



Lee Valley London Skating Club

Synchronized Skating Opens

ISU categories to be skated: Senior, Junior, Advanced Novice, Basic Novice A & Basic Novice B.

National categories to be skated: Juvenile, Elementary, Preliminary, Mixed Age, Adult, Advanced Novice B, Junior B & Senior B.

Monday 5th November 2018

**LEE VALLEY ICE CENTRE
LEA BRIDGE ROAD
LEYTON, E10 7QL**

CLOSING DATE FRIDAY 5TH OCTOBER 2018

Enquires: Rio Sully; rio_sully16@live.co.uk

Website: www.leevalleylondonskatingclub.co.uk



TECHNICAL DATA

Team composition, Criteria & Test Requirements

ISU Categories

Category	Programme Time	Requirements	Min-Max No Skaters and max of 4 alternates	NISA FM Levels Minimum Requirements	Ages by/before 1st July 2017
Senior	Short Programme : 2 min 50 secs(Max) Long Programme : 4 min (-/+10 Secs)	Per ISU	16 (+4 Alts)	Max of 25% Level 3/4 FM Max of 50% Level 5/6 FM Min of 25% Level 7 and above.	Must have reached 15 yrs or over by July 1st 2018
Junior	Short Programme : 2 mins 50 secs (Max) Long Programme : 3 mins 30 secs (-/+ 10 secs)	Per ISU	16 (+4 Alts)	Max of 25% Level 2/3 FM Max of 50% Level 4/5 FM Min 25% Level 6 and above	Must have reached 13 yrs but not 19 yrs by July 1st 2018
Advanced Novice	Free Programme : 3 mins (+/- 10 secs)	Per ISU	16 (+4 Alts)	Max of 25% Level 1 FM Max of 50% Level 3 FM Min of 25% Level 5 and above	Must have reached 10 yrs but not 15 yrs by July 1st 2018
Basic Novice A	Free Programme : 3 mins (-/+ 10 secs)	Per ISU	12 (+ 4 Alts)	Max of 50% Level 1 FM Min of 50% Level 3 FM and above	Must have reached 10 yrs but not 15 yrs by July 1st 2018
Basic Novice B	Free Programme : 3 mins (-/+ 10 secs)	Per ISU	16 (+4 Alts)	Max of 50% Level 1 FM Min of 50% Level 3 FM	Must have reached 10 yrs but not 15 yrs by July 1st 2018

NON-ISU Categories

For **ALL Non-ISU categories** the rule of 80% / 20% age rule applies to the total number of skaters involved. At least 80% of those actually performing the programme in the event must meet the age category while 20% or less may be outside the age criteria of the category.

Senior NISA Category B	Short Programme : 2 min 50 sec (Max) Free Programme - 4 mins (-/+10 secs)	Per ISU	12-16 (+4 Alts)	25% of the team may have Level 3 or 4 FM The remainder of the team must have Level 5 FM and above.	Of the members of the team actually performing the programme, if the team comprises of 12, 13 or 14 skaters – 2 skaters with no age restrictions are allowed. If the team comprises of 15 or 16 skaters – 3 skaters with no age restrictions are allowed. Balance of the team must have reached 15 yrs or over by July 1st 2018
Junior NISA Category B	Short Programme : 2 mins 50 secs (Max) Free Programme : 3 mins 30 secs (-/+ 10 secs)	Per ISU	12-16 (+4 Alts)	25% of the team may have Level 2 or 3 FM The remainder of the team must have Level 4 FM and above.	Of the members of the team actually performing the programme, if the team comprises of 12, 13 or 14 skaters – 2 skaters with no age restrictions are allowed. If the team comprises of 15 or 16 skaters – 3 skaters with no age restrictions are allowed. Balance of the team must have reached 13 yrs but not 19 yrs by July 1st 2018
Advanced Novice B	Free Programme : 3 mins(-/+ 10 secs)	Per ISU	12-16 (+4 Alts)	Max of 25% Level 1 FM Max of 50% Level 3 FM Min of 25% Level 5 FM	Must have reached 10 years but not 15 years before 1 st July 2018
Juvenile	Free Programme : 3 mins(-/+ 10 secs)	Advanced Novice	9-16 (+4 Alts)	N/A	Must not have reached 13 years before 1 st July 2018
Elementary	Free Programme : 3 mins (-/+ 10 secs)	Basic Novice	9-16 (+4 Alts)	No more than 2 members of the team may have Level 2 FM or higher	Must not have reached 16 years before 1 st July 2018
Preliminary	Free Programme : 3 mins(-/+ 10 secs)	Advanced Novice	9-16 (+4 Alts)	No more than 50% of the team may have Level 2 FM or higher	Must not have reached 21 years before 1 st July 2018
Mixed Age	Free Programme : 3 mins(-/+ 10 secs)	Advanced Novice	12-16 (+4 Alts)	Min 50% of the team must hold a Level 2 or higher	Must have reached 10 years or over before 1 st July 2018
Adult	Free Programme : 3mins(/+ 10 secs)	Adult	8-16 (+4 Alts)	N/A	Must have reached 18 years with 50% of the team over 25 years before 1 st July 2018.

