



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).

Introduction to Skating (Tots 2 – Aussie Skate 10)

General Guidelines

- To be skated on half ice
- Background music to be supplied by competition organisers
- Program Duration – listed below
- Programs must be skated according to the set program patterns and elements completed in the order as listed
- There is no Tiny Tots 1 competitive division. Competition organisers may allow skaters do an exhibition using moves from the Tiny Tots 1 curriculum as per the Aussie Skate Instructor's Manual.
- For Tiny Tot divisions, at the discretion of competition organisers, coaches may be allowed on the ice to guide the skater through their program.

Required Elements

Tots 1	Tots 1 does not have a competitive division. However organisers may offer skaters an opportunity to do an exhibition skate.	
Tots 2 Program Time: 1 minute	1. Dip while moving 2. Fwd Swizzles (3-5 in a row) 3. 2-foot Hop in place/jump on spot	4. March Forward (8-10 steps) 5. Fwd 2-foot Glide on a curve (R&L)
Tots 3 Program Time: 1 minute	1. Fwd 1-foot Glide (R&L) 2. Fwd Swizzles (6-8 in a row) 3. Bwd Swizzles (6-8 in a row)	4. Marching in a circle on spot 5. Moving Snowplow Stop
Aussie Skate 1 Frmly Basic 1 Program Time: 1 minute	1. Dip in Place 2. March Forward across the ice 3. Fwd 2-foot Glide (1 metre)	4. Fwd Swizzles (6-8 in a row) 5. Bwd Wiggles (6-8 in a row)
Aussie Skate 2 Frmly Basic 2 Program Time: 1 minute	1. Dip while Moving 2. Bwd Swizzles (6-8 in a row) 3. Bwd 2-foot Glide (1 metre)	4. Fwd 2-foot Glide on a curve (R&L) 5. Moving Snowplow Stop
Aussie Skate 3 & 4 Frmly Novice 1 Program Time: 1 minute Test Requirement 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)

<p>Aussie Skate 5 & 6 Frmly Novice 2</p> <p>Program Time: 1 minute 30 seconds</p> <p>Test Requirement Skater must have passed both AS 5 & 6 tests to compete</p>	<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 (CW & ACW)
<p>Aussie Skate 7 & 8 Frmly Intermediate 1</p> <p>Program Time: 1 minute 30 seconds</p> <p>Test Requirement Skater must have passed both AS 7 & 8 tests to compete</p>	<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)
<p>Aussie Skate 9 & 10 Frmly Intermediate 2</p> <p>Program Time: 1 minute 30 seconds</p> <p>Test Requirement Skater must have passed both AS 9 & 10 tests to compete</p>	<ol style="list-style-type: none"> 1. FO Circle Stroking (CW or ACW) 2. FI Circle Stroking (alternate direction from FO 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 allowed.
- Program duration: 1:30 minute +/- 10 seconds
- 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 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.

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) Bl 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 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">1. Advanced fwd crossovers in figure 8 hand to hand hold2. Bunny hops side by side3. Cross leg/scratch spin side by side (3 rev)	<ol style="list-style-type: none">4. Advanced bwd crossovers in figure 8 hand to hand hold5. Waltz jump / toe loop jump combination side by side6. Pair circling spin (1-foot position)
Pair 3-4	<ol style="list-style-type: none">1. Bwd pull spiral2. Sit spin side by side3. Loop jump side by side	<ol style="list-style-type: none">4. Pair camel spin in Killian position5. Flip or Lutz jump side by side6. Loop lift

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>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.
<p>Synchronized 3 (6-12 skaters) Full Ice</p>	<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.

<p>Synchronized 4 (6-12 skaters) Full Ice</p>	<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.
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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.
- Programs must be skated according to the set program patterns and elements completed in the order as listed
- 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

Adult 1 Time: 1 minute	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 Snowplow Stop
Adult 2 Time: 1 minute	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 3 Time: 1 minute 30 seconds	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 Time: 1 minute 30 seconds	1. One Spin – choose from either <ul style="list-style-type: none">• Forward Cross-leg/Scratch Spin• Back Spin• Sit Spin• Camel Spin (min 3 revs) 2. One jump from either (only the first jump will be counted) <ul style="list-style-type: none">• Toe Loop• Salchow• Loop Jump 3. Waltz Jump 4. Fwd & Bwd Spirals (1 of each type. Must be on different feet) 5. Fwd power 3 turns (R&L)	