

Aussie Skate™ Competition

Division Guidelines and Required Elements



Introduction to Skating (Tiny Tots 2 – Intermediate 2)

General Guidelines

- To be skated on half ice
- Background music supplied by competition organisers
- Time: 1 minute or less
- Elements may be skated in any order
- A 0.2 deduction will be taken if elements from a higher level are skated
- Skaters will be judged on technical elements and presentation
- NB: No Tiny Tots 1 division

Required Elements

Tiny Tots 2	<ol style="list-style-type: none"> 1. Dip while moving 2. Fwd swizzles (3-5 in a row) 3. 2-foot hop in place/jump on spot 	<ol style="list-style-type: none"> 4. Fwd skating (10 steps) 5. Fwd 2-foot glide on a curve (R&L)
Tiny Tots 3	<ol style="list-style-type: none"> 1. Fwd 1-foot glide (R&L) 2. Fwd swizzles (6-8 in a row) 3. Bwd swizzles (6-8 in a row) 	<ol style="list-style-type: none"> 4. Bwd 2-foot glide (1 metre) 5. Moving snowplough stop
Basic 1	<ol style="list-style-type: none"> 1. Dip in place 2. March forward across the ice 3. Fwd 2-foot glide (1 metre) 	<ol style="list-style-type: none"> 4. Fwd swizzles (6-8 in a row) 5. Bwd wiggles (6-8 in a row)
Basic 2	<ol style="list-style-type: none"> 1. Dip while moving 2. Bwd swizzles (6-8 in a row) 3. Bwd 2-foot glide (1 metre) 	<ol style="list-style-type: none"> 4. Fwd 2-foot glide on a curve (R&L) 5. Moving snowplough stop
Novice 1	<ol style="list-style-type: none"> 1. Fwd stroking, correct use of blade 2. Fwd slalom 3. Fwd 1-foot glides (R&L) 	<ol style="list-style-type: none"> 4. Bwd 1-foot glides (R&L) 5. 2-foot spin (2 rev)
Novice 2	<ol style="list-style-type: none"> 1. Fwd crossovers (CW & ACW) 2. Bwd stroking 3. Bwd slalom 	<ol style="list-style-type: none"> 4. Bwd ½ swizzle pumps on a circle (6-8 in a row), CW & ACW 5. 2-foot turn from fwd to bwd moving (both directions) CW & ACW
Intermediate 1	<ol style="list-style-type: none"> 1. Bwd crossovers (CW & ACW) 2. BO edge on a circle (R&L) 3. BI edge on a circle (R&L) 	<ol style="list-style-type: none"> 4. 2-foot turn bwd to fwd (CW & ACW) 5. FI open Mohawk (R-L & L-R)
Intermediate 2	<ol style="list-style-type: none"> 1. Fwd outside circle stroking (CW or ACW) 2. Fwd inside circle stroking (alternate direction from Fwd outside circle stroking) 3. FI pivots (R&L) 	<ol style="list-style-type: none"> 4. Bunny hop (R&L) 5. 2-foot spin (correct entry and exit; 3 revs)

Bridge Program

Free Skating Events 1-4

General Guidelines

- To be skated on full ice
- The skater supplies their own music. Vocal music is NOT allowed
- Program duration: 1:30 minute +/- 10 seconds
- Elements may be skated in any order. The elements are not restricted as to the number of times elements may be executed, or length of glides, number of revolutions etc unless otherwise stated
- The skater must demonstrate the required elements and may use, but is not required to use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters will be judged on technical elements and presentation

Required Elements

Free skate 1	<ol style="list-style-type: none"> 1-foot spin (correct entry & exit; 3 revs) Lunge (R&L) Waltz jump 	<ol style="list-style-type: none"> Ballet jump (R or L) Forward attitude (R&L) FO spirals (R&L)
Free skate 2	<ol style="list-style-type: none"> Fwd cross-leg/scratch spin (min 3 revs) BI pivot (R&L) Spread-eagle (CW & ACW) 	<ol style="list-style-type: none"> Half flip jump (jump without the split) Salchow jump Waltz 3's
Free skate 3	<ol style="list-style-type: none"> Back spin with free foot in crossed leg position (min 3 rev) Sit spin (min 3 rev) Advanced fwd stroking (fwd crossovers in fig 8 pattern) 	<ol style="list-style-type: none"> Fwd power 3-turns (R&L) Toe loop jump BO spirals (R&L)
Free skate 4	<ol style="list-style-type: none"> Camel spin (min 3 rev) Change of foot upright spin (min 3 revs per foot) Advanced bwd stroking (bwd crossovers in fig 8 pattern) 	<ol style="list-style-type: none"> Loop jump Waltz jump/loop jump combination Flip jump or Lutz jump

