

	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<b>PRELIMINARY LADIES</b> 1:30 +/- 10 sec IJS Level - Preliminary <b>ISA Communication 56</b>  <b>Components SS, PE</b> <b>FALL DEDUCT 0.50</b>	<b>Max 4</b> <ul style="list-style-type: none"> <li>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</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> </ul>	<b>Max 2 . (Max Level 1 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry</li> <li>1 Spin with no chg of posn and with/without chg of foot, min 4 revs in total, may commence with a Fly</li> </ul>	<b>Choreographed Sequence - Max 1</b> <u>Pattern is free but must be clearly visible.</u> <u>Fixed Base Value</u>
<b>PRELIMINARY MEN</b> 1:30 +/- 10 sec IJS Level – Preliminary <b>ISA Communication 56</b>  <b>Components SS, PE</b> <b>FALL DEDUCT 0.50</b>	<b>Max 4</b> <ul style="list-style-type: none"> <li>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</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> </ul>	<b>Max 2 . (Max Level 1 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry</li> <li>1 Spin with no chg of posn and with/without chg of foot, min 4 revs in total, may commence with a Fly</li> </ul>	<b>Choreographed Sequence - Max 1</b> <u>Pattern is free but must be clearly visible.</u> <u>Fixed Base Value</u>
<b>ELEMENTARY LADIES</b> 2:00 +/- 10 sec IJS Level – Elementary <b>ISA Communication 57</b>  <b>Components SS, PE</b> <b>FALL DEDUCT 0.50</b>	<b>Max 4</b> <ul style="list-style-type: none"> <li>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</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> </ul>	<b>Max 2 . (Max Level 1 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry</li> <li>1 Spin with no chg of posn and with/without chg of foot, min 4 revs in total, may commence with a Fly</li> </ul>	<b>Choreographed Sequence - Max 1</b> <u>Pattern is free but must be clearly visible.</u> <u>Fixed Base Value</u>
<b>ELEMENTARY MEN</b> 2:00 +/- 10 sec IJS Level – Elementary <b>ISA Communication 57</b>  <b>Components SS, PE</b> <b>FALL DEDUCT 0.50</b>	<b>Max 4</b> <ul style="list-style-type: none"> <li>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</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> </ul>	<b>Max 2 . (Max Level 1 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry</li> <li>1 Spin with no chg of posn and with/without chg of foot, min 4 revs in total, may commence with a Fly</li> </ul>	<b>Choreographed Sequence - Max 1</b> <u>Pattern is free but must be clearly visible.</u> <u>Fixed Base Value</u>
<b>PRE-PRIMARY LADIES</b> 2:30 +/- 10 sec IJS Level – ISU Basic Novice A <b>ISU Communication 1886</b>  <b>Components SS, PE</b>	<b>Max 4</b> <ul style="list-style-type: none"> <li>One of which must be an Axel type jump</li> <li>Min 1, Max 2 combo or sequences</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> <li><u>Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</u></li> </ul>	<b>Max 2 – (Max Level 2 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 Spin Combination with/without chg of foot, min 6 revs in total, may commence with a Fly</li> <li>1 Spin with no chg of posn and with/without chg of foot, min 6 revs in total, may commence with a Fly</li> </ul>	<b>Step Sequence – Max 1</b> <b>(Max Level 2 to be called for features)</b> <u>Pattern not required but must fully utilize the ice surface</u>

