

Communication No: 07

Basic Skills Competition
Definition of Elements for Future Stars

One-Foot Spin

This spin must be executed in an upright position with the free leg next to the skating leg. A minimum of 3 revolutions is required. This spin must be started from 2-3 backward crossovers with correct back outside edge exit.

Cross Foot Spin/Scratch Spin

This spin must be executed in an upright position with the free leg crossed over the skating leg. A minimum of 3 revolutions is required. This spin must be started from 2-3 backward crossovers with correct back outside edge exit.

Waltz Jump

While gliding forward outside on one foot, the skater must jump forward, making a half rotation in the air in the direction of the take-off foot and landing on the backward outside on the other foot. This is to be performed from moving e.g., after 2-3 backward crossovers 1 mohawk push back etc

Salchow Jump

The skater turns a forward outside three turn. Emphasis to be placed on the knee bend required to execute a controlled turn and correct checking action after the turn of the arms. One full rotation taking off from a back inside edge and landing on the back outside edge of the opposite leg to the take-off leg.

Lunge

The skater must glide forward on one foot with the other foot following in a drag position for a minimum distance of approximately 2 metres. The hip shall be no higher than the knee (approximately 90 degrees) of the forward leg with the dragging leg extended and turned out blade will be off the ice. The skaters back remain upright. Lunges are required on both feet.

Ballet Jump

The skater performs a backward outside edge with the free leg placed behind the skating leg. The skater's torso is turned to the outside of the circle. The free leg places the toe into the ice and the body weight is transferred over that toe, you then hop onto that toe again with the free leg facing outside the circle places forwards onto the ice and glides prior to performing an inside three turn for completion. Ballet Jumps are required on both feet.

Forward Outside or Forward Inside Spirals

Forward Outside spiral must be approached with forward skating strokes or crossovers and the position must be held on the outside edge. The free leg extended behind the skating foot in a turned out position and held at least as high as the skating hip. Spirals on a flat are not acceptable. FO Spirals are required on both feet.

Forward Inside spiral must be approached with forward skating strokes or crossovers and the position must be held on the inside edge. The free leg extended behind the skating foot in a turned out position and held at least as high as the skating hip. Spirals on a flat are not acceptable. FI Spirals are required on both feet.

Inside Spread Eagles

The skater must glide on a curve for a minimum distance of approximately 1 metre having both feet on the inside edge with toes pointing in the opposite direction and both knees straight. Both directions are required.

Executive Committee
Singapore Ice Skating Association
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