Pair Skating Events 1-4

General Guidelines

- To be skated on full ice
- The pair supplies their own music. Vocal music is NOT allowed
- Program duration: 1:30 minute +/- 10 seconds
- Divisions:
 - Pair 1-2 – skaters must have passed Pair 2 test
 - Pair 3-4 – skaters must have passed Pair 4 test
- Elements may be skated in any order. The elements are not restricted as to the number of times elements may be executed, or length of glides, number of revolutions etc unless otherwise stated
- The pair must demonstrate the required elements and may use, but is not required to use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- The pair will be judged on technical elements and presentation

Required Elements

Pair 1-2	1. Advanced fwd crossovers in figure 8 hand to hand hold 2. Bunny hops side by side 3. Crossleg/scratch spin side by side (3 rev)	4. Advanced bwd crossovers in figure 8 hand to hand hold 5. Waltz jump / toe loop jump combination side by side 6. Pair circling spin (1-foot position)
Pair 3-4	1. Bwd pull spiral 2. Sit spin side by side 3. Loop jump side by side	4. Pair camel spin in Killian position 5. Flip or Lutz jump side by side 6. Loop lift

Ice Dancing Events 1-4

General Guidelines

- To be skated on full ice
- Program duration: 3 patterns of required dance
- Skaters will be judged on technical elements and presentation
- Solo or couples are eligible to compete, however couples are not to compete against solo dancers

Requirements

Dance 1	Dutch Waltz
Dance 2	Canasta Tango
Dance 3	Swing Dance
Dance 4	Fiesta Tango

Synchronized Skating Events 1-4

General Guidelines

- Half ice: Synchronized 1 and 2; Full ice: Synchronized 3 and 4
- The team supplies their own music. Vocal music is allowed
- Program duration: 2 minutes +/- 10 seconds
- Elements may be skated in any order
- A 0.2 deduction will be taken for each element where a feature, formation, skating direction, point of intersection or step sequence from a higher level is performed
- Teams will be judged on technical elements and presentation
- Program elements must be skated according to the Aussie Skate™ Handbook descriptions

Team Composition

- All skaters must be registered Aussie Skate™ participants
- No skater must have competed at a State or National Championship in any capacity (including alternates)
- Skaters are required to compete in their current Aussie Skate™ Synchronized class level. Once a skater has passed a level, they must compete at the higher Synchronized level
- Double teaming is allowed up to a maximum of 25% of the team. Note: skaters may only double team in their current class level or above. Double teaming below current class level is not permitted.

Required Elements

<p>Synchronized 1 (4-8 skaters) Half Ice</p>	<ol style="list-style-type: none"> 1. Circle (hand hold) - fwd using a variety of simple forward steps – eg. pumps, pushes, chasses and crossovers. At least 1 revolution and for minimum of 8 beats. No change of direction. 2. Line (shoulder hold) - fwd using a variety of simple forward steps – eg. stroking, pumps, swizzles and chasses. The line should cover at least the width of the ice or its equivalent in length of ice. 3. Block (shoulder hold) – fwd closed block for minimum of 8 beats using a variety of simple forward steps - eg. stroking, pumps, swizzles, chasses and crossovers. No change of axis. 4. Wheel (shoulder hold) – fwd pivot wheel or 2 spoke using a variety of simple forward steps – eg. pumps, pushes, chasses and crossovers. 1-2 revolutions and for minimum of 8 beats. No change of direction and no variations. 5. Intersection (shoulder hold or upper arm hold) – fwd V or 2 line intersection with point of intersection on 2 feet.
<p>Synchronized 2 (6-12 skaters) Half Ice</p>	<ol style="list-style-type: none"> 1. Circle (hand hold) - fwd using a variety of simple forward steps – e.g pumps, pushes, chasses and crossovers. At least 2 revolution and for minimum of 8 beats. No change of direction. 2. Line (must demonstrate shoulder hold and low v hand to hand hold) - fwd using at least 6 forward steps – e.g. stroking, chasses, russians, progressives, swing or cross rolls and lunges. The line should cover at least the width of the ice or its equivalent in length of ice. 3. Block (must demonstrate 2 different handholds) – fwd closed block using at least 6 forward steps - e.g. stroking, chasses, russians, progressives and swing or cross rolls. At least 1 change of axis - e.g. short to long axis or diagonal. 4. Wheel (shoulder hold) – any fwd wheel with a change of configuration using a variety of simple forward steps – e.g pumps, pushes, chasses and crossovers. Minimum of 2 revolutions in each configuration. 5. Intersection (shoulder hold or upper arm hold) – fwd 2 line or backward v intersection with point of intersection on 2 feet.

