



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

Affiliated to the International Skating Union,
the Asian Skating Union and
the Olympic Council of Malaysia

7th Malaysia National Figure Skating Championship

February 17th and 18th 2012
Sunway Pyramid Ice Rink

Rules & Regulations

October 25, 2011



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Table of Contents

- General Regulations..... 3
- Eligibility..... 3
- Fees..... 3 - 4
- Insurance/Liability..... 4
- Enquiries..... 4
- Judging System and Results..... 4
- Awards..... 4
- Schedule of Events..... 4
- Practice Ice Time..... 4
- Music / Planned Program Content (PPC)..... 5
- Video Recording and Photography..... 5
- Venue..... 5
- Single Skating Elements – Basic Skills..... 5
 - Rising Starz Level 1 (Ladies and Men)..... 5 - 6
 - Rising Starz Level 2 (Ladies and Men)..... 6 - 7
 - Preliminary (Ladies and Men)..... 7 - 8
- Single Skating Elements – Elementary to Senior..... 8
 - Elementary (Ladies and Men)..... 8 - 9
 - Basic Novice A (Ladies and Men)..... 9 - 10
 - Basic Novice B (Ladies and Men)..... 10 -11
 - Advanced Novice (Ladies and Men) 12 -13
 - Junior (Ladies and Men)..... 14
 - Senior (Ladies and Men)..... 15
- Adults Singles Skating..... 16
 - Adult Master..... 16 -17
 - Adult Gold..... 17 -18
 - Adult Silver..... 18 -19
 - Adult Bronze..... 20 - 21
- Remarks on Short Program Elements (IMPORTANT – Please read)..... 21 - 23
- Remarks on Free Program Elements (IMPORTANT – Please read)..... 24 - 27



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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the Olympic Council of Malaysia

- Competitors not residing in Malaysia will submit payment via Bank TT (SWIFT Code – CIMBMYKL; CIMB Account # - 1224-0008-779053). There will be NO exceptions.
- There will be NO refunds after the closing date.
- Please note that all bank charges incurred for the transfer of the entry fee will be the responsibility of the payee.

4. INSURANCE / LIABILITY

Under no circumstances shall the Ice Skating Association of Malaysia or Pyramid Ice Rink, or the organisers 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 Ice Skating Association of Malaysia.

5. ENQUIRIES

All enquiries should be “e-mailed” to the Competition Director at entries@isam.my

6. JUDGING SYSTEM and RESULTS

The ISU Judging System will be used for all events. Results will be posted in the “Results Area” after each event. Judges decisions are final. Skaters, coaches and parents are not allowed to approach the judges regarding results of the competition. Please raise any issues you may have with the Competition Director, who may forward your concerns to the relevant parties.

7. AWARDS

- Guest skaters are only eligible to win or place in the Open category. The title of National Champion can only be held by a citizen or permanent resident of Malaysia.
- Awards will be awarded to the First, Second and Third Placings. All competitors will receive a Certificate of Participation.
- All Special Awards (if any) are solely and independently determined by the Referee and the Panel of Judges and their decision will be final.

8. SCHEDULE OF EVENTS

This will be posted on the Official Bulletin Board and the ISAM website (www.isam.my), after the drawings for skater positions have been done.

9. PRACTICE ICE TIME

Practice ice time will be notified at a later date.



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PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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the Olympic Council of Malaysia

10. MUSIC / PLANNED PROGRAM CONTENT (PPC)

All music must be provided on CDs by the skater. Each program (short program/free skating) must be recorded on a separate disc. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. The skater will be held accountable for the quality of his/her music and must provide a back-up drive for each program.

The PPC forms must be returned to the Organising committee in time. It is mandatory that the PPC forms must be filled in precisely by each skater in English, using the terminology for the elements listed in the respective ISU Communications 1318 and 1319 (or any update).

11. VIDEO RECORDING AND PHOTOGRAPHY

ISAM retains the rights for any video recording of the Competition. The use of FLASH PHOTOGRAPHY or VIDEO LIGHTS is not permitted during warm-ups or events.

12. VENUE

The Event as well as all Official Practices will be held at an indoor ice skating rink, (22.5m x 39m), located at **SUNWAY PYRAMID ICE RINK**, LG 3, Sunway Pyramid Shopping Complex, Jalan PJS 11/15, Bandar Sunway, 46150 Petaling Jaya, Selangor, Malaysia

SINGLES SKATING ELEMENTS – Basic Skills

RISING STARZ EVENTS COMMENTS

- The skating order of the elements is optional;
- There is no restriction on the number of times an element is executed, length of glide or number of revolutions unless otherwise stated;
- Vocal music is **NOT** allowed;
- The skater must demonstrate the required elements and **may** use, but is **not** required to use any additional elements from lower levels;
- A deduction will be taken for each element performed from a higher level;
- Skaters may choose which Rising Starz category they wish to enter, as long as it is not lower than what they have previously competed in.

