

### MIF Tests: Some Remarks

1. Skaters will warm up in groups of maximum 6 skaters. WARM up 4 minutes for each test.
2. From preliminary mif on, skaters will be divided into groups of minimum two and maximum 3 skaters and will skate the first half of the test. After conclusion of the complete first half of the test from all the competitors, the judges will decide who will participate in the second part of the test.
3. Up the intermediate level the skater will skate the whole test , element after element. Then the next skater will complete his test.
4. Mif tests will be marked with the 6.0 system
  - With the following scales 0= not skated, 1.0 = very poor, 2.0 = poor, 3.0 = mediocre, 4.0 = good, 5.0 = very good, 6.0 = outstanding performance.
  - Decimals to one place are permitted as further intermediate values (e.g. 3.8, 4.4, 5.9)
5. MIF will be marked on a scale of from 0 to 6 with the exception of the pre-preliminary, which will receive a “pass” or “retry” only
6. In order to pass a MIF, a candidate shall have received a passing total or a “pass” for the entire test from a majority of the judges.
7. In order for MIF to pass, no serious errors, following reskated elements, as defined below may be present:
  - A. Serious errors in MIF are
    1. A fall
    2. A touchdown of the hand or free foot needed to save the skater from falling
    3. Omission of an element
  - B. Mandatory errors in MIF require a deduction of 0.1 and do not require a reskate of the element in question in order to pass the test. Mandatory elements are:
    1. Exceeding the seven introductory steps
    2. Not starting from a standing, stationary position
8. If after completion of the whole test an element is required to be reskated , the judges shall inform the skater which element they want to see again. Only one element can be reskated if necessary. If the reskating of an element is unnecessary to pass or fail the test, it won't be demanded.
9. A fall during the test means an immediate retry. There will be no other repeated element allowed at the end of the test.
10. The elements of MIF shall be skated in order as set forth in the schedule of tests
11. The referee will give a signal to the skater when he/she is allowed to start the next testelement.
12. The pattern has to be followed and executed according to the pattern showed in the rulebook.
13. When the skater has completed her/his test, she/he will return to her/his coach and wait there to see if she/he is asked by the judges to reskate an element. Reskates, if necessary, will be asked after the evaluation by the judges.
14. At the end of each warm up group, all skaters will come to the referee who will tell them if they passed the test or not. They will receive a written feedback

15. No more vocal comments will be given at the end of the complete test session since the skaters receive a written feedback.
16. MIF must be commenced from a standing, stationary position with a maximum of seven (7) introductory steps unless specified otherwise
17. If a skater starts a move on the wrong foot or skates a move other than that prescribed, the referee must draw attention to the mistake as soon as possible. The mistake must be treated as a false start. Such fresh start must be allowed only once without penalty, for a second fresh start, if incorrectly executed, the judges must deduct 0.1 from the mark that they would have given otherwise
18. An effortless, flowing and graceful execution should be achieved. Within the limits of the following rules, complete freedom is permitted to the skater:
  - a. The head should be carried in an upright position, relaxed and held naturally
  - b. The upper body should be upright but not stiff
  - c. The arms should be held gracefully
  - d. The free leg should be extended, with the toe pointed
19. The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, the skater is permitted complete freedom with respect to arm and free leg positions.
20. MIF must be skated with good edges, control, flow, extension, carriage and rhythm
  - a. An even speed should be maintained throughout
  - b. Maximum utilization of the ice surface is desirable. Ice coverage must not be obtained by the use of flat or shallow edges.
21. In assigning marks, the following must be considered:
  - a. Accuracy: the correct start, steps and adherence to the general pattern
  - b. Edge quality: initiated through proper body alignment over the skating foot, creating a stable arc that travels uninterrupted until a required transition takes place; Depth of edge refers to the acuteness of the arc and is created by the lean of the body and the angle of the blade, when it takes the ice. Good edge quality results in a confident, sure and controlled movement.
  - c. Turn quality: the proper skill and technique of how to turn should be performed. The correct entry and exit edges are to be adequate and maintained throughout the turn for its identification
  - d. Extension: the general carriage should be erect, characterized by an extended bodyline; The angle of the head follows naturally from the line of the back, the arms should be naturally extended with the shoulders down and back. The skater's hands should follow the line of the movement being executed. The final extended position should be executed in a controlled manner and should achieve the maximum length of all body lines
  - e. Quickness: quickness refers to foot speed. It is precise, rapid and crisp execution of turns, changes of edge and transitions. Quickness does not refer to the overall pace at which the move is skated, although in some moves the foot speed will result in a brisk and continuous cadence. Refinements to acknowledge include quick movement that is quiet, fluid and continuous without disturbing the proper and erect carriage of the upper body or interrupting the established rhythm.

- f. Power: The creation and maintenance of speed and flow without visible effort. It is developed by a continuous rise and fall of the skating knee together with the pressure of the edge of the blade against the ice; (The skater should demonstrate the ability to exert equal pressure against the surface of the ice on both right and left foot.) End products of power are (1) velocity, speed or pace, (2) flow across the ice and (3) acceleration.
- g. Continuous flow: the skater's ability to maintain a consistent and undisturbed running edge across the ice. Flow does not necessarily relate to the speed at which the skater is traveling as it is sometimes best recognized as the skater starts to slow
- h. Posture/carriage: the proper alignment of the hips, back arms and shoulders and head over the skate. Unless eth move requires a variation, typically the skater's back should be straight, with the spine and head perpendicular to the surface of the ice. The arms should be extended out from the shoulders and level an relaxed. The free leg should be in a straight line and slightly turned out from the free hip to the free toe.
- i. Bilateral movement: the ability to execute movements on both side of the body, clockwise and counterclockwise, forward and backward.