Synchronized 3 (6-12 skaters) Full Ice	<ol style="list-style-type: none"> 1. Circle (must demonstrate shoulder hold and hand hold) - bwd using a variety of simple bwd steps – e.g pumps, pushes, chasses and crossovers. At least 1 revolution and for minimum of 8 beats. No change of direction. 2. Line (must demonstrate 2 different handholds) - fwd to bwd using at least 8 linking steps - e.g. stroking, chasses, russians, lunges, bunny hops, progressives, swing or cross rolls, 3-turns and mohawks. The line should cover at least the width of the ice or its equivalent in length of ice. 3. Block (must demonstrate shoulder hold and muscle hold) – fwd to bwd using at least 8 linking steps - e.g. stroking, chasses, russians, bunny hops, progressives, swing or cross rolls, 3-turns and mohawks. At least 1 change of axis (e.g. short to long axis or diagonal, etc). 4. Wheel (shoulder hold) – any bwd wheel using a variety of simple steps – e.g pumps, pushes, chasses and crossovers. 1-2 revolution and for minimum of 8 beats. Optional change of direction and configuration. 5. Intersection (shoulder hold or upper arm hold) – any bwd intersection with point of intersection on 1 or 2 feet.
Synchronized 4 (6-12 skaters) Full Ice	<ol style="list-style-type: none"> 1. Circle (shoulder hold or hand hold) - fwd to bwd using at least 8 linking steps - e.g. stroking, chasses, tap toes and basic turns. At least 2 revolution and for minimum of 8 beats. Optional change of direction (with or without stopping) or condensing large circle to small circle. At least half revolution in each direction. 2. Line (must demonstrate 2 different hand holds) - fwd to bwd, 2 lines to 1 or 1 line to 2, using at least 8 linking steps – e.g. stroking, chasses, russians, lunges, bunny hops, progressives, swing or cross rolls, 3-turns and mohawks. The line should cover at least the width of the ice or its equivalent in length of ice. 3. Block (must demonstrate shoulder hold and teapot hold) – fwd to bwd closed block using at least 8 linking steps - e.g. stroking, chasses, russians, bunny hops, progressives, swing or cross rolls, 3-turns and mohawks. At least 1 change of axis - e.g. short to long axis or diagonal and one change of configuration – e.g. pyramid, 3 line block, 4 line block. 4. Wheel (must demonstrate either fwd or bwd basket weave hold) – any bwd wheel using a variety of backward steps – e.g pumps, pushes, chasses and crossovers. 1 simple variation - e.g. change of rotational direction or travel with crossovers or creative modification of a basic wheel configuration. Minimum of 2 revolutions. 5. Intersection (shoulder hold or upper arm hold) – any fwd or bwd intersection with a turn at the point of intersection – e.g. mohawk or 3-turn.

Well balanced program to include circle, line, block, wheel, intersection and transition as per each test requirement.

Adult

General Guidelines

- For skaters over 18 years
- Elements may be skated in any order
- A 0.2 deduction will be taken if elements from a higher level are skated
- Skaters will be judged on technical elements and presentation

Adult Basic - Intermediate

- to be skated on half ice
- Background music supplied by competition organisers
- Time: 1 minute or less

Free Skate

- to be skated on full ice
- The skater supplies their own music. Vocal music is NOT allowed
- Program duration: 1:30 minute +/- 10 seconds

Required Elements

Adult Basic	1. Fwd 2-foot glide on a curve (R&L) 2. Fwd swizzles (6-8 in a row) 3. Bwd swizzles (6-8 in a row)	4. Bwd 2-foot glide (1 metre) 5. Moving snowplough stop
Adult Novice	1. Fwd slalom 2. Bwd slalom 3. Fwd 1-foot glides (R&L)	4. Fwd ½ swizzle pumps on a circle (6-8 in a row), CW & ACW
Adult Intermediate	1. Fwd crossovers (CW & ACW) 2. Bwd crossovers (CW & ACW) 3. FI open Mohawk (R-L & L-R)	4. Tap toe jump (R&L) 5. 2-foot spin (correct entry and exit; 3 revs)
Adult Free Skate	1. Fwd cross-leg/scratch spin (min 3 revs) 2. Waltz jump 3. Toe loop jump	4. Fwd & Bwd Spirals (O&I edges) 5. Fwd power 3 turns (R&L)