ISU Criteria All Categories.

For Senior and Junior categories refer to ISU Synchronized Rules and Regulations 2018 and subsequent updates as applicable. For the Elementary category the requirements are as Basic Novice and any subsequent updates. All other non-ISU categories will follow Advanced Novice requirements and any subsequent pertinent ISU Communications

The composition of Teams and rules for ISU Categories will be as for the ISU Synchronized Skating Rules and Regulations 2018 and any subsequent pertinent ISU Communications.

All competitions will be run under the ISU rules as per **SPECIAL REGULATIONS & TECHNICAL RULES SYNCHRONIZED SKATING 2018** and any subsequent communications.

No team may compete in more than one category.

No team may comprise of more than 50% skaters who are competing in another team. I.e. teams may have up to 50% crossovers.

Only those skaters whose names are listed on the registration forms will be allowed to skate. Before an Alternate may be substituted into a team the Organiser or Referee must be informed.

MUSIC:

All teams shall furnish competition music of excellent quality in CD format. Tapes and other formats will not be accepted. The discs should show the exact running time of the music (not skating time), which shall be certified by the Team and Coach, when submitted at the time of registration. Each programme (Short / Free) must be recorded on one track on a separate disk. Teams must provide a back-up disc for each program. (See ISU 2018 Rules)

The titles, composers and orchestras of the music to be used for the Short and Free Skating programs must be listed for each team on the official Music Information Form which forms part of the entry form.

In accordance with ISU 2018 Rules, all discs must:

- a) Be properly inserted in their original container.
- b) Be clearly identified with the name of the Team.
- c) Indicate the type of programme (Short Programme / Free programme)
- d) Show the exact running time of the music (not the skating time).

ENTRY REQUIREMENTS

Age: Teams must meet the age requirements as set out in the Technical Data.

Test Levels: Teams must meet the Field Move requirements as set out in the Technical Data

Coach Accreditation: A maximum of two Licensed Coaches per Team may receive rink-side accreditation.

ENTRY FEES

Entry fee £325 per team

A discount of £25 per team will apply to those clubs entering more than one team.

1 Team	£325
2 Teams	£300 per team
3 Teams	£275 per team
4 + Teams	£250 per team

CLOSING DATE.

Fully completed entry forms and payment must be received by LVLSC by the closing date.

ANY INCOMPLETE ENTRY FORMS WILL BE REJECTED AND RETURNED FOR AMENDMENT

Entry forms to be emailed to Rio Sully at;
Rio_sully16@live.co.uk

LVLSC will acknowledge receipt of a correctly and fully completed entry form by sending an e-mail to the Coach /Team Manager giving a receipt of entry number.

Closing Date for entries 5TH October 2018

Team Photos

Please submit a team photograph clearly marked by team name and category to be included in the competition programme with the entry forms.

Draw

The draw for order of skate will be conducted by a random number programme on Saturday 6th October 2018.