

Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>PRELIMINARY GIRLS & BOYS Warm-up 4 mins 1:30 +/- 10 sec Any Double Jump 1pt Bonus Max 2pts <u>Component C,P,SS</u> FALL DEDUCT 0.50</p>	<p>Max 4</p> <ul style="list-style-type: none"> Max 2 combo or 1 jump seq and 1 jump combo Any jump can be repeated once in combo or seq <u>One Jump combo or seq can contain 2 jumps, jump sequence consists of 2 jumps the 2nd jump must be axel type jump.</u> 	<p>Max 2 (Max Level 1 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry 1 Spin with no chg of position and with/without chg of foot, min 4 revs in total, may commence with a Fly 	<p>Step Sequence – Max 1 (Max Level 1 to be called for features)</p> <ul style="list-style-type: none"> Pattern not required but must utilize at least half the ice surface
<p>ELEMENTARY GIRLS & BOYS Warm-up 4 mins 2:00 +/- 10 sec Any Double/Double Combo 1pt Bonus Max 2pts <u>Component C,P,SS</u> FALL DEDUCT 0.50</p>	<p>Max 4</p> <ul style="list-style-type: none"> Max 2 combo or 1 jump seq and 1 jump combo Any jump can be repeated once in combo or seq <u>One Jump combo or seq can contain 2 jumps, jump sequence consists of 2 jumps the 2nd jump must be axel type jump.</u> 	<p>Max 2 – (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry 1 Spin with no chg of position and with/without chg of foot, min 4 revs in total, may commence with a Fly 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface Clusters not a feature in Elem
<p>BASIC NOVICE GIRLS & BOYS Warm-up 4 mins 2:30 +/- 10 sec 2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt any triple 1pt Bonus Max 3pts <u>Components C,P,SS</u> FALL DEDUCT 0.50</p>	<p>Max 4</p> <ul style="list-style-type: none"> One of which must be an Axel type jump Max 2 combo or 1 jump seq and 1 jump combo <u>One Jump combo or seq can contain 3 jumps, jump sequence consists of 2 or 3 jumps the 2nd or 3rd jump must be axel type jump.</u> Only one single and one double jump can be repeated once (as a Solo Jump or Combo/ Seq). No Quads. Triples allowed ISA Only 	<p>Max 2 – (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin Combination with chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly 1 Spin with no chg of position chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface

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*Jumps must be fully rotated or landed on the quarter (q) without a fall to achieve the Bonus.

*Wrong edge calls are not acceptable for Flip or Lutz, however attention(!) calls are acceptable.

*Well balanced program and repeat rules apply. ISU Novice Comm 2489 and ISA Comm 142 rules apply.

Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>INTERMEDIATE NOVICE GIRLS & BOYS UNDER 15 YRS Warm-up 5 mins 3:00 +/- 10 sec 2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt any triple 1pt Bonus Max 3pts Components C,P,SS FALL DEDUCT 0.50</p>	<p>Max 5</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 2 combo or 1 jump seq and 1 jump combo <u>One Jump combo or seq can contain 3 jumps, jump sequence consists of 2 or 3 jumps the 2nd or 3rd jump must be axel type jump.</u> Only one single and one double jump can be repeated once (as a Solo Jump or Combo/Seq). No Quads. Triples allowed ISA Only 	<p>Max 2 – (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin Combination with chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly 1 Spin with no chg of position chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface
<p>ISA INTERMEDIATE WOMEN & MEN 15 YRS + OVER Warm-up 5 mins 3:00 +/- 10 sec 2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt any triple 1pt Bonus Max 3pts Components C,P,SS FALL DEDUCT 0.50</p>	<p>Max 5</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 2 combo or 1 jump seq and 1 jump combo <u>One Jump combo or seq can contain 3 jumps, jump sequence consists of 2 or 3 jumps the 2nd or 3rd jump must be axel type jump.</u> Only one single and one double jump can be repeated once (as a Solo Jump or Combo/Seq). No Quads. Triples allowed ISA Only 	<p>Max 2 – (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin Combination with chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly 1 Spin with no chg of position chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface

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Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>ADVANCED NOVICE GIRLS & BOYS Warm-up 5 mins 3:00 +/- 10 sec ISU Comm 2489 2A 1pt, any two diff triples 1pt each Bonus Max 3pts Components C,P,SS FALL DEDUCT 0.50</p>	<p>Max 6</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 2 combo or 1 jump seq and 1 jump combo <u>One Jump combo or seq can contain 3 jumps, jump sequence consists of 2 or 3 jumps the 2nd or 3rd jump must be axel type jump.</u> Any single or double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). Only two triples can be repeated either in a jump combination or in a jump sequence. No Quads. 	<p>Max 2 - (Max Level 3 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin combination must have change of foot, min 8 revs total no flying entry. 1 Flying spin OR spin with a flying entrance, no change of position, without change foot min 6 revs, with change foot min 8 revs total. 	<p>Step Sequence – Max 1 (Max Level 3 to be called for features)</p> <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface
<p>JUNIOR WOMEN & MEN 3:30 +/- 10 sec Women any Triple 1pt each Men 3F,3Lz,3A, Any Triple/Triple 1pt each Bonus Max 3pts ISU Junior ISU Rule 613 – 2022/23 FALL DEDUCT 1.00</p>	<p>Max 7</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump <u>Max 3 combos or 2 combos and 1 sequence</u> One 3-jump combo or seq is permitted. <u>Jump sequence consists of 2 or 3 jumps the 2nd or 3rd jump must be axel type jump.</u> Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	<p>Max 3</p> <ul style="list-style-type: none"> Max 3 spins of a different nature, must have different abbreviations 1 flying entry 1 spin combination; may change foot 1 spin with only 1 position Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly 	<p>Choreographed Sequence — Max 1</p> <ul style="list-style-type: none"> <u>Must contain at least 2 different movements. Pattern is free and can be done in any part of the program. Fixed Base Value</u>

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Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
SENIOR WOMEN 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 613– 2022/23 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump <u>Max 3 combos or 2 combos and 1 sequence</u> One 3-jump combo <u>or seq</u> is permitted. <u>Jump sequence consists of 2 or 3 jumps the 2nd or 3rd jump must be axel type jump</u> Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature, must have different abbreviations 1 flying entry 1 spin combination; may change foot 1 spin with only 1 position Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly 	Step Sequence — Max 1 <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface Choreographed Sequence — Max 1 <ul style="list-style-type: none"> <u>Must contain at least 2 different movements.</u> Pattern is free and can be done in any part of the program. Fixed Base Value
SENIOR MEN 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 613 – 2022/23 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump <u>Max 3 combos or 2 combos and 1 sequence</u> One 3-jump combo <u>or seq</u> is permitted. <u>Jump sequence consists of 2 or 3 jumps the 2nd or 3rd jump must be axel type jump</u> Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature, must have different abbreviations 1 flying entry 1 spin combination; may change foot 1 spin with only 1 position Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly 	Step Sequence — Max 1 <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface Choreographed Sequence — Max 1 <ul style="list-style-type: none"> <u>Must contain at least 2 different movements.</u> Pattern is free and can be done in any part of the program. Fixed Base Value

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