Loop jump</p>	
<p>3. A Flip jump</p>	
<p>4. A Jump combination (no axels allowed)</p>	
<p>5. A Back entry Upright spin (min 3 revs)</p>	
<p>6. A combination spin comprising a camel – sit spin on the same foot with a minimum of 2 rev. in each position</p>	
<p>7. Straight line step sequence utilizing the full ice surface and including at least 3 one footed turns.</p>	

Elements	FREE
LEVEL 4	
1. A Lutz	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>4 jump elements, consisting of</p> <ul style="list-style-type: none"> • Single jumps only. Must include an axel. • A minimum of 1 and a maximum of 2 jump combinations or sequences consisting of only 2 single jumps. • Any single jump cannot be executed more than twice in total. <p>1 step sequence utilizing the full ice surface NB The axel may not be attempted more than twice in the programme</p> <p>There must be two (2) spins (but not more) of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <p>The spin combination can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot with a minimum of four (4) revolutions.</p> <p>The spin with no change of position can be executed with a change of foot and a minimum of six (6) revolutions or without a change of foot and a minimum of four (4) revolutions.</p> <p>In both spins flying entries are allowed</p> <p>Programme length 2 mins +/- 5s or 2 mins 30 +/- 5 sec</p>
2. An Axel	
3. A jump combination of 2 jumps where the 2 nd jump is a loop jump.	
4. A jump sequence of 2 jumps maintaining rhythm and flow throughout	
5. A spin with a change of position with only 1 change of position and no change of foot (min 2 revs in each position)	
6. A change of foot spin with only one change of foot and no change of position.	
7. A step sequence utilising the full surface of the ice including at least 4 one footed turns of 2 different types (ISU abbreviations) and 2 steps to be different Mohawks or Choctaws.	

ELEMENTS	FREE
LEVEL 5	
<p>1. Perimeter power crossover stroking. This exercise comprises of a curve type pattern of half a circle with two short edges and one slightly longer edge with the free leg extended behind. The exercise should be skated with speed down both sides of the rink, linked by crosscuts around the ends of the rink. The skater must maintain good speed throughout. Arm positions optional.</p>	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>4 jump elements, consisting of</p> <ul style="list-style-type: none"> • A minimum of 1 axel type jump element (either solo or in combination or sequence) • 1 double jump • A minimum of 1 and a maximum of 2 jump combinations or sequences consisting of only 2 jumps in combination. A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted. • Any single or double jump cannot be executed more than twice in total. <p>There must be two (2) spins (but not more) of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <p>The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</p> <p>The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</p> <p>In both spins flying entries are allowed</p> <p>There must be 1 step sequence fully utilizing the ice surface Programme Length 2 min +/- 5 sec or 2 min 30 +/- 5 sec</p>
<p>2. An Axel with flow.</p>	
<p>3. A double Salchow</p>	
<p>4. A jump combination one of which must be a lutz or Flip.</p>	
<p>5. A combination spin with or without change of foot (Minimum 6 rev in Total)</p>	
<p>6. A change foot sit spin (Min 6 rev in total) Flying entry allowed.</p>	
<p>7. A step sequence utilising the full ice surface including at least 4 one footed turns of different types (ISU abbreviations), plus 2 steps to be different Mohawks or Choctaws and a Spiral.</p>	

ELEMENTS	FREE
LEVEL 6	
1. A double Toe Loop	<p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>4 jump elements, consisting of</p> <ul style="list-style-type: none"> • A minimum of 1 axel type jump element (either solo or in combination or sequence) • 2 different solo double jumps. • 1 jump combinations or sequence consisting of only 2 jumps in combination. A jump sequence can contain any number of jumps but only the two most difficult jumps will be counted. • Any single or double jump cannot be executed more than twice in total. <p>There must be two (2) spins (but not more) of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <p>The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</p> <p>The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</p> <p>In both spins flying entries are allowed1 step sequence fully utilizing the ice surface</p> <p>Programme Length 2 min 30 +/- 10 sec or 3 min +/- 10 secs</p>
2. A jump combination consisting of an Axel with a double Toe Loop or Double Loop jump.	
3. A jump sequence of 1 double jump and 1 single jump.	
4. A Camel Spin with a change of foot minimum 3 rev. on each foot.	
5. A layback or sideways spin with no change of position (min 5 rev in total) or, A cross foot spin (min 5 rev in total)	
6. Incorporate 3 of the following in a serpentine pattern – Forward Spiral, Backward Spiral. Pivot, Ina Bauer, Spread Eagle, Drag.	
7. A circular step sequence utilising the full ice surface including at least 4 one footed turns of different types (ISU abbreviations) and 2 steps to be different Mohawks or Choctaws	

