

# Aussie Skate™ Competition Division Guidelines and Required Elements



## General Guidelines for Competitors

- All competitors must be a registered member of the Aussie Skate program. Some competitions may also require the competitor to be a member of a skating club and/or State Association.
- Skaters will be judged on technical elements, skating skills and presentation
- Deductions may be applied for falls and illegal elements (eg elements from higher level).
- Elements must be performed as per descriptions and video examples on the Aussie Skate App.
- Competition organisers may organise divisions at each level by age for levels Aussie Skate 1 and above. This should take into account the ages of skaters and whether they are children or adults. Suggested age division split may be:
  - Under 10
  - 11-13
  - 14-17
  - Over 18
- Splitting events by gender is at the discretion of competition organisers.
- Skaters who have passed the ISA Preliminary Test but no higher, at close of entries may compete at Aussie Skate level provided:
  1. They have not competed at Preliminary Level in competition, AND
  2. For Pair and Ice Dance, only one partner has passed the Preliminary Test, AND
  3. For Synchronized Skating they have only competed in a Basic Novice or Advanced Novice team, AND
  4. A maximum of 75% of an Aussie Skate synchronized team on the ice in competition has not passed the Preliminary Test or higher.

In the event that any calculation results in a fraction of less than one whole team member, the result will be rounded up in the event that the fraction is 0.5 or more, and rounded down when the fraction is less than 0.5.

## Introduction to Skating (Tots 2 – Aussie Skate 10)

### General Guidelines

- To be skated on half ice. The ice should be separated by witches hats or cones.
- Warm ups – competition organisers may choose to warm up by either:
  - Using half ice for a continual warm-up while half is used for competition. Skaters will take ice 3 minutes before they compete.
  - Two competitions run concurrently with a 3 minute warm up group.
- The size of warm-ups can have up to 8 skaters per group for a full size (30mtr x 60mtr) rink. Smaller rinks should determine group sizes to ensure the safety of all skaters.
- Background music to be supplied by competition organisers. The music should not detract from the performances of the skaters. It is recommended using instrumental music without vocals.
- Program Duration – as per division
- Programs must be skated according to the order of elements in this document.
- There are Competition Patterns which are suggested layouts. The patterns are designed to ensure only competition elements are completed. Patterns may commence anywhere within the competition ice surface.
- There is no Tiny Tots 1 competitive division. Competition organisers may allow skaters do an exhibition using moves from the Tiny Tots 1 curriculum.
- For Tiny Tot divisions, at the discretion of competition organisers, coaches may be allowed on the ice to guide the skater through their program.
- For divisions Tiny Tots and Basic, skaters are not expected to cover the full competition ice space.
- Competition organisers may offer skaters the opportunity to perform an exhibition. Check with the competition organiser if this is offered.

Required Elements		
<b>Tots 1</b>	Tots 1 does not have a competitive division. However organisers may offer skaters an opportunity to do an exhibition skate.	
<b>Tots 2</b> Program Time: 1 minute	1. 2 Foot Hop 2. Fwd 2-foot Glide Curve ACW 3. March Forward (8-10 steps)	4. Dip Moving 5. Fwd 2-foot Glide Curve CW 6. Fwd Swizzles (3-5 in a row)
<b>Tots 3</b> Program Time: 1 minute	1. Marching in Circle on spot 2. Fwd Swizzles (6-8 in a row) 3. Fwd 1-Foot Glide Left	4. Fwd 1-Foot Glide Right 5. Bwd Swizzles (6-8 in a row) 6. Moving Snowplow Stop
<b>Aussie Skate 1</b> <b>Frmly Basic 1</b> Program Time: 1 minute	1. Dip in Place 2. March Forward across ice 3. Fwd 2-foot Glide (1 metre)	4. Fwd Swizzles (6-8 in a row) 5. Bwd Wiggles (6-8 in a row)
<b>Aussie Skate 2</b> <b>Frmly Basic 2</b> Program Time: 1 minute	1. Dip while Moving 2. Fwd 2-Foot Glide Curve Left 3. Fwd 2-Foot Glide Curve Right	4. Moving Snowplow Stop 5. Bwd Swizzles (6-8 in a row) 6. Bwd 2-Foot Glide (1 metre)
<b>Aussie Skate 3 &amp; 4</b> <b>Frmly Novice 1</b> Program Time: 1 minute <b>Test Requirement</b> Skater must have passed both AS 3 & 4 tests to compete	1. Fwd stroking, correct use of blade 2. Fwd slalom 3. Fwd 1-foot glides (R&L)	4. Bwd 1-foot Glides (R&L) 5. 2-foot Spin (2 rev)
<b>Aussie Skate 5 &amp; 6</b> <b>Frmly Novice 2</b> Program Time: 1 minute 30 seconds <b>Test Requirement</b> Skater must have passed both AS 5 & 6 tests to compete	1. Fwd Crossovers (CW & ACW) 2. Bwd Stroking 3. Bwd Slalom	4. Bwd ½ Swizzle pumps on a circle (6-8 in a row, CW & ACW) 5. 2-foot Turn from Fwd to Bwd Moving (CW & ACW)
<b>Aussie Skate 7 &amp; 8</b> <b>Frmly Intermediate 1</b> Program Time: 1 minute 30 seconds <b>Test Requirement</b> Skater must have passed both AS 7 & 8 tests to compete	1. Bwd Crossovers (CW & ACW) 2. BO Edge on a Circle (R&L) 3. BI Edge on a Circle (R&L)	4. 2-foot Turn Bwd to Fwd (CW & ACW) 5. FI Open Mohawk (R-L & L-R)
<b>Aussie Skate 9 &amp; 10</b> <b>Frmly Intermediate 2</b> Program Time: 1 minute 30 seconds <b>Test Requirement</b> Skater must have passed both AS 9 & 10 tests to compete	1. FO Circle Stroking (CW or ACW) 2. FI Circle Stroking (alternate direction from FO Circle Stroking) 3. FI Pivots (R&L)	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 allowed.
- Program duration for all divisions: 1:30 minute +/- 10 seconds
- Elements may be skated in any order. Each element must be skated only once. Repeated elements will not be judged or given credit.
- Elements are not restricted as to length of glides, number of revolutions, etc unless stated
- The skater must demonstrate the required elements. They may use elements from previous levels, however these will not be judged.
- Skaters must have passed both Parts A and B of the relevant free skate level to compete in Free Skate competition. Please refer to curriculum for requirements.
- For skaters competing in Free Skate events, they may have completed Part A of the next level they are competing in. However they cannot complete Part A of any further levels.

