**Eric Frost Spin, Spiral & Jump Competition February 9, 2019 – Category Breakdown**

**SNOWFLAKE CATEGORY**

Entry requirements:

* Aged 4 - 15 years
* Must be working towards NICe 2 or Skate UK level 8
* Skater must not hold any of the Skate UK Star levels

Routine requirements:

Skaters are required to perform a routine (max 40 seconds) consisting of the following elements:

* Bunny hop-drag
* Forward 1 foot balance. Free leg in any position (min 3 seconds)
* Two foot spin (min 3revs)

**ICICLE CATEGORY**

Entry requirements:

* Aged 4 - 15 years
* Must have passed NICe 2/Skate UK level 8 and be working towards completing Skate UK Star levels
* Must not have passed Skate UK Star gold or competed at a NISA open competition

Routine requirements:

Skaters are required to perform a routine (max 40 seconds) consisting of the following elements:

* Any single jump up to 1Lo - please note, 3 jump is not a listed jump. Only 1S, 1T, 1Lo will be considered
* Any basic position spin from correct entry (min 3revs)
* Forward spiral on a curve - knee above hip height, this may be supported or unsupported (min 3 seconds).

**GLACIER CATEGORY**

Entry requirements:

* Aged 4 - 15 years
* Must have completed Skate UK Star Figure, Gold - working towards NISA level 1 and may be competing at NISA beginner competitions. (May have passed NISA level 1 Field Moves)

Routine requirements:

Skaters are required to perform a routine (max 40 seconds) consisting of the following elements:

* Any single jump from 1Lo, 1F, or 1Lz
* Any basic position spin from correct entry – variations allowed (min 3 revolutions)
* Any spiral on a curve - supported or unsupported, forwards or backwards (min 3seconds)

**FROST CATEGORY**

Entry requirements:

* Aged 4 - 15 years
* Must have competed at a NISA competition (may hold NISA level tests)
* Must not have passed NISA level 3 elements and/or free - no upper field move limit

Routine requirements:

Skaters are required to perform a routine (max 40 seconds) consisting of the following elements:

* Any listed jump in combination.
* Any combination spin - change of foot and variations allowed (min 2 positions and 6 revs total)
* Any spiral on a curve - supported or unsupported, forward or backwards (min 3seconds)

**Please note:** Skaters are to devise their own routines to last no longer than 40 seconds. Coaches may assist with making up routines but should not choreograph them entirely.

Credit will be given for more difficult jumps and quality of execution. Any extra elements will not be included in final score.