	JUMP ELEMENTS	SPINS	SPIRAL / STEP SEQUENCES
<b>PRE-PRIMARY MEN</b>  2:30 +/- 10 sec IJS Level – ISU Basic Novice A ISU Communication 1886 Components SS, PE	<b>Max 4</b> <ul style="list-style-type: none"> <li>One of which must be an Axel type jump</li> <li>Min 1, Max 2 combo or sequences</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> <li>Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</li> </ul>	<b>Max 2 – (Max Level 2 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 Spin Combination with/without chg of foot, min 6 revs in total, may commence with a Fly</li> <li>1 Spin with no chg of posn and with/without chg of foot, min 6 revs in total, may commence with a Fly</li> </ul>	<b>Step Sequence – Max 1</b> <b>(Max Level 2 to be called for features)</b> <u>Pattern not required but must fully utilize the ice surface</u>
<b>PRIMARY LADIES</b>  3:00 +/- 10 sec IJS Level . ISU Basic Novice B ISU Communication 1886 Components SS, PE, IN	<b>Max 5</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>Max 2 combo or sequences</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> <li>Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</li> </ul>	<b>Max 2 – (Max Level 2 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 spin combination, min 10 revs, may commence with a fly</li> <li>1 flying spin OR spin with a flying entrance, min 6 revs</li> </ul>	<b>Step Sequence – Max 1</b> <b>(Max Level 2 to be called for features)</b> <u>Pattern not required but must fully utilize the ice surface</u>
<b>PRIMARY MEN</b>  3:00 +/- 10 sec IJS Level – ISU Basic Novice B ISU Communication 1886 Components SS, PE, IN	<b>Max 6</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>Max 2 combo or sequences</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> <li>Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</li> </ul>	<b>Max 2 - (Max Level 2 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 spin combination, min 10 revs, may commence with a fly</li> <li>1 flying spin OR spin with a flying entrance, min 6 revs</li> </ul>	<b>Step Sequence – Max 1</b> <b>(Max Level 2 to be called for features)</b> <u>Pattern not required but must fully utilize the ice surface</u>
<b>INTERMEDIATE LADIES</b>  3:00 +/- 10 sec IJS Level . ISU Basic Novice B ISU Communication 1886 Components SS, PE, IN	<b>Max 5</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>Max 2 combo or sequences</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> <li>Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</li> </ul>	<b>Max 2 – (Max Level 2 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 spin combination, min 10 revs, may commence with a fly</li> <li>1 flying spin OR spin with a flying entrance, min 6 revs</li> </ul>	<b>Step Sequence – Max 1</b> <b>(Max Level 2 to be called for features)</b> <u>Pattern not required but must fully utilize the ice surface</u>

<b>INTERMEDIATE MEN</b> 3:00 +/- 10 sec IJS Level - ISU Basic Novice B ISU Communication 1886 Components SS, PE, IN	<b>Max 6</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>Max 2 combo or sequences</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> <li><u>Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</u></li> </ul>	<b>Max 2 – (Max Level 2 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 spin combination, min 10 revs</li> <li>1 flying spin OR spin with a flying entrance, min 6 revs</li> </ul>	<b>Step Sequence – Max 1</b> <b>(Max Level 2 to be called for features)</b> <u>Pattern not required but must fully utilize the ice surface</u>
	<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>SPIRAL / STEP SEQUENCES</b>
<b>NOVICE LADIES</b> 3:00 +/- 10 sec IJS Level - ISU Advanced Novice ISU Communication 1886 Components SS, TR, PE, IN	<b>Max 6</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>Max 2 combo or sequences</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> <li><u>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).</u></li> <li><u>Only two (2) jumps with three (3) or more revolutions can be repeated either in a jump combination or in a jump sequence.</u></li> </ul>	<b>Max 2 - (Max Level 3 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 spin combination, min 10 revs</li> <li>1 flying spin OR spin with a flying entrance, min 6 revs</li> </ul>	<b>Step Sequence – Max 1</b> <b>(Max Level 3 to be called for features)</b> Pattern not required but must fully utilize the ice surface
<b>NOVICE MEN</b> 3:30 +/- 10 sec IJS Level – ISU Advanced Novice ISU Communication 1886 Components SS, TR, PE, IN	<b>Max 7</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>Max 2 combo or sequences</li> <li>Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps</li> <li><u>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).</u></li> <li><u>Only two (2) jumps with three (3) or more revolutions can be repeated either in a jump combination or in a jump sequence.</u></li> </ul>	<b>Max 2 - (Max Level 3 to be called for features)</b> Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> <li>1 spin combination, min 10 revs</li> <li>1 flying spin OR spin with a flying entrance, min 6 revs</li> </ul>	<b>Step Sequence – Max 1</b> <b>(Max Level 3 to be called for features)</b> Pattern not required but must fully utilize the ice surface