### Required Elements

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

## Pair Skating Events 1-4

### General Guidelines

- To be skated on full ice
- The pair supplies their own music. Vocal music is 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. Each element should be skated only once. Repeated elements will not be judged or given credit.
- Elements are not restricted as to length of glides, number of revolutions, etc unless otherwise stated
- The pair must demonstrate the required elements. They may use elements from previous levels, however these will not be judged.

### Required Elements

Pair 1-2	<ol style="list-style-type: none"><li>1. Advanced fwd crossovers in figure 8 hand to hand hold</li><li>2. Bunny hops side by side</li><li>3. Cross leg/scratch spin side by side (3 rev)</li></ol>	<ol style="list-style-type: none"><li>4. Advanced bwd crossovers in figure 8 hand to hand hold</li><li>5. Waltz jump / toe loop jump combination side by side</li><li>6. Pair circling spin (1-foot position)</li></ol>
Pair 3-4	<ol style="list-style-type: none"><li>1. Bwd pull spiral</li><li>2. Sit spin side by side</li><li>3. Loop jump side by side</li></ol>	<ol style="list-style-type: none"><li>4. Pair camel spin in Killian position</li><li>5. Flip or Lutz jump side by side</li><li>6. Loop lift</li></ol>

## Ice Dancing Events 1-4

### General Guidelines

- To be skated on full ice
- All dancers are to complete one full lap of the rink – sequences listed below
- Solo dancers or couples are eligible to compete. Couples and solo dancers must be separate divisions. However couples and solo dancers can warm up in the same group.
- Music to be used: ISU Ice Dance music provide by competition organisers
- Warm-up: 1 minute without music, 2 minutes with music
- Components to be judged: Skating Skills, Presentation and Timing
- Dance Patterns can be found at <https://www.isa.org.au/ice-dance-technical>. Refer to section ISA Ice Dance Patterns.

### Requirements

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

## Synchronized Skating Events 1-4

### General Guidelines

- Program duration: 2 minutes +/- 10 seconds
- Warm-up: 1 minute
- Teams supply their own music. Vocal music is allowed
- Elements may be skated in any order
- All teams can use the full ice. Synchro 1 and 2 teams are not required to use the full ice. Synchro 3 and 4 should utilize the full ice.
- Deductions will be taken for elements from a higher level are performed. This includes features, formations, skating direction, point of intersection or step sequence.
- Teams will be judged on technical elements and presentation
- Program elements must be skated according to the Aussie Skate™ Instructor's Manual 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 level
- Double teaming is allowed up to a maximum of 25% of the team. Skaters may only double team in their current class level or above. Double teaming below current class level is not permitted.

