

Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
PRELIMINARY LADIES & MEN Warm-up 4 mins 1:30 +/- 10 sec <u>Any Double Jump 1pt</u> <u>Bonus Max 2pts</u> Components SS, P FALL DEDUCT 0.50	Max 4 <ul style="list-style-type: none"> Max 2 combo or sequences Any jump can be repeated only once and this repetition must be done either in a jump combo or sequence Jump combo can contain only 2 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain any steps or hops. 	Max 2 (Max Level 1 to be called for features) <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 	Step Sequence – Max 1 (Max Level 1 to be called for features) <ul style="list-style-type: none"> Pattern not required but must utilize half the ice surface
ELEMENTARY LADIES & MEN Warm-up 4 mins 2:00 +/- 10 sec <u>Any Double/Double Combo 1pt</u> <u>Bonus Max 2pts</u> Components SS, P FALL DEDUCT 0.50	Max 4 <ul style="list-style-type: none"> Max 2 combo or sequences Any jump can be repeated only once and this repetition must be done either in a jump combo or sequence Jump combo can contain only 2 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain any steps or hops 	Max 2 – (Max Level 1 to be called for features) <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 	Step Sequence – Max 1 (Max Level 1 to be called for features) <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface
BASIC NOVICE LADIES and MEN Warm-up 4 mins 2:30 +/- 10 sec <u>2F/2Lo, 2Lz/2Lo, 2Lz/2T, 2A 1pt, any triple 1pt</u> <u>Bonus Max 3pts</u> Components SS, P FALL DEDUCT 0.50	Max 4 <ul style="list-style-type: none"> One of which must be an Axel type jump Max 2 combo or sequences Jump combo to contain only 2 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). <u>Triples allowed ISA Only</u> 	Max 2 – (Max Level 2 to be called for features) <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 	Step Sequence – Max 1 (Max Level 2 to be called for features) <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) to achieve the Bonus.

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Warm-Up Groups 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
INTERMEDIATE NOVICE LADIES & MEN UNDER 15 YRS Warm-up 5 mins 3:00 +/- 10 sec <u>2Lz/2Lo, 2F/2Lo, 2A 1pt</u> <u>any triple 1pt</u> <u>Bonus Max 3pts</u> Components SS, P, IN FALL DEDUCT 0.50	Max 5 <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 2 combo or sequences Jump combo to contain only 2 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). <u>Triples allowed ISA Only</u> 	Max 2 – (Max Level 2 to be called for features) <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 	Step Sequence – Max 1 (Max Level 2 to be called for features) <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface
ISA INTERMEDIATE LADIES & MEN 15 YRS + OVER Warm-up 5 mins 3:00 +/- 10 sec <u>2Lz/2Lo, 2F/2Lo, 2A 1pt</u> <u>any triple 1pt</u> <u>Bonus Max 3pts</u> Components SS, P, IN FALL DEDUCT 0.50	Max 5 <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 2 combo or sequences Jump combo to contain only 2 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). <u>Triples allowed ISA Only</u> 	Max 2 – (Max Level 2 to be called for features) <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 	Step Sequence – Max 1 (Max Level 2 to be called for features) <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface

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<p>ADVANCED NOVICE LADIES & MEN Warm-up 5 mins 3:00 +/- 10 sec Comm 2328 2A, any two diff triples 1pt each Bonus Max 3pts Components SS, TR, P, IN 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 sequences One Jump combo can contain 3 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops. 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 (2) jumps with three (3) or more revolutions can be repeated either in a jump combination or in a jump sequence. 	<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 LADIES & MEN 3:30 +/- 10 sec Ladies any Triple 1pt each Men 3F, 3Lz, 3A 1pt each Bonus Max 3pts ISU Junior ISU Rule 610 – 2020/21 FALL DEDUCT 1.00</p>	<p>Max 7</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 3 combos or sequences One 3-jump combo is permitted. jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops 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>Step Sequence – Max 1</p> <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface

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<p>SENIOR LADIES 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 610 – 2020/21 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0</p>	<p>Max 7</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or sequences • One 3-jump combo is permitted. • jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • 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>Step Sequence — Max 1</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface <p>Choreographed Sequence — Max 1</p> <ul style="list-style-type: none"> • Pattern is free and can be done in any part of the program. Fixed Base Value
<p>SENIOR MEN 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 610 – 2020/21 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0</p>	<p>Max 7</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or sequences • One 3-jump combo is permitted. • jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • 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>Step Sequence — Max 1</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface <p>Choreographed Sequence — Max 1</p> <ul style="list-style-type: none"> • Pattern is free and can be done in any part of the program. Fixed Base Value

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