

COPPER	JUMP ELEMENTS (Max 4)	SPINS (Max 2)	CHOREOGRAPHIC SEQUENCE
<p>Max 1:40</p> <p>IJS Level – Adult Copper</p> <p>Maximum level of difficulty is 1</p> <p>Program Components Factor 1.6</p> <p>Deduction per fall 0.5</p>	<ul style="list-style-type: none"> • Single and half revolution jumps only permitted. • Lutz, Axel type jumps, double or triple jumps NOT permitted. • Maximum 2 jump combinations or sequences. • 1 combo only may have up to 3 listed jumps. • Sequences may have any number of single jumps linked by non-listed jumps and/or hops immediately following each other and maintaining the rhythm. • Steps, turns, crossovers and stroking are not permitted during a jump sequence. • Each listed jump may be performed a maximum of 2 times in the program. 	<ul style="list-style-type: none"> • Maximum 2 spins of a different abbreviation. • Flying Spins are NOT permitted. • All spins must have a minimum of 3 revolutions. • Minimum of 2 revs in each position to be counted. 	<p>Connecting steps throughout the program are required and marked as Transitions</p>

BRONZE	JUMP ELEMENTS (Max 4)	SPINS (Max 2)	CHOREOGRAPHIC SEQUENCE (Max 1)
<p>Max 1:50</p> <p>IJS Level – Adult Bronze</p> <p>Maximum level of difficulty is 1</p> <p>Program Components Factor 1.6</p> <p>Deduction per fall 0.5</p>	<ul style="list-style-type: none"> • Single Jumps only permitted. • Axel type jumps, double or triple jumps NOT permitted. • Maximum 2 jump combinations or sequences. • 1 combo only may have up to 3 listed jumps. • Sequences may have any number of single jumps linked by non-listed jumps and/or hops immediately following each other and maintaining the rhythm. • Steps, turns, crossovers and stroking are not permitted during a jump sequence. • Each listed jump may be performed a maximum of 2 times in the program. 	<ul style="list-style-type: none"> • Maximum 2 spins of a different abbreviation. • Flying Spins are NOT permitted. • Minimum 1 spin in one position with no change of foot, min 3 revs. • All spins must have minimum required revolutions. • Spins with only one position and no change of foot, minimum 3 revs. • Spin combinations with no change of foot, minimum 4 revs. • Spin combinations with change of foot, minimum 3 revs per foot, minimum 2 positions. • Min of 2 revs in each position to be counted. 	<ul style="list-style-type: none"> • Utilising at least ½ of the ice surface. • Pattern is not restricted. • May consist of any kind of movements: steps, turns, spirals, arabesques, spread eagles, Ina Bauer, hydro-blading, transitional (unlisted) jumps, spinning movements etc. • Base value and evaluated by the judges in GOE only.

SILVER	JUMP ELEMENTS (Max 5)	SPINS (Max 3)	STEP SEQUENCE (Max 1)
<p>Max 2:10</p> <p>IJS Level - Adult Silver</p> <p>Maximum level of difficulty is 2</p> <p>Program Components Factor 1.6</p> <p>Deduction per fall 0.5</p>	<ul style="list-style-type: none"> • Single Jumps only permitted. • Double or triple jumps NOT permitted. • <u>Maximum 2 jump combinations or sequences.</u> • 1 combo only may have up to 3 jumps. • Sequences may have any number of single jumps linked by non-listed jumps and/or hops immediately following each other and maintaining the rhythm. • Steps, turns, crossovers and stroking are not permitted during a jump sequence. • Each listed jump may be performed a maximum of 2 times in the program. 	<ul style="list-style-type: none"> • Max 3 spins of a different abbreviation. • One must be a spin combination. • All spins must have min required revolutions. • Flying spins with no change of foot after landing, min 3 revs. • Spins with only one position and no change of foot, min 3 revs. • Spins combo with no change foot, 4 revs. • Spins combo with change of foot or spins in one position with change of foot, min 4 revs per foot. • Min of 2 revs in each position to be counted. 	<ul style="list-style-type: none"> • Utilising at least ½ of the ice surface. • Pattern is not restricted.

GOLD	JUMP ELEMENTS (Max 6)	SPINS (Max 3)	STEP SEQUENCE (Max 1)
<p>Max 2:50</p> <p>IJS Level – Adult Gold</p> <p>Maximum level of difficulty is 3</p> <p>Program Components Factor 1.6</p> <p>Deduction per fall 0.5</p>	<ul style="list-style-type: none"> • Single or Double Jumps only permitted. • Triple jumps NOT permitted. • Double Flip, Double Lutz and Double Axel NOT permitted. • Max 3 jump combo/sequence. • 1 combo only may have up to 3 jumps. • Sequences may have any number of single jumps linked by non-listed jumps and/or hops immediately following each other and maintaining the rhythm. • Steps, turns, crossovers and stroking are not permitted during a jump sequence. • Each listed jump may be performed a maximum of 2 times in the program. 	<ul style="list-style-type: none"> • Max 3 spins of a different abbreviation • One must be a spin combination with change of foot. • One must be a flying spin. • Flying spins with no change of foot after landing, min 4 revs. • Spins with only one position and no change of foot, min 4 revs. • Spins combo with no change foot, 4 revs. • Spins combo with change of foot or spins in one position with change of foot, min 4 revs per foot. • Min of 2 revs in each position to be counted. 	<ul style="list-style-type: none"> • Fully utilising the ice surface. • Pattern is not restricted.

MASTERS and ELITE MASTERS	JUMP ELEMENTS (Max 7)	SPINS (Max 3)	STEP SEQUENCE (Max 1)
<p>Max 3:10</p> <p>IJS Level – Adult Masters/Elite</p> <p>Maximum level of difficulty is 4</p> <p>Program Components Factor 1.6</p> <p>Deduction per fall 0.5</p>	<ul style="list-style-type: none"> • One of which must be an Axel type jump • Single, Double and Triple Jumps are permitted. • Max 3 jump combo/sequence. • 1 combo only may have up to 3 jumps • Sequences may have any number of single jumps linked by non-listed jumps and/or hops immediately following each other and maintaining the rhythm. • Steps, turns, crossovers and stroking are not permitted during a jump sequence. • Each listed jump may be performed a maximum of 2 times in the program. 	<ul style="list-style-type: none"> • Max 3 spins of a different abbreviation • One must be spin combination with change of foot • One must be flying spin • All spins must have min required revs. • Flying spins with no change of foot after landing, min 5 revs. • Spins with only one position and no change of foot, min 5 revs. • Spins combo with no change foot, 5 revs. • Spins combo with change of foot or spins in one position with change of foot, min 4 revs per foot. • Min of 2 revs in each position to be counted 	<ul style="list-style-type: none"> • Fully utilising the ice surface. • Pattern is not restricted.