

Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
PRELIMINARY LADIES 1:30 +/- 10 sec IJS Level - Preliminary ISA Communication 74 Components SS, PE FALL DEDUCT 0.50	Max 4 <ul style="list-style-type: none"> Min 1, 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 to contain only 2 jumps, jump sequence unlimited number of jumps 	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
PRELIMINARY MEN 1:30 +/- 10 sec IJS Level – Preliminary ISA Communication 74 Components SS, PE FALL DEDUCT 0.50	Max 4 <ul style="list-style-type: none"> Min 1, 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 to contain only 2 jumps, jump sequence unlimited number of jumps 	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 2:00 +/- 10 sec IJS Level – Elementary ISA Communication 74 Components SS, PE FALL DEDUCT 0.50	Max 4 <ul style="list-style-type: none"> Min 1, 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 to contain only 2 jumps, jump sequence unlimited number of jumps 	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

ELEMENTARY MEN 2:00 +/- 10 sec IJS Level – Elementary ISA Communication 74 Components SS, PE FALL DEDUCT 0.50	Max 4 <ul style="list-style-type: none"> Min 1, 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 to contain only 2 jumps, jump sequence unlimited number of jumps 	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
Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
NOVICE A LADIES and MEN 2:30 +/- 10 sec IJS Level – ISU Basic Novice A ISU Comm 2024 Components SS, PE FALL DEDUCT 0.50	Max 4 <ul style="list-style-type: none"> One of which must be an Axel type jump Min 1, Max 2 combo or sequences Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	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
NOVICE B LADIES UNDER 15 YRS 3:00 +/- 10 sec IJS Level – ISU Basic Novice B ISU Comm 2024 Components SS, PE, 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 unlimited number of jumps Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	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 utilize the ice surface

NOVICE B MEN UNDER 15 YRS 3:00 +/- 10 sec IJS Level – ISU Basic Novice B ISU Comm 2024 Components SS, PE, IN FALL DEDUCT 0.50	Max 6 <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 unlimited number of jumps Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	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
INTERMEDIATE LADIES & MEN 15YRS + OVER 3:00 +/- 10 sec IJS Level – ISU Basic Novice B ISU Comm 2024 Components SS, PE, IN FALL DEDUCT 0.50	Max 5 for Ladies Max 6 for Men <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 unlimited number of jumps Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	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
<u>Warm-Up Groups</u> Max 8 for Novice	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
ADVANCED NOVICE LADIES 3:00 +/- 10 sec IJS Level – ISU Advanced Novice ISU Comm 2024 Components SS, TR, PE, IN FALL DEDUCT 0.50	Max 6 <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 unlimited number of jumps 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. 	Max 2 - (Max Level 3 to be called for features) <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. 	Step Sequence – Max 1 (Max Level 3 to be called for features) <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface

ADVANCED NOVICE MEN 3:30 +/- 10 sec IJS Level – ISU Advanced Novice ISU Comm 2024 Components SS, TR, PE, IN FALL DEDUCT 0.50	Max 7 <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 unlimited number of jumps 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. 	Max 2 - (Max Level 3 to be called for features) <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. 	Step Sequence – Max 1 (Max Level 3 to be called for features) <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface
JUNIOR LADIES 3:30 +/- 10 sec IJS Level - ISU Junior ISU Rule 610 – 2017/18	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 3 combos or sequences One 3-jump combo is permitted. Number of jumps in sequence is free Any 2 triples or quads may be repeated, but must be in combo or sequence Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	Max 3 <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 	Step Sequence – Max 1 <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface
	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
JUNIOR MEN 4:00 +/- 10 sec IJS Level - ISU Junior ISU Rule 610 – 2017/18	Max 8 <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 3 combos or sequences One 3-jump combo is permitted. Number of jumps in sequence is free Any 2 triples or quads may be repeated, but must be in combo or sequence Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	Max 3 <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 	Step Sequence – Max 1 <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface

<p>SENIOR LADIES 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 610 – 2017/18</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. • Number of jumps in sequence is free • Any 2 triples or quads may be repeated, but must be in combo or sequence • 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 4:30 +/- 10 sec IJS Level - ISU Senior ISU Rule 610 – 2017/18</p>	<p>Max 8</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. • Number of jumps in sequence is free • Any 2 triples or quads may be repeated, but must be in combo or sequence • 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