

ALL DIVISIONS	GENERAL COMMENTS – JUMP ELEMENTS	GENERAL COMMENTS - SPINS	
<p>Program Components Factor 1.6</p> <p>Deduction per fall 0.5</p> <p>Except Masters and Elite Masters which is 1.0</p>	<ul style="list-style-type: none"> <li>Steps, turns, crossovers and stroking are not permitted during a jump sequence.</li> <li>Each listed jump may be performed a maximum of 2 times in the program.</li> </ul>	<ul style="list-style-type: none"> <li>A spin that has no basic position with 2 revs will receive no level and no value.</li> <li>A spin with less than 3 revs is considered a skating movement and not a spin.</li> <li>Spin combo must have a minimum of 2 different basic positions with 2 revs in each of these positions anywhere in the spin.</li> <li>The change of foot in any spin must be preceded and followed by a spin position with at least 3 revs. If not fulfilled, the spin will receive a 'V'.</li> </ul>	

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>	<ul style="list-style-type: none"> <li>Single and half revolution jumps only permitted.</li> <li>Lutz, Axel type jumps, double or triple jumps NOT permitted.</li> <li>Maximum 2 jump combinations or sequences.</li> <li>Each jump combo may have only 2 listed jumps.</li> <li><u>Sequences have only 2 jumps - any listed jump followed by an axel type jump. Cannot contain any steps or hops.</u></li> </ul>	<ul style="list-style-type: none"> <li>Maximum 2 spins of a different abbreviation.</li> <li>Flying Spins are NOT permitted.</li> <li>All spins must have a minimum of 3 revolutions.</li> <li>Minimum of 2 revs in each position to be counted.</li> </ul>	<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>	<ul style="list-style-type: none"> <li>• Single Jumps only permitted.</li> <li>• Axel type jumps, double or triple jumps NOT permitted.</li> <li>• Maximum 2 jump combinations or sequences.</li> <li>• Each jump combo may have only 2 listed jumps.</li> <li>• Jump combo may consist of the same or another single jump.</li> <li>• <u>Sequences have only 2 jumps - any listed jump followed by an axel type jump. Cannot contain any steps or hops.</u></li> </ul>	<ul style="list-style-type: none"> <li>• Max 2 spins of a different abbreviation.</li> <li>• Flying Spins are NOT permitted.</li> <li>• Spins must have the required number of revs: 3 for spins with no change of foot, 6 for any spin with a change of foot.</li> </ul>	<ul style="list-style-type: none"> <li>• Utilising at least ½ of the ice surface.</li> <li>• Pattern is not restricted.</li> <li>• May consist of any kind of movements: steps, turns, spirals, arabesques, spread eagles, Ina Bauer, hydro-blading, transitional (unlisted) jumps, spinning movements etc.</li> <li>• Base value and evaluated by the judges in GOE only.</li> </ul>

SILVER	JUMP ELEMENTS (Max 5)	SPINS (Max 2)	STEP SEQUENCE (Max 1)
<p>Max 2:10</p> <p>IJS Level - Adult Silver</p> <p>Maximum level of difficulty is 2</p>	<ul style="list-style-type: none"> <li>• Single jumps only permitted, including 1A.</li> <li>• Double or triple jumps NOT permitted.</li> <li>• Max 2 jump combo/sequence.</li> <li>• 1 jump combo may consist of up to 3 listed jumps.</li> <li>• 1 jump combo may consist of up to 2 listed jumps.</li> <li>• Jump combo may consist of the same or another single jump.</li> <li>• <u>Sequences have only 2 jumps - any listed jump followed by an axel type jump. Cannot contain any steps or hops.</u></li> </ul>	<ul style="list-style-type: none"> <li>• <u>Max 2 spins</u> of a different abbreviation.</li> <li>• One must be a spin combination.</li> <li>• Spins must have the required number of revs: 4 for spins with no change of foot, 8 for any spin with a change of foot.</li> </ul>	<ul style="list-style-type: none"> <li>• Utilising at least ½ the ice surface.</li> <li>• Only the first attempt of a step sequence will contribute to the technical score.</li> </ul>

GOLD	JUMP ELEMENTS (Max 6)	SPINS (Max 3)	STEP SEQUENCE (Max 1)
Max 2:50