RISING STARZ LEVEL 1 (Ladies and Men)

Free Skating

Duration: Maximum 1 minute and 30 seconds, but may be less

A well balanced program must contain:

- 1 Foot Spin (min. of 3 revs);
- Waltz jump;
- Ballet jump;
- Half Flip;
- Waltz three turns (right and left feet) min 3 each foot.



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PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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Eligibility

Age limits: has not reached the age of Ten (10) preceding the competition date.

No minimum test requirement.

Must not have passed the ISAM Elementary or higher test.

Must not have competed in an ISAM Rising Starz Level 2,
or equivalent higher Singles Competition event.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

Additional elements that may be performed for purposes of filling in the program

- Bunny Hops;
- Side toe to toe jumps or Tap-Toe Jumps;
- Spirals.

RISING STARZ LEVEL 2 (Ladies and Men)**Free Skating**

Duration: Maximum 1 minute and 30 seconds, but may be less

A well balanced program must contain:

- Forward Cross Leg Spin or Scratch Spin (min. of 3 revs);
- Choice of a jump, either Toe Loop or Salchow;
- Half Lutz Jump;
- Advanced Backward Stroking (min 4 backward crossover each direction in a figure 8 pattern);
- Spirals (min 2 spirals positions not less than three (3) seconds long each).

Eligibility

Age limits: has not reached the age of Ten (10) preceding the competition date.

No minimum test requirement.

Must not have passed the ISAM Elementary or higher test.

Must not have competed in an ISAM Preliminary or equivalent
higher Singles Competition event.

- Depending on the number of entries, this event may be split according to age.



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

Affiliated to the International Skating Union,
the Asian Skating Union and
the Olympic Council of Malaysia

- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

PRELIMINARY (Ladies and Men)

Free Skating

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

A well balanced program must contain:

- Maximum of 3 jump elements;
 - Only single revolution jumps permitted, no ½ revolution jumps, no Axel type jump;
 - Only 1 jump combination or sequence. A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps, but only the 2 most difficult jumps will be counted.
- Maximum of 2 spins of a different nature (abbreviation); no 2 foot spins permitted;
 - One of which must be a spin combination, consisting of max. 2 basic positions, no change of foot, no flying entry and min. of 6 revs in total.
 - One spin in one position, no change of foot, no flying entry, min. of 4 revs.

Men:

- Maximum of 1 step sequence with a fixed Base value and evaluated in GOE only.

Ladies:

- Maximum of 1 step sequence OR 1 spiral sequence consisting of max. 2 spiral positions not less than three (3) seconds long each or only 1 spiral position not less than six (6) sec long. The sequence (step or spiral) will have a fixed Base value and evaluated in GOE only.

Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 2.0

The Program Component Sections will have the following weightings:

- Skating Skills
- Performance / Execution

Level explanations:

For Preliminary Singles, in all elements which are subject to Levels will receive a maximum of Level 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

Affiliated to the International Skating Union,
the Asian Skating Union and
the Olympic Council of Malaysia

Eligibility

No minimum test requirement.

Must not have passed the ISAM Elementary or higher test.

Must not have competed in an ISAM Elementary or equivalent higher Singles Competition event.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

SINGLES SKATING ELEMENTS – ELEMENTARY to SENIOR

ELEMENTARY (Ladies and Men)

Free Skating

Duration: 2 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of 4 jump elements;
 - One of which must be an Axel type jump. No double jumps.
 - Max 2 jump combinations or sequences. A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps, but only the 2 most difficult jumps will be counted.
- Maximum of 2 spins of a different nature (abbreviation);
 - One of which must be a spin combination, consisting of max. 2 basic positions, no change of foot, no flying entry and min. of 6 revs in total.
 - One spin in one position, no change of foot, no flying entry, min. of 4 revs.
- Men:
 - Maximum of 1 step sequence with a fixed Base value and evaluated in GOE only.
- Ladies:
 - Maximum of 1 step sequence OR 1 spiral sequence consisting of max. 2 spiral positions not less than three (3) seconds long each or only 1 spiral position not less than six (6) sec long. The sequence (step or spiral) will have a fixed Base value and evaluated in GOE only.

Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 2.0



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

Affiliated to the International Skating Union,
the Asian Skating Union and
the Olympic Council of Malaysia

The Program Component Sections will have the following weightings:

- Skating Skills
- Performance / Execution

Level explanations:

For Elementary Singles, in all elements which are subject to Levels will receive a maximum of Level 1. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Eligibility

Passed the ISAM Elementary (or equivalent) Test, but not higher.

Not competed in an ISAM Basic Novice A or equivalent higher Singles Competition event.

- Depending on the number of entries, this event may be split according to age.
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

Basic Novice A (Ladies and Men) - In accordance with ISU Communication 1649

Free Skating

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

A well balanced program must contain:

- Maximum of 4 jump elements;
 - One of which must be an Axel type jump.
 - Maximum 2 jump combinations or sequences. A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps, but only 2 most difficult jumps will be counted. Triple jumps are not permitted.
- Maximum of 2 spins of a different nature (abbreviation);
 - One of which must be a spin combination, min. of 6 revs in total.
 - One spin in one position, min. of 6 revs.
- Men:
 - Maximum of 1 step sequence with a fixed Base value and evaluated in GOE only.
- Ladies:
 - Maximum of 1 step sequence OR 1 spiral sequence consisting of max. 2 spiral positions not less than three (3) seconds long each or only 1 spiral position not less than six (6) sec long. The sequence (step or spiral) will have a fixed Base value and evaluated in GOE only.



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PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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Factors

The multiplying factor for the Total Program Components Score is:

- Free Skating 2.5

The Program Component Sections will have the following weightings:

- Skating Skills
- Performance/Execution

Level explanations:

For Basic Novice A Singles, in all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Eligibility

Passed the ISAM Basic Novice A (or equivalent) Test, but not higher.

Not competed in an ISAM Basic Novice B or equivalent; higher Singles Competition event.

- Malaysian skaters who do not meet the ISU Communication 1649 'AGE' requirement will be under Subgroup – Basic Novice A (Subgroup 1).
- A separate Men's Division may be held if three or more entries are received. If less than three Men's entries are received, the Men's and Ladies Division(s) may be combined.

Note: If a Malaysian skater wins the title and is above the ISU eligible age in Basic Novice A (Subgroup 1), he/she will not represent the country in any ISU International Competitions and will not be in the National and Development Team.

Basic Novice B (Ladies and Men) - In accordance with ISU Communication 1649

Free Skating

Duration: 3 minutes +/- 10 seconds

A well balanced program must contain:

- Maximum of **5** jump elements for Ladies; **6** jump elements for Men;
- One of which must be an Axel type jump.
- Maximum 2 jump combinations or sequences. A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps, but only the 2 most difficult will be counted.
- Only 2 jumps with two and a half (2 ½) or more revolutions can be repeated either in a jump combination or in a jump sequence.



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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the Olympic Council of Malaysia

- Maximum of 2 spins in a different nature (abbreviation);
 - One of which must be a spin combination, min. of 10 revs in total.
 - One a flying spin or a spin with a flying entrance, min. of 6 revs.
- Men:
 - Maximum of 1 step sequence with a fixed Base value and evaluated in GOE only.
- Ladies:
 - Maximum of 1 step sequence OR 1 spiral sequence consisting of max. 2 spiral positions not less than three (3) seconds long each or only 1 spiral position not less than six (6) sec long. The sequence (step or spiral) will have a fixed Base value and evaluated in GOE only.

Factors

The multiplying factors for the Total Program Components Score are:

- Men 2.0
- Ladies 1.7

The Program Components are only judged in:

- Skating Skills
- Performance / Execution
- Interpretation

Level explanations:

For Basic Novice B Singles, in all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Eligibility

Passed the ISAM Basic Novice B (or equivalent) Test, but not higher.

Not competed in an ISAM Advanced Novice or equivalent higher Singles Competition event.

- Malaysian skaters who do not meet the ISU Communication 1649 'AGE' requirement will be under Subgroup - Basic Novice B (Subgroup 1)

Note: If a Malaysian skater wins the title and is above the ISU eligible age in Basic Novice B (Subgroup 1), he/she will not represent the country in any ISU International Competitions and will not be in the National and Development Team.



