



# Ice Skating Australia Incorporated

Affiliated to the International Skating Union

## ISA Communication 140 – Aussie Skate™ Adult Bridging Program Competition Requirements Clarification

<b>Date:</b>	8/2/2022	<b>Effective Start Date:</b>	1/7/2022
<b>Communication no:</b>	140	<b>Version Number:</b>	1.0
<b>Review Date:</b>	1 <sup>st</sup> January 2023		
<b>Related Policies/ Procedures/ Forms</b>	NA		

### 1 Purpose of the Communication

To clarify competition requirements for the Aussie Skate™ Adult Bridging Program.

### 2 Application of the Communication

The changes to the Adult Bridging Program Competition Requirements will commence from 1<sup>st</sup> July 2022

### 3 Communication Statement

With the changes that were introduced for the Adult Bridging Program, there has been some confusion about the competition divisions. Whilst the new curriculum can be introduced into rinks, some skaters have been working on competition programs aligned with the previous program.

To alleviate these concerns, the new competition divisions of Free Skating 1 and Free Skating 2 will not commence until 1<sup>st</sup> July 2022.

In the meantime, Adult skaters should work on programs based on the following elements:

- Forward & Backward Spirals (O & I edges)
- Forward power 3-turns (R & L)
- Waltz jump
- **Forward cross-leg spin / scratch spin (min 3 revs)**
- **Back spin with free foot in crossed leg position (min 3 revs)**
- **Sit spin (min 3 revs)**
- **Camel spin (min 3 revs)**
- **Salchow jump**
- **Toe loop jump**
- **Loop jump**

For Adult Free Skating Competition, skaters must select **1 Spin** and **1 Jump** from the list.

From the 1<sup>st</sup> July 2022, Adults will be able to compete in the following divisions:

### Free Skating 1

Forward Inside Pivot (1-2 revs without stopping)
Lunge (L or R)
Forward Outside Spirals (R & L, approximately 3 sec)
Waltz jump from back crossover entry
Salchow Jump
Half Flip Jump
Forward Cross Leg Spin (3 revs)

### Free Skating 2

Back Inside Pivot (1-2 revs without stopping)
Back Outside Spiral (L or R, approx 3 sec)
Back Spin in Cross Leg Position (3 revs)
Camel or Sit Spin (3 revs) (Choice)
Change of foot upright spin (3 revs each foot - foot crossed on each spin)
Toe Loop Jump
Loop, Flip or Lutz jump (Choice)

Any questions about this communication contact the Sport Development Chair Kim Wilson – [aussie.skate@isa.org.au](mailto:aussie.skate@isa.org.au).

### Change History

Version	Approval Date	Change
1.0	TBA	New Communication