### Required Elements

#### Synchronized 1

(4-8 skaters)

Half Ice

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><b>Synchronized 2</b> (6-12 skaters) Half Ice</p>	<ol style="list-style-type: none"> <li>1. <b>Circle</b> (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.</li> <li>2. <b>Line</b> (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.</li> <li>3. <b>Block</b> (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.</li> <li>4. <b>Wheel</b> (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.</li> <li>5. <b>Intersection</b> (shoulder hold or upper arm hold) – fwd 2 line or backward v intersection with point of intersection on 2 feet.</li> </ol>
<p><b>Synchronized 3</b> (6-12 skaters) Full Ice</p>	<ol style="list-style-type: none"> <li>1. <b>Circle</b> (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.</li> <li>2. <b>Line</b> (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.</li> <li>3. <b>Block</b> (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).</li> <li>4. <b>Wheel</b> (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.</li> <li>5. <b>Intersection</b> (shoulder hold or upper arm hold) – any bwd intersection with point of intersection on 1 or 2 feet.</li> </ol>



<p><b>Synchronized 4</b> (6-12 skaters) Full Ice</p>	<ol style="list-style-type: none"> <li>1. <b>Circle</b> (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.</li> <li>2. <b>Line</b> (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.</li> <li>3. <b>Block</b> (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.</li> <li>4. <b>Wheel</b> (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.</li> <li>5. <b>Intersection</b> (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.</li> </ol>
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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
- Skaters must demonstrate the required elements. Skaters may use elements from previous levels, however these will not be judged.
- Program Duration: As listed below

### Adult 1 to 3 – Program Requirements

- To be skated on half ice using set patterns.
- Elements must be completed in the order as listed. There are patterns available which have a suggested program layout.
- Background music supplied by competition organisers

### Adult Free Skate - Program Requirements

- To be skated on full ice
- Skater supplies their own music. Vocal music is allowed

### Required Elements

<b>Adult 1</b> Time: 1 minute	<ol style="list-style-type: none"><li>1. Fwd 2-foot Glide on a curve (CW)</li><li>2. Fwd Swizzles (6-8 in a row)</li><li>3. Fwd 2-foot Glide on a curve (ACW)</li><li>4. Moving Snowplow Stop</li><li>5. Bwd Swizzles (6-8 in a row)</li><li>6. Bwd 2-foot Glide (1 metre)</li></ol>
<b>Adult 2</b> Time: 1 minute	<ol style="list-style-type: none"><li>1. Fwd ½ Swizzle Pumps on a circle (6-8 in a row, ACW &amp; CW)</li><li>2. Fwd 1-foot Glides (R)</li><li>3. Fwd Slalom</li><li>4. Fwd 1-foot Glides (L)</li><li>5. Bwd Slalom</li></ol>
<b>Adult 3</b> Time: 1 minute 30 seconds	<ol style="list-style-type: none"><li>1. Tap Toe Jump (L)</li><li>2. Tap Toe Jump (R)</li><li>3. Fwd Crossovers (ACW)</li><li>4. Fwd Crossovers (CW)</li><li>5. FI Open Mohawk (R-L)</li><li>6. Bwd Crossovers (ACW)</li><li>7. FI Open Mohawk (L-R)</li><li>8. Bwd Crossovers (CW)</li><li>9. 2-foot Spin (correct entry and exit, 3 revs)</li></ol>

## Adult Free Skate Divisions

Time: 1 minute 30 seconds

NOTE: These are different divisions to Adult Copper. Refer to ISA By-Law Section 5 for rules. Skaters who choose to do Adult Copper are skating in ISA levels and should be an appropriate member of the relevant State Association.

<p><b>Adult Free Skate 1</b></p>	<ol style="list-style-type: none"> <li>1. Forward Inside Pivot (L or R, 1-2 revs without stopping)</li> <li>2. Lunge (L or R)</li> <li>3. Forward Outside Spirals (R or L, approximately 3 sec)</li> <li>4. Waltz jump from back crossover entry</li> <li>5. Salchow Jump</li> <li>6. Half Flip Jump</li> <li>7. Forward Spin in Cross Leg Position (3 revs)</li> </ol>
<p><b>Adult Free Skate 2</b></p>	<ol style="list-style-type: none"> <li>1. Back Inside Pivot (L or R, 1-2 revs without stopping)</li> <li>2. Back Outside Spiral (L or R, approximately 3 sec)</li> <li>3. Choose one of the following: <ul style="list-style-type: none"> <li>• Backward Spin in Cross Leg Position (3 revs)</li> <li>• Change of foot upright spin (3 revs each foot - foot crossed on each spin)</li> </ul> </li> <li>4. Choose one of the following: <ul style="list-style-type: none"> <li>• Camel Spin (3 revs)</li> <li>• Sit Spin (3 revs)</li> </ul> </li> <li>5. Toe Loop Jump</li> <li>6. Choose one of the following: <ul style="list-style-type: none"> <li>• Loop Jump</li> <li>• Flip Jump</li> <li>• Lutz Jump</li> </ul> </li> </ol>