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PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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ADVANCED NOVICE (Ladies and Men) - In accordance with ISU Communication 1649

Short Program Duration: Maximum 2 minutes and 30 seconds

The required elements to be skated are:

- a. Axel Paulsen or double Axel Paulsen
- b. Double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements, may not repeat jump in (a).
- c. One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in (a) or (b).
- d. Spin combination with only one change of foot and at least one change of position, min. of 5 revs on each foot.
- e. Men:
Camel or sit spin with change of foot, no flying entry, min. of 6 revs.
Ladies:
Layback or sideways leaning spin, min. of 6 revs.
- f. One step sequence with fully utilization of the ice surface (straight line / serpentine / circular).

Free Skating Duration: Men: 3 minutes and 30 seconds, +/- 10 seconds
Ladies: 3 minutes, +/- 10 seconds

A well balanced program must contain:

- Maximum of **6** jump elements for Ladies and **7** jump elements for Men;
 - One of which must be an Axel type jump
 - There may be up to 2 jump combinations or sequences. A jump combination can contain only 2 jumps. A jump sequence can contain any number of jumps, but only the 2 most difficult jumps will be counted.
 - Only 2 jumps with two and half (2 ½) revolutions or more can be repeated either in a jump combination or in a jump sequence.
- Maximum of 2 spins of a different nature (abbreviation);
 - One of which must be a spin combination, min. of 10 revs in total.
 - One a flying spin or a spin with a flying entrance, min. of 6 revs.
- There must be a maximum of one (1) step sequence.



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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Factors

The multiplying factors for the Total Program Components Score are:

Short Program

Men	1.0
Ladies	1.0

Free Skating

Men	1.7
Ladies	1.5

The Program Components are only judged in:

- Skating Skills
- Transitions
- Performance / Execution
- Interpretation

Level explanations:

For Advanced Novice Singles, in all elements which are subject to Levels, 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.

Eligibility

Passed the ISAM Advanced Novice (or equivalent) Test, but not higher.

Not competed in an ISAM Junior or equivalent higher Singles Competition event.

- Malaysian skaters who do not meet the ISU Communication 1649 'AGE' requirement will be under subgroup – Advanced Novice (Subgroup 1).

Note: If a Malaysian skater wins the title and is above the ISU eligible age in Advanced Novice (Subgroup 1), he/she will not represent the country in any ISU International Competitions and will not be in the National and Development Team.



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PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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JUNIOR (Ladies and Men)

In accordance with ISU Special Regulations & Technical Rules Singles & Pair Skating and Dance 2010

Short Program Duration: Maximum 2 minutes and 50 seconds, but may be less

The required elements to be skated are listed in:

1. ISU Rule 501;
2. ISU Rule 510;
3. ISU Rule 511, paragraphs 1 and 3 (2011-2012) and 4. Remarks;
4. ISU Communications 1611,1619 & 1672; and
5. Other relevant ISU Communications.

Free Skating Duration: Men: 4 minutes, +/- 10 seconds
Ladies: 3 minutes and 30 seconds, +/- 10 seconds

In accordance with:

1. ISU Rule 510;
2. ISU Rule 512, Free skating single and General Remarks;
3. ISU Communications 1611,1619 & 1672; and
4. Other relevant ISU Communications.

Factors In accordance with ISU Rule 353;
Paragraph 1;
Section (m) - In Single;
Sub-section (i);
The multiplying factors for the Program Components are:

Men:
Short Program 1.0
Free Skating 2.0

Ladies:
Short Program 0.8
Free Skating 1.6

Eligibility Passed the ISAM Junior test.

In Accordance with ISU Rule 108; paragraph 2. c) i) and ii);
(Not exceeded the ISU Junior age of 19 for Ladies and Men by 1st July 2011);

Note: (ONLY) Malaysians, who have exceeded the age limit are still permitted to compete in this category. However, should they win, they will not be allowed to hold the Junior Champion title; or represent Malaysia at any ISU event as a Junior.



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PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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SENIOR (Ladies and Men)

In accordance with ISU Special Regulations & Technical Rules Singles & Pair Skating and Dance 2010

Short Program Duration: Maximum 2 minutes and 50 seconds, but may be less

The required elements to be skated are listed in:

1. ISU Rule 501;
2. ISU Rule 510;
3. ISU Rule 511, paragraphs 1 and 2 and 4. Remarks;
4. ISU Communications 1611, 1619 & 1672; and
5. Other relevant ISU Communications.

Free Skating Duration: Men: 4 minutes and 30 seconds +/- 10 seconds
 Ladies: 4 minutes +/- 10 second

In accordance with:

1. ISU Rule 510;
2. ISU Rule 512, Section 1 - Free Skating Singles, Section 2 – General and Remarks;
3. ISU Communications 1611, 1619 & 1672; and
4. Other relevant ISU Communications.

