

<p>NOVICE LADIES</p> <p>2:30 max.</p> <p><u>IJS Level – ISU Advanced Novice</u></p> <p>Max Level 3 to be called for elements with features</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>Immediately preceded by connecting steps</p> <p>Can't repeat Axel jump</p>	<p>Jump Combination</p> <p>Double/Double Double/Triple Triple/Double</p> <p>Can't repeat Axel or Solo jump</p>		<p>Layback or Sideways Leaning, Spin</p> <p>No Flying Entry</p> <p>Min 6 rev</p>	<p>Spin Combination</p> <p>Spin with only 1 change of foot and at least one change of position</p> <p>Min 5 rev on each foot</p>		<p>Step Sequence</p> <p>Straight line, circular, or serpentine</p>
<p>NOVICE MEN</p> <p>2:30 max.</p> <p><u>IJS Level – ISU Advanced Novice</u></p> <p>Max Level 3 to be called for elements with features</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>Immediately preceded by connecting steps</p> <p>Can't repeat Axel jump</p>	<p>Jump Combination</p> <p>Double/Double Double/Triple Triple/Double</p> <p>Can't repeat Axel or Solo jump</p>		<p>Camel or Sit Spin</p> <p>With change of foot, NO flying entrance</p> <p>Min 6 rev</p>	<p>Spin Combination</p> <p>Spin with only 1 change of foot and at least one change of position</p> <p>Min 5 rev on each foot</p>		<p>Step Sequence</p> <p>Straight line, circular, or serpentine</p>
<p>JUNIOR LADIES</p> <p>2:50 max.</p> <p><u>IJS Level - Junior</u></p>	<p>Double Axel</p>	<p>Double or Triple Lutz</p> <p>Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination</p> <p>Double/Double Double/Triple Triple/Double Triple/Triple</p> <p>May not repeat either Double Axel or solo jump</p>	<p>Flying Sit Spin</p> <p>Min 8 rev</p>	<p>Layback or Sideways Leaning, Spin</p> <p>Min 8 rev</p>	<p>Spin Combination</p> <p>Spin with only 1 change of foot and all 3 basic positions or any variation thereof</p> <p>No Flying Entry</p> <p>Min 6 rev on each foot Min 2 revs in posn</p>		<p>Step Sequence</p> <p>Straight line, circular, or serpentine</p>
<p>JUNIOR MEN</p> <p>2:50 max.</p> <p><u>IJS Level - Junior</u></p>	<p>Double or Triple Axel</p>	<p>Double or Triple Lutz</p> <p>Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination</p> <p>Double/Triple Triple/Double Triple/Triple</p> <p>May not repeat either Double/Triple axel or solo jump</p>	<p>Flying Sit Spin</p> <p>Min 8 rev</p>	<p>Camel Spin</p> <p>With only 1 change of foot</p> <p>Min 6 rev on each foot</p>	<p>Spin Combination</p> <p>Spin with only 1 change of foot and all 3 basic positions or any variation thereof</p> <p>No Flying Entry</p> <p>Min 6 rev on each foot Min 2 revs in posn</p>		<p>Step Sequence</p> <p>Straight line, circular, or serpentine</p>

<p>SENIOR LADIES</p> <p>2:50 max.</p> <p><u>IJS Level - Senior</u></p>	<p>Double or Triple Axel</p>	<p>Any Triple Jump</p> <p>Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination</p> <p>Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple axel or solo jump</p>	<p>Flying Spin</p> <p>Min 8 rev</p>	<p>Layback or Sideways Leaning, Spin</p> <p>Min 8 rev</p>	<p>Spin Combination</p> <p>Spin with only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry</p> <p>Min 6 rev on each foot Min 2 revs in posn</p>		<p>Step Sequence</p> <p>Straight line, circular, or serpentine</p>
<p>SENIOR MEN</p> <p>2:50 max.</p> <p><u>IJS Level - Senior</u></p>	<p>Double or Triple Axel</p>	<p>Any Triple or Quad Jump</p> <p>Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination</p> <p>Double/Triple Triple/Double Triple/Triple Quad/Double Quad/Triple May not repeat either Double/Triple axel or solo jump</p>	<p>Flying Spin</p> <p>Min 8 rev</p>	<p>Camel or Sit Spin</p> <p>With only 1 change of foot Min 6 rev. on each foot</p>	<p>Spin Combination</p> <p>Spin with only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry</p> <p>Min 6 rev on each foot Min 2 revs in posn</p>		<p>Step Sequence</p> <p>Straight line, circular, or serpentine</p>