ELEMENTS	FREE
LEVEL 7	
1. A double Salchow with flow	<p>Skaters must perform a well balanced programme with linking steps consisting of 5 jump elements for ladies and 6 for men, consisting of</p> <ul style="list-style-type: none"> • 1 Axel type jump element (either solo or in combination or sequence) • 2 solo double jumps • 2 jump combinations or sequences. Both must contain at least 1 double jump. • For men 1 further solo jump • Any single or double jump cannot be executed more than twice in total <p>There must be two (2) spins (but not more) of a different ISU abbreviation, one of which must be a spin combination and one must be a spin with no change of position.</p> <p>The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</p> <p>The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</p> <p>In both spins flying entries are allowed</p> <p>There must be for Ladies and for Men: 1 step sequence fully utilising the ice surface.</p> <p>Programme length 3 min. +/- 10 secs</p>
2. A double Toe Loop with flow	
3. A jump combination consisting of 2 double jumps.	
4. A jump sequence minimum 3 jumps to include an Axel. and a double jump can be repeat of 1 or 2)	
5. A Camel spin with a flying entrance with a minimum of 6 revolutions	
6. A spin combination of minimum 10 revolutions.	
<p>7. Straight line Step sequence utilising the full surface of the Ice which meets the requirements of ISU level 1.</p> <p>Minimum Variety Must include at least 5 turns & 2 steps, none of the types can be counted more than twice.</p>	

ELEMENTS	FREE
LEVEL 8	
1. An Axel with speed and flow	<p>Skaters must perform a well balanced programme with linking steps consisting of 5 jump elements for ladies and 6 for men, consisting of</p> <ul style="list-style-type: none"> • 1 Axel type jump element • 3 solo double jumps • 1 combination jump consisting of only 2 double jumps • For men 1 further jump element, either solo in combination or sequence. • Any single or double jump cannot be executed more than twice in total. <p>There must be a two (2) spins (but not more) of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.</p> <p>The spin combination can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.</p> <p>The spin with no change of position can be executed with a change of foot and a minimum of eight (8) revolutions or without a change of foot and a minimum of six (6) revolutions.</p> <p>In both spins flying entries are allowed</p> <p>There must be for Ladies and for Men: A step sequence fully utilising the ice surface.</p> <p>Programme length Ladies 3 min. +/- 10 secs Men 3 min 30 secs +/- 10 secs</p>
2. A double Loop with speed and flow.	
3. A jump combination consisting of two double jumps the second of which must be a double Toe Loop	
4. A jump sequence consisting of a minimum of 3 jumps two of which must be double jumps.	
5. A flying Camel Spin into back sit spin of minimum 6 rev.	
6. A Sit change Sit spin or Camel change Camel spin (minimum 6 revs on each foot)	
<p>7. A Serpentine Step Sequence utilising the full ice surface and meeting the requirements of ISU level 1</p> <p>Minimum Variety Must include at least 5 turns & 2 steps, none of the types can be counted more than twice.</p>	