Factors In accordance with ISU Rule 353:
 Paragraph 1;
 Section (m) - In Single;
 Sub-section (i);

The multiplying factors for the Program Components are:

Men

Short Program	1.0
Free Skating	2.0

Ladies

Short Program	0.8
Free Skating	1.6

Eligibility Passed the ISAM Senior test.
 In Accordance with ISU Rule 108, paragraph 2. B)



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ADULT SINGLES SKATING

Eligibility

Men and women will compete separately. The Competition Director reserves the right to combine sections should there be fewer than two entries in any section. Eligible skaters are those skaters who are age nineteen (19) years or older before July 1st preceding the competition but have not reached the age of seventy-one (71) before July 1st preceding the competition. A skater competing after July 1, 2011 in a Junior or Senior event either locally or internationally may NOT participate in this event.

ADULT MASTER (Ladies and Men)

Free Skating

Duration: Maximum 3 minutes and 10 seconds, but may be less

A well balanced program may contain:

- Maximum of 7 jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted.

A jump combination may consist of the same or another single, double or triple jump.

There may be up to three jump combinations or jump sequences in the Free Program.

One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas and etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork.

- A maximum of three (3) spins of a different abbreviation, 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) revs for a flying spin with no change of foot after landing;
- Five (5) revs for a spin with only one position and no change of foot;
- Five (5) revs for a spin combination with no change of foot;
- Eight (4 + 4) revs for a spin combination with change of foot.



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- A maximum of one choreo-step sequence (i.e, circular, straight line, serpentine, etc.) OR choreo-spiral sequence. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long.

Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as move-in-field (transitions) and marked as such.

Factors

The multiplying factors for the Program Components is:

Free Skating 1.6

ADULT GOLD (Ladies and Men)

Free Skating

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

A well balanced program may contain:

- Maximum of 6 jump elements, consisting of any single or double jumps (including a single Axel) **except double Flip, double Lutz and double Axel. No triple jumps are permitted.**

A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above.

There may be up to three jump combinations or jump sequences in the Free Program.

One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of single and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple jumps that may be linked by non-listed jumps like mazurkas and etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.



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PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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- A maximum of three (3) spins of a different abbreviation, 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) revs for the flying spin with no change of foot after landing;
- Four (4) revs for the spin with only one position and no change of foot;
- Four (4) revs for a spin combination with no change of foot;
- Eight (4 + 4) revs for a spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- A maximum of one choreo-step sequence (i.e, circular, straight line, serpentine, etc.) OR choreo-spiral sequence. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only one (1) spiral position not less than six (6) seconds long.

Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as move-in-field (transitions) and marked as such.

Factors

The multiplying factors for the Program Components is:

Free Skating 1.6

ADULT SILVER (Ladies and Men)

Free Skating

Duration: Maximum 2 minutes and 10 seconds, but may be less

A well balanced program may contain:

- Maximum of 5 jump elements.

The single Axel or any other single Axel type jump and all other single jumps are permitted. No double jumps or triple jumps are permitted.

A jump combination may consist of the same or another single jump.

There may be up to three jump combinations or jump sequences in the Free Program.



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

Affiliated to the International Skating Union,
the Asian Skating Union and
the Olympic Council of Malaysia

One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas and etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork, preceding single jumps or an axel type jump.

- A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination.

The spins must have a required minimum number of revolutions:

- Three (3) revs for the flying spin with no change of foot after landing;
- Three (3) revs for the spin with only one position and no change of foot;
- Four (4) revs for a spin combination with no change of foot;
- Eight (4 + 4) revs for a spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- A maximum of one choreo-step sequence (i.e., circular, straight line, serpentine) OR choreo-spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half a straight line etc). In the case of a circular step sequence a full circle is required covering 1/2 the ice surface. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only (1) spiral position not less than six (6) seconds long.

Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as move-in-field (transitions) and marked as such.

Factors

The multiplying factors for the Program Components is:

Free Skating 1.6



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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the Asian Skating Union and
the Olympic Council of Malaysia

ADULT BRONZE (Ladies and Men)

Free Skating

Duration: Maximum 1 minutes and 40 seconds, but may be less

A well balanced program may contain:

- Maximum of 4 jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.

A jump combination may consist of the same or another single jump.

There may be up to three jump combinations or jump sequences in the Free Program.

One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas and etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/turns, crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork preceding single jumps.

- A maximum of two (2) spins of a different abbreviation.

