



## Widnes Ice Skating Club

### Free Skating & Dance Competition Criteria

(all entrants must be a current member of WISC as of 1<sup>st</sup> February 2025)

Saturday 24<sup>th</sup> May 2025, 4:15pm – 6:15pm

\* Closing Date – Friday 16<sup>th</sup> May at 11:59pm \*

## Free Skating Competition Criteria (Elements)

**\*\*Please note that competitors can only enter ONE category in the Free Competition. This means that if a competitor is entered into a free programme as pre-beginner or BIS Level, they cannot enter the Skate Excellence, Skate UK or Skate Star sections too\*\***

<b>Skate Excellence (SE) Levels 1-10 and Skate UK (SUK) Levels 1-8</b>			
<b>SE Level 1</b> -Forward march in V position -Forward glide and dip -Forward glide and jump -Snow plough stop	<b>SUK Level 1</b> -March forward across the ice -Skate and Dip x 4 -Turn around on the spot x 2	<b>SE Level 2</b> -Forward half-star transfer (L/R) and (R/L) -Forward continuous lemons with neutral bounce -Forward tightrope position L/R	<b>SUK Level 2</b> -Backward marching across the ice -Forward Swizzles (lemons) x 4 -Two-foot glide on a curve (left & right)
<b>SE Level 3</b> -Forward glide in a circle -Forward half lemons in a circle -Forward tightrope position in a circle -Forward lemon pivots	<b>SUK Level 3</b> -Forward Stroking -Backward Swizzles (lemons) x 4 -Forward glide on one foot (left & right)	<b>SE Level 4</b> -Backward half-star transfer (L/R) and (R/L) -Backward glide and jump -Backward continuous lemons with neutral bounce -Backward tightrope position L/R	<b>SUK Level 4</b> Forward outside edge on a circle (left & right) Forward inside edge on a circle (left and right) Basic Forward Slalom x 4 Forward continuous Chasses around a circle (left & right)
<b>SE Level 5</b> -Stepping backwards to forwards -Backward half lemons in a circle -Backward tightrope position in a circle -Backward lemon pivots	<b>SUK Level 5</b> -Backward outside edge on a circle (left & right) -Backward inside edge on a circle (left & right) -Forward crossovers -Forward outside 3-turns from a standstill	<b>SE Level 6</b> -Forward/backward two foot crossover -Forward/Backward rocker turn -Forward/backward outside 3-turn -Two foot bracket turn	<b>SUK Level 6</b> -Forward inside 3-turn from a stand still -Backward crossovers -Backward two foot slalom x 4 -Two foot spin (min 2 revs)
<b>SE Level 7</b> -Forward stroking -Forward inside 3-turn -Forward cross rolls -Forward chasses	<b>SUK Level 7</b> -Basic forward cross rolls -Forward inside open Mohawk (left & right) -Backwards crossovers to landing position -Continuous forward outside edge on a straight line	<b>SE Level 8</b> -Backward stroking -Backward inside 3-turn -Backward cross rolls -Backward chasses	<b>SUK Level 8</b> -Continuous outside 3-turns around a circle x 3 in a row (left & right) -Continuous inside 3-turns around a circle x 3 in a row (left & right) -Step sequence -One foot spin (min 2 revs)
<b>SE Level 9</b> -Forward crossovers in figure of 8 -Continuous forward 3-turns -Forward spiral -Bunny hop drag		<b>SE Level 10</b> - Backward crossovers in figure of 8 -3-turn sequence -Backward spiral -Inside closed Choctaw back cross (R/L)	



## Widnes Ice Skating Club

### Free Skating & Dance Competition Criteria

(all entrants must be a current member of WISC as of 1<sup>st</sup> February 2025)

**Saturday 24<sup>th</sup> May 2025, 4:15pm – 6:15pm**

**\* Closing Date – Friday 16<sup>th</sup> May at 11:59pm \***

## Skate Excellence Advanced (SE-A) Levels 1-8

<b>SE-A Level 1</b> -Forward inside bracket -Forward inside twizzle -Bunny hop into a drag	<b>SE-A Level 2</b> -Forward inside spiral -Backward bunny hop into landing position -Hydro glide (either direction)	<b>SE-A Level 3</b> -Forward outside mohawk open -Forward two foot slalom -Inna Bauer (inside or straight)	<b>SE-A Level 4</b> -Salchow -Consecutive 3-turns in a straight line -Spread eagle (inside or straight)
<b>SE-A Level 5</b> - Upright spin (min 4 revs) -Forward teapot -Two feet to one foot inside edge slalom	<b>SE-A Level 6</b> -Back spin (1 and a half rotations) -Catch foot backward or forward spiral -Power circles, forward and backward crossovers or runs	<b>SE-A Level 7</b> -Toe loop jump (correct entry and exit) -Backward inside twizzle -Camel spin (min 2 revs)	<b>SE-A Level 8</b> -Sequence With 3-turn, back crossovers and spiral -Sit spin (min 2 revs) -Backwards teapot

## Skate Star (formerly known as Passport)

<b>Bronze</b>	Three/waltz jump or Single Salchow Upright spin (min 2 revs) Forward spiral (any foot any pattern) Forward perimeter stroking (with correct pushing technique)
<b>Silver</b>	Toe loop Upright spin (min 4 revs with correct entry and exit) Forward outside or inside spiral (any foot) Serpentine forward inside mohawk, landing position, forward crossover
<b>Gold</b>	Loop jump Upright spin (min 5 revs with correct entry and exit) Backward outside or inside spiral on a curve (any foot) Simple step sequence: comprised of a selection of the following: mohawks, crossovers, toe steps, barrel rolls, 3-turns, cross rolls, twizzles, bunny hop, drags etc.
<b>Platinum</b>	A simple routine without music combining 7 elements from Bronze, Silver, Gold and Platinum showing multi-directional skating with smooth transitions throughout, consisting of: 2 different jumps, 2 different spins, 1 spiral, 1 pivot and 1 simple step sequence.

## Pre-Beginner Elements Free

<b>Pre-Beginner Free Programme</b>	1 minute 30 second +/- 5 sec - A simple routine with music combining elements with multi-directional skating with smooth transitions throughout from the following - Three jump, Single salchow, Single toe loop, Single loop, Single flip, Backspin, Upright spin, Camel spin, Sit spin and simple step sequence - No combination spins/jumps and double/triple jumps <b>(For Skate UK skaters not yet passed Skate UK Passport Gold or Skate UK Skate Star Platinum)</b>
------------------------------------	---

## BIS Levels Criteria Solo Free Skate

<b>Juniors Beginner to Level 8</b>	Criteria as per BIS national opens competitions - <b>Under 18's</b>
<b>Adults Pre-Bronze to Gold</b>	We will be asking the adults to follow the criteria as per BIS Adult national opens competitions (formally known as the British Adult Championships). <b>Over 18's</b>