

<p><b>ADVANCED NOVICE GIRLS</b> <b>Warm-up 4 mins</b></p> <p>2:20 +/- 10 sec IJS Level – Advanced Novice 2A and triple jump 1pt each Bonus Max 2pts</p> <p><u>ISU Comm 2489</u> Warm-Up groups Max 8</p> <p>Max Level 3 to be called for elements with features</p> <p><b>Components</b> <b><u>C, P, SS</u></b></p> <p>Fall Deduction 0.5</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b></p> <p>Can't repeat Axel jump</p>	<p><b>Jump Combination</b> Double/Double Double/Triple Triple/Double Can't repeat Axel or solo jump</p>		<p><b><u>Layback/ Sideways leaning or Sit Spin no change of foot</u></b></p> <p>No Flying Entry Min 6 rev</p>	<p><b>Spin Combination</b> Spin with only 1 change of foot and at least one change of position flying entry is allowed Min 5 rev on each foot</p>	<p>Any jumps with less than required revolutions will receive no value</p>	<p><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface</p>
<p><b>ADVANCED NOVICE BOYS</b> <b>Warm-up 4 mins</b></p> <p>2:20 +/- 10 sec IJS Level – Advanced Novice 2A and triple jump 1pt each Bonus Max 2pts</p> <p><u>ISU Comm 2489</u> Warm-Up groups Max 8</p> <p>Max Level 3 to be called for elements with features</p> <p><b>Components</b> <b><u>C, P, SS</u></b></p> <p>Fall Deduction 0.5</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b></p> <p>Can't repeat Axel jump</p>	<p><b>Jump Combination</b> Double/Double Double/Triple Triple/Double Can't repeat Axel or Solo jump</p>		<p><b><u>Sit Spin</u></b> with change of foot, no flying entrance Min 5 revs on each foot</p>	<p><b>Spin Combination</b> Spin with only 1 change of foot and at least one change of position flying entry is allowed Min 5 rev on each foot</p>	<p>Any jumps with less than required revolutions will receive no value</p>	<p><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface</p>

\*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 Comm 2489 and ISA Comm 142 rules apply.

<p><b>JUNIOR WOMEN</b> 2.40 +/- 10 sec. IJS Level – Junior Any triple jump 1pt Bonus Max 3pts <u>ISU Comm 2474</u> 2022/23 Season</p>	<p><b>Double Axel</b></p>	<p><b>Double or Triple Loop</b></p>	<p><b>Jump Combination</b> Double/Double Double/Triple Triple/Double Triple/Triple May not repeat either Double Axel or solo jump</p>	<p><b>Flying Camel Spin</b>  Min 8 rev</p>	<p><b>Layback/ Side leaning or Sit no change of foot</b>  Min 8 rev</p>	<p><b>Spin Combination</b> Spin with only 1 change of foot At least 2 basic positions with 2 revs in each position No Flying Entry Min 6 rev on each foot</p>	<p>Any jumps with less than required revolutions will receive no value</p>	<p><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface</p>
<p><b>JUNIOR MEN</b> 2.40 +/- 10 sec. IJS Level – Junior <u>3Lo, 3A</u> or any triple/triple combo 1pt each Bonus Max 3pts <u>ISU Comm 2474</u> 2022/23 Season</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Double or Triple Loop</b></p>	<p><b>Jump Combination</b> Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple Axel or solo jump</p>	<p><b>Flying Camel Spin</b>  Min 8 rev</p>	<p><b>Sit Spin</b> With only 1 change of foot Min 6 rev on each foot</p>	<p><b>Spin Combination</b> Spin with only 1 change of foot At least 2 basic positions with 2 revs in each position No Flying Entry Min 6 rev on each foot</p>	<p>Any jumps with less than required revolutions will receive no value</p>	<p><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface</p>
<p><b>SENIOR WOMEN</b> 2.40 +/- 10 sec. IJS Level – Senior  ISU Rule 611 2022/23 Season</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple Jump</b></p>	<p><b>Jump Combination</b> Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple Axel or solo jump</p>	<p><b>Flying Spin</b>  Min 8 rev</p>	<p><b>Layback/ Side leaning Spin or Sit or Camel no change of foot</b>  Min 8 rev</p>	<p><b>Spin Combination</b> Spin with only 1 change of foot At least 2 basic positions with 2 revs in each position No Flying Entry Min 6 rev on each foot</p>	<p>Any jumps with less than required revolutions will receive no value</p>	<p><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface</p>
<p><b>SENIOR MEN</b> 2.40 +/- 10 sec IJS Level – Senior  ISU Rule 611 2022/23 Season</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple or Quad Jump</b></p>	<p><b>Jump Combination</b> Double/Triple Triple/Double Triple/Triple Quad/Double Quad/Triple May not repeat either Double/Triple Axel or solo jump</p>	<p><b>Flying Spin</b>  Min 8 rev</p>	<p><b>Camel or Sit Spin</b> With only 1 change of foot Min 6 rev on each foot</p>	<p><b>Spin Combination</b> Spin with only 1 change of foot At least 2 basic positions with 2 revs in each position No Flying Entry Min 6 rev on each foot</p>	<p>Any jumps with less than required revolutions will receive no value</p>	<p><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface</p>