



Changes to Senior Ladies Test

The following changes to Senior Ladies Test were passed at the 2011 ISA AGM; these changes are effective 1st May 2011.

Test Requirements

- a) Double or Triple Axel
- b) Double or Triple Jump, immediately preceded by connecting steps, can't repeat Double Axel
- c) Jump Combination, consisting of double jump and a double or triple jump or two triple jumps
- d) Flying Spin (no change of foot, no change of position), min 8 revs
- e) Ladies: Layback or Sideways Leaning Spin (no flying entry), min 8 revs
- f) Spin Combination, only 1 change of foot, all 3 basic positions (2 changes of position), no flying entry, min 6 revs on each foot
- g) Step Sequence

The jump combination may consist of the same or another double or triple jump. However, the jumps included must be different to the solo jumps.

One of the three jump elements must be a triple jump.

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Authorisation date: 1st May 2011