The spins must have a required minimum number of revolutions:

- Three (3) revs for the spin with only one position and no change of foot;
- Four (4) revs for a spin combination with no change of foot;
- Eight (4 + 4) revs for a spin combination with change of foot.

Flying spins are not permitted.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- A maximum of one choreo-step sequence (i.e.,circular, straight line, serpentine) OR choreo-spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half a straight line etc). In the case of a circular step sequence a full circle is required covering 1/2 the ice surface. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only (1) spiral position not less than six (6) seconds long.



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

Affiliated to the International Skating Union,
the Asian Skating Union and
the Olympic Council of Malaysia

Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as move-in-field (transitions) and marked as such.

Factors

The multiplying factors for the Program Components is:

Free Skating 1.6

REMARKS ON SHORT PROGRAM ELEMENTS

Advanced Novice, Advanced Novice (Subgroup 1), Junior and Senior

No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, but vocal music with lyrics is not permitted.

Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a "box" (spot) of another type of element. If, however, such an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

a) **ADVANCED NOVICE AND ADVANCED NOVICE (SUBGROUP 1)**

Refer to ISU Rule 510, 511, ISU Communications 1611, 1649 & 1672 and other relevant ISU Communications.

b) **JUNIOR**

Refer to ISU Rule 501, 510 & 511, paragraphs 1 and 3 (2011-2012), 4. Remarks, ISU Communications 1611, 1619 & 1672 and other relevant ISU Communications.

c) **SENIOR**

Refer to ISU Rule 501, 510 & 511, paragraphs 1 and 2, 4. Remarks, ISU Communications 1611, 1619 & 1672 and other relevant ISU communications.

i) **Jumps**

A single spread eagle, spiral or free skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable free skating movements and must be considered by the Judges in the Grade of Execution (GOE).

Any jump commenced or landed on two feet must be considered by the judge in the Grade of Execution (GOE)



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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the Asian Skating Union and
the Olympic Council of Malaysia

Jump Combinations

In a jump combination the landing foot of a jump is the take off foot of the next jump. A three turn on one foot between the jumps without touching the ice with the free foot (or even with a touch, but no weight transfer) keeps the element in the frame of this definition allowing still to call it a combination (with an error). If the jumps are connected with a non-listed jump, the element is called a jump sequence. However half-loop when used in combinations/sequences is considered as a listed jump with the Value of a Loop.

In Jump Combinations/Sequences Half-loop (or "Euler") (landing backwards) will be a listed jump. Consequently the units "half-loop + Salchow/Flip" and "any jump landed backwards outside + half-loop + Salchow/Flip" will become jump combinations of 2 or 3 jumps correspondingly. Half-loop will have the Base value and the GOE value of the single loop jump and will be identified by the Technical Panel to the Judges and in the Protocols as "1 Lo".

ii) Spins

If a skater(s) falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.

Spin In One Position

If there is no spin position before and/or after the change of foot with at least three (3) revolutions, the spin is not according to the requirements and no value will be given. Except for flying spins, spins cannot be commenced with a jump.

Junior

Only the prescribed sit or camel position is permitted to be executed. The spin must consist of only one change of foot, which may be executed in the form of a step over or a jump with not less than six (6) revolutions on each foot.

Senior

The competitor must choose the camel position or the sit position to be executed, but this position must be different from the landing position of the flying spin. The spin must consist of one change of foot, which may be executed in the form of a step over or a jump with not less than six (6) revolutions on each foot.

If in Senior Men the landing position of the Flying spin is the same that in the Spin in one position, the last performed of these two spins will not be counted, but will occupy a spin box

Layback or sideways leaning spin

Junior and Senior Ladies

Any position is permitted, as long as the basic layback or sideways leaning position is maintained for eight (8) revolutions without rising to an upright position. After the required 8 revolutions it is possible to execute the Biellmann position.



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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the Olympic Council of Malaysia

Flying spin

Junior

Only the prescribed "Flying" position or its variation is permitted and the position must be attained in the air. A minimum of 3 revolutions in the landing position which must be the same as the fly position. In the flying sit spin changing foot on landing is permitted. No previous rotation on the ice before the take-off is permitted.

Senior

Any type of flying spin is permitted with landing position different than in the spin in one position. A step over must be considered by the Judges in the Grade of Execution. A minimum of eight (8) revolutions in the landing position which may be different from flying position. No previous rotation on the ice before take-off is permitted.

If in Senior Men the landing position of the Flying spin is the same that in the Spin in one position, the last performed of these two spins will not be counted, but will occupy a spin box.