22. Pre- preliminary:

- One (1) element may be repeated
- Pass/retry per element
- Pass /failed test in total

Preliminary:

- One (1) element may be repeated
- Passing total 12.5
- Passing average (per element): 2.5

Prejuvenile:

- One (1) element may be repeated
- Passing total: 16.2
- Passing average: 2.7

Juvenile:

- One (1) element may be repeated
- Passing total: 12
- Passing average: 3

Intermediate:

- One (1) element may be repeated
- Passing total 19.2
- Passing average: 3.2

Novice

- One (1) element may be repeated
- Passing total 24.5
- Passing average: 3.5

Junior

- One (1) element may be repeated
- Passing total: 24
- Passing average: 4.0

Senior

- One (1) element may be repeated

- Passing total 22.5
- Passing average 4.5

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## **Showcompetition singles**

### **1. Categories**

The category individual showprograms is divided in 3 subcategories, all age depending.

The content of the program is free with the exception of jumps for which some rules apply.

- All jumps up to 1lz are allowed. Jump technique isn't a part of the judging.
- All spins are free
- All steps are free
- All spirals are free.

Length of the program, minimum 2 minutes, maximum 3 minutes +/- 10 sec.

The subcategories are

- Minis (up to 10 years)
- Novice (11 to 15 years)
- Senior (16 to 35 years)

As with all age rules, July 1st is the date to keep in mind for setting the category.

Warm up for each category: 4 minutes.

### **2 judging**

#### **2.1 judges**

The programs are judged by panels from either 3 or 5 national judges

#### **5 national judges**

- judge 1: skating skills/transitions
- judge 2: performance/execution
- judge 3: choreography/composition
- judge 4: interpretation
- judge 5: overall impression and referee

#### **3 national judges**

- judge 1: skating skills/transitions\*/ overall impression/referee
- judge 2: performance/execution, interpretation of chosen Music and theme
- judge 3: choreography/composition

All judges give a mark on the designated topics

The referee gives, when recognised the necessary deductions.

#### **2.2 definition of the judging.**

All judging is given in marks ranking from 0 to 10, subdivided with, 0.25, 0.5, 0.75 (similar to njs from the ISU)

The marks from all the judges are added up to get the final result. In case of a tie for 1, 2 or third place marks for 1) performance/execution 2) choreography/composition and interpretation will be the deciders.

During the competition, the judging is closed format. The referee collects from all the judges the papers with their notes and gives a total to the announcer/speaker for the competition.

#### **2.3 deductions**

- forbidden elements – 0.25
- fall: medium: skater falls for long time -0.3
  - Minor: skater stumbles -0.1
- clothing deduction: - 0.5
- when programs is longer than allowed, referee gives a signal to the judges and at that point judging will be stopped

#### 2.4 general

In case a skater, during the presentation of the program, suffers from costume or material malfunction, he/she has to start again from the point of interruption. When the judges find that it interrupted the program , it will be noted so in the marks for composition.

**Last Update 08.05.2014**

**Regulations for national competitions.**

**B-CATEGORY COMPETITIONS**

**Miniemen**

**Free Skating 2.30 min +/- 10 sec**

**Warming up 4 minutes**

**A well balanced Free Skating program for Singles girls and boys must contain:**

- a) Maximum of 4 jump elements for Girls and Boys. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Jumps cannot be included more than twice in a free program. If at least one of these executions is in a jump combination of a jump sequence, both executions are evaluated in a regular way. If both executions are as a solo jump, the second of these solo jumps will receive 70% of its original base.
- a)
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with no change of foot (minimum of six (6) revolutions in total) and one spin with no change of position and no change of foot (minimum of six (6) revolutions in total).
- c) There must be a maximum:  
for boys and girls of one choreosequence according to isu novice a regulations.

The Program Components are only judged in:

- Skating Skills
- Performance/Execution

**Levels explanations:**

For Miniemen Singles in all elements, which are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Fall 0.5 pt

## **Novices A**

See all latest ISU regulations and communications Novice A

## **Novices B**

See all latest ISU regulations and communications Novice B

## **Advanced novices**

See all latest ISU regulations and communications Advanced Novices

## **Juniors**

See all latest ISU regulations and communications Juniors

## **Seniors**

See all latest ISU regulations and communications Seniors

**Last Update 08.05.2014**

**Communication /2011 - Regulations for National Championships.**

**A-CATEGORY COMPETITIONS**

**Miniemen**

**Has not reached the age of 10 by July 1<sup>st</sup> preceding the competition**

**Free Skating 2.30 min +/- 10 sec**

**Warming up: 4 minutes**

**A well balanced Free Skating program for Singles must contain:**

- a) Maximum of 4 jump elements for Girls and Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Triple jumps are not permitted. Jumps cannot be included more than twice in a free program. If at least one of these executions is in a jump combination of a jump sequence, both executions are evaluated in a regular way. If both executions are as a solo jump, the second of these solo jumps will receive 70% of its original base.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with no change of foot (minimum of six (6) revolutions in total) and one spin with no change of position and no change of foot (minimum of six (6) revolutions in total).
- c) There must be a maximum:
  - (i) for boys and girls of one choreosequence according to the novice a isu regulations.

The Program Components are only judged in

- Skating Skills
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Fall 0.5 pt

## **Novices A**

See latest ISU regulations and communications (communication 1760)

## **Novices B**

See latest ISU regulations and communications (communication 1760)

## **Advanced novices**

See latest ISU regulations and communications (communication 1760)

## **Juniors**

See latest ISU regulations and communications

## **Seniors**

See latest ISU regulations and communications