<b>JUNIOR LADIES</b> 3:30 +/- 10 sec IJS Level - ISU Junior  <b>ISU Rule 610 – 2014/15</b>	<b>Max 7</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>Max 3 combos or sequences</li> <li>One 3-jump combo is permitted.</li> <li>Number of jumps in sequence is free</li> <li>Any 2 triples or quads may be repeated, but must be in combo or sequence</li> <li><u>Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</u></li> </ul>	<b>Max 3</b> Max 3 spins of a different nature, must have different abbreviations <ul style="list-style-type: none"> <li>1 flying entry</li> <li>1 spin combination; may change foot</li> <li>1 spin with only 1 position</li> <li>Min 6 rev; 10 for combo; min 2 revs in position</li> <li>All spins may change feet and start with a fly</li> </ul>	<b>Step Sequence – Max 1</b> Pattern not required but must fully utilize the ice surface
<b>JUNIOR MEN</b> 4:00 +/- 10 sec IJS Level - ISU Junior  <b>ISU Rule 610 – 2014/15</b>	<b>Max 8</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>Max 3 combos or sequences</li> <li>One 3-jump combo is permitted.</li> <li>Number of jumps in sequence is free</li> <li>Any 2 triples or quads may be repeated, but must be in combo or sequence</li> <li><u>Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</u></li> </ul>	<b>Max 3</b> Max 3 spins of a different nature, must have different abbreviations <ul style="list-style-type: none"> <li>1 flying entry</li> <li>1 spin combination; may change foot</li> <li>1 spin with only 1 position</li> <li>Min 6 rev; 10 for combo; min 2 revs in position</li> <li>All spins may change feet and start with a fly</li> </ul>	<b>Step Sequence – Max 1</b> Pattern not required but must fully utilize the ice surface
	<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>SPIRAL / STEP SEQUENCES</b>
<b>SENIOR LADIES</b> 4:00 +/- 10 sec IJS Level - ISU Senior  <b>ISU Rule 610 – 2014/15</b>	<b>Max 7</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>Max 3 combos or sequences</li> <li>One 3-jump combo is permitted.</li> <li>Number of jumps in sequence is free</li> <li>Any 2 triples or quads may be repeated, but must be in combo or sequence</li> <li><u>Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</u></li> </ul>	<b>Max 3</b> Max 3 spins of a different nature, must have different abbreviations <ul style="list-style-type: none"> <li>1 flying entry</li> <li>1 spin combination; may change foot</li> <li>1 spin with only 1 position</li> <li>Min 6 rev; 10 for combo; min 2 revs in position</li> <li>All spins may change feet and start with a fly</li> </ul>	<b>Step Sequence – Max 1</b> Pattern not required but must fully utilize the ice surface <b>Choreographed Sequence – Max 1</b> <u>Pattern is free and can be done in any part of the program. Fixed Base Value</u>

<p><b>SENIOR MEN</b></p> <p>4:30 +/- 10 sec</p> <p>IJS Level - ISU Senior</p> <p><b>ISU Rule 610 – 2014/15</b></p>	<p><b>Max 8</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump</li> <li>• Max 3 combos or sequences</li> <li>• One 3-jump combo is permitted.</li> <li>• Number of jumps in sequence is free</li> <li>• Any 2 triples or quads may be repeated, but must be in combo or sequence</li> <li>• <u>Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</u></li> </ul>	<p><b>Max 3</b></p> <p>Max 3 spins of a different nature, must have different abbreviations</p> <ul style="list-style-type: none"> <li>• 1 flying entry</li> <li>• 1 spin combination; may change foot</li> <li>• 1 spin with only 1 position</li> <li>• Min 6 rev; 10 for combo; min 2 revs in position</li> <li>• All spins may change feet and start with a fly</li> </ul>	<p><b>Step Sequence - Max 1</b></p> <p>Pattern not required but must fully utilize the ice surface</p> <p><b>Choreographed Sequence - Max 1</b></p> <p><u>Pattern is free and can be done in any part of the program. Fixed Base Value</u></p>
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