Spin Combinations

If there is no spin position before and/or after the change of foot with at least three (3) revolutions, the spin is not according to the requirements and no value will be given. Except for flying spins, spins cannot be commenced with a jump.

The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of position, a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted.

A spin combination executed with less than 2 revolutions in all executed positions is considered as a "Spin combination not according to the requirements", receives no Level and therefore no value. A spin combination executed with only 1 position with at least 2 revolutions (as to requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

iii) Step Sequences

Refer ISU Rule 510 Pg 92; Rule 511 Short Program Singles, 4. Remarks Step sequences Pg. 97 and ISU Communications 1611, 1619 & 1672. The step sequence may include any unlisted jumps.

iv) Spiral Sequences

Though a spiral sequence is no longer an element of the Ladies Short Program, the execution of Spirals will be rewarded in "Transitions".



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

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the Asian Skating Union and
the Olympic Council of Malaysia

REMARKS ON FREE SKATING ELEMENTS

Preliminary, Elementary, Basic Novice A, Basic Novice A (Subgroup 1), Basic Novice B, Basic Novice B (Subgroup 1), Advanced Novice, Advanced Novice (Subgroup 1), Junior, Senior and Adult

No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, but vocal music with lyrics is not permitted.

Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a "box" (spot) of another type of element. If, however, such an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

a) PRELIMINARY, ELEMENTARY, BASIC NOVICE A, BASIC NOVICE A (SUBGROUP 1), BASIC NOVICE B, BASIC NOVICE B (SUBGROUP 1), ADVANCED NOVICE AND ADVANCED NOVICE (SUBGROUP 1)

Refer to ISU Rule 510 Requirements to elements of Single & 512; Free skating singles 2. General, Remarks, ISU Communications 1611, 1649 & 1672 and other relevant ISU Communications.

Preliminary and Elementary, in all elements which are subject to levels will receive a max of Level 1.

Basic Novice A, Basic Novice A (Subgroup 1), Basic Novice B and Basic Novice B (Subgroup 1), in all elements which are subject to Levels, only features up to Level 2 will be counted.

Advanced Novice and Advanced Novice (Subgroup 1), in all elements which are subject to levels, only features up to Level 3 will be counted.

b) JUNIOR AND SENIOR

Refer to ISU Rule 510 Requirements to elements of Single & 512; 1. Free skating singles, 2. General, Remarks, ISU Communications 1611, 1619, 1672 and other relevant ISU Communications.

c) ADULT

Refer to ISU Rule 510 Requirements to elements of Single & 512 ; 1 Free skating singles, 2. General, Remarks, ISU Communications 1611, 1672 and other relevant ISU Communications.

i) Jumps

Any jump commenced or landed on two feet must be considered by the judge in the Grade of Execution (GOE).



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

Affiliated to the International Skating Union,
the Asian Skating Union and
the Olympic Council of Malaysia

Junior and Senior

A Double Axel cannot be included more than two (2) times in total in a Single's Free Program (as a solo jump or a part of Combination/Sequence).

Jump Combinations

In a jump combination the landing foot of a jump is the take off foot of the next jump. A three turn on on foot between the jumps without touching the ice with the free foot (or even with a touch, but no weight transfer) keeps the element in the frame of this definition allowing still to call it a combination (with an error). If the jumps are connected with a non-listed jump, the element is called a jump sequence. However half-loop when used in combinations/sequences is considered as a listed jump with the Value of a Loop.

In Jump Combinations/Sequences Half-loop (or "Euler") (landing backwards) will be a listed jump. Consequently the units "half-loop + Salchow/Flip" and "any jump landed backwards outside + half-loop + Salchow/Flip" will become jump combinations of 2 or 3 jumps correspondingly. Half-loop will have the Base value and the GOE value of the single loop jump and will be identified by the Technical Panel to the Judges and in the Protocols as "1 Lo".

ii) Spins

If a skater(s) falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.

Spin in one position

If there is no spin position before and/or after the change of foot with at least three (3) revolutions, the spin is not according to the requirements and no value will be given. Except flying spins, spins cannot be commenced with a jump.

Basic Novice A and Basic Novice A (Subgroup 1)

The competitor is free to choose either the camel position, sit position or upright position to be executed. The spin with no change of position and with or without change of foot and a minimum of six (6) revolutions in total.

Junior and Senior

Refer to ISU Rule 510, Pg. 91 & 92 and Rule 512, 2 General & Remarks Pg. 99 and ISU Communications 1611, 1619 and 1672.