ELEMENTS	FREE
LEVEL 9	
1. A double Axel	<p data-bbox="868 439 1107 465"><u>FREE PROGRAMME</u></p> <p data-bbox="868 506 1385 645">Skaters must perform a well balanced programme with linking steps consisting of 6 jump elements for ladies and 7 for men, consisting of</p> <ul style="list-style-type: none"> <li data-bbox="916 651 1129 678">☒ A double axel <li data-bbox="916 689 1206 716">☒ 3 solo double jumps <li data-bbox="916 728 1374 790">☒ 1 jump combination including two double jumps. <li data-bbox="916 801 1442 898">☒ For ladies 1 further jump element containing a double jump, either solo in combination or sequence <li data-bbox="916 909 1442 1005">☒ For men 2 further jump element containing a double jump, either solo in combination or sequence. <li data-bbox="916 1016 1406 1079">☒ Any single or double jump cannot be executed more than twice in total. <p data-bbox="916 1090 932 1117">•</p> <p data-bbox="868 1122 1442 1272">There must be two (2) spins (but not more) of a different nature, one of which must be a spin combination and one must be a flying spin or a spin with a flying entrance.</p> <ul style="list-style-type: none"> <li data-bbox="916 1312 1442 1451">☒ The spin combination must be executed with a minimum of eight (8) revolutions. Flying entrance is not allowed. <li data-bbox="916 1462 1442 1659">☒ The flying spin must have a minimum of six (6) revolutions. If the spin with a flying entrance is selected, the spin must be executed with a change of foot and without a change of position with a minimum of eight (8) revolutions. <p data-bbox="868 1738 1398 1765">1 step sequence utilizing the full ice surface.</p> <p data-bbox="868 1843 1361 1870">Ladies 3 Minutes 30 secs +/- 10 seconds</p> <p data-bbox="868 1917 1241 1944">Men 4 Minutes +/- 10 seconds</p>
2. A double jump immediately preceded by connecting steps and / or other comparable free skating movements.	
3. A jump combination consisting of two double jumps (must not include a double loop)	
4. A jump combination consisting of two double jumps (must include a double loop as the second jump)	
5. A flying sit spin of minimum 6 rev.	
6. A spin combination of minimum 10 rev. in total.	
7. A Choreographic Sequence utilising the ice surface. As per ISU single free skating programme requirements.	
<p data-bbox="132 1115 762 1178">8. A Step Sequence fully utilising the Ice Surface that meets the requirements of ISU Level 2.</p> <p data-bbox="108 1218 826 1281">Simple Variety Must include at least 7 turns and 4 steps, none of the types can be counted more than twice.</p>	

ELEMENTS	FREE
LEVEL 10	
1. A double Axel with speed and flow	<p><u>FREE PROGRAMME</u></p> <p>Skaters must perform a well balanced programme with linking steps consisting of</p> <p>7 jump elements for ladies and 8 for men, consisting of</p> <ul style="list-style-type: none"> • A double Axel. • A triple jump. • 3 solo double jumps. • 1 jump combination including two double jumps. • For ladies 1 further jump element containing a double jump, either solo in combination or sequence • For men 2 further jump element containing a double jump, either solo in combination or sequence. • Any single or double jump cannot be executed more than twice in total. <p>There must be 3 spins (but not more) with different ISU abbreviations, 1 of which must be a combination spin (min 10 revs), 1 a flying spin or spin with a flying entrance (min 6 revs) and 1 a spin with only 1 basic position (min 6 revs)</p> <p>1 step sequence utilizing the full ice surface. .</p> <p>Ladies 4 Minutes (+/- 10 seconds)</p> <p>Men 4 Minutes 30 secs (+/- 10 seconds)</p>
2. A Triple jump	
3. A Jump combination consisting of One double and one triple. (Triple jump maybe repeat of 2)	
4. A jump sequence of minimum 3 jumps. (2 of which must be double or triple jumps)	
5. A Death drop or flying change sit spin of minimum 6 rev.	
6. A spin combination with one change of foot and two changes of position, demonstrating three different positions (min 6 rev on each foot)	
7. A Choreographic Sequence fully utilising the ice surface as per ISU single free skating programme requirements.	
8. A Step Sequence fully utilising the Ice Surface that meets the requirements of ISU Level 2.	
<p>Simple Variety Must include at least 7 turns and 4 steps, none of the types can be counted more than twice.</p>	