Flying spin

Basic Novice B, Basic Novice B (Subgroup 1), Advanced Novice and Advanced Novice (Subgroup 1)

Refer to ISU Rule 510, Pg. 91 & 92 and Rule 512, 2 General, Remarks Pg. 99 and ISU Communication 1611, 1649 & 1672. Any type of flying spin is permitted. A minimum of six (6)



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

Affiliated to the International Skating Union,
the Asian Skating Union and
the Olympic Council of Malaysia

revolutions. A step over must be considered by the Judges in the Grade of Execution. In the flying sit spin changing foot on landing is permitted. No previous rotation on the ice before the take-off is permitted.

Junior and Senior

Refer ISU Rule 510 Pg 91 & 92 and Rule 512, 2. General, Remarks Pg. 99 and ISU Communications 1611, 1619 and 1672.

Spin Combinations

If there is no spin position before and/or after the change of foot with at least three (3) revolutions, the spin is not according to the requirements and no value will be given. Except flying spins, spins cannot be commenced with a jump.

The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of position, a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted.

A spin combination executed with less than 2 revolutions in all executed positions is considered as a "Spin combination not according to the requirements", receives no Level and therefore no value. A spin combination executed with only 1 position with at least 2 revolutions (as to requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

iii) Step Sequence

Preliminary, Elementary, Basic Novice A, Basic Novice A (Subgroup 1), Basic Novice B and Basic Novice B (Subgroup 1)

Refer to ISU Rule 510 Requirements to elements of Single Pg. 92. Rule 512, 2. General, Remarks Pg. 99 and ISU Communication 1611, 1649 & 1672. The step sequence will have a fixed Base value and evaluated in GOE only.

Advanced Novice and Advanced Novice (Subgroup 1)

Refer to ISU Rule 510 Requirements to elements of Single Pg. 92, Rule 512, 2. General, Remarks Pg. 99 and ISU Communication 1611, 1649 & 1672.

Junior and Senior

Refer to ISU Rule 510 Requirements to elements of Single Pg. 92, Rule 512, 2. General, Remarks Pg. 99 and ISU Communication 1611, 1619 & 1672.



Ice Skating Association of Malaysia

PERSATUAN MELUNCUR AIS MALAYSIA Reg.No: 0712/2000

Affiliated to the International Skating Union,
the Asian Skating Union and
the Olympic Council of Malaysia

Senior: Men

The second (in the order of execution) step sequence will always be awarded a fixed Base value and evaluated by Judges in GOE only. This sequence can have any pattern while fully utilizing the ice surface.

Adult Master and Adult Gold

Refer to ISU Rule 510 Requirements to elements of Single Pg.92 and Rule 512, 2. General, Remarks Pg. 99 and ISU Communication 1611 & 1672. Only the first executed attempt of a choreo-step sequence or choreo-spiral sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted in the technical score but will be counted as move-in-field (transitions) and marked as such.

Adult Silver and Adult Bronze

Refer to ISU Rule 510 Requirements to elements of Single Pg. 92 and Rule 512, 2. General, Remarks Pg. 99 and ISU Communication 1611 & 1672.

A maximum of one choreo-step sequence (i.e.,circular, straight line, serpentine) OR choreo-spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half a straight line etc). In the case of a circular step sequence a full circle is required covering 1/2 the ice surface. To be counted a spiral sequence must include at least two (2) spiral positions not less than three (3) seconds long each or only (1) spiral position not less than six (6) seconds long.

Only the first executed attempt of a choreo-step sequence or choreo-spiral sequences and step Sequence will contribute to the technical score.

Additional spiral sequences and step sequences will not be counted in the technical score but will be Counted as move-in-field (transitions) and marked as such.

iv) Spiral Sequence

Preliminary, Elementary, Basic Novice A, Basic Novice A (Subgroup 1), Basic Novice B and Basic Novice B (Subgroup 1)

Refer to ISU Rule 512 Free Skating, 2. General, Remarks, Pg. 99 and ISU Communications 1611, 1649 and 1672. The spiral sequence will have a fixed Base value and evaluated in GOE only.

Senior Ladies

Refer to ISU Rule 512 Free Skating, 2. General, Remarks, Pg. 99 and ISU Communications 1611, 1619 and 1672.

v) Moves in the Field

This is a sequence of movements, which includes such movements as turns, spirals, arabesques, spread eagles. Ina Bauers and flowing moves with strong edges, which can be connected with linking steps and footwork. Moves in the Field should be included in the program and will be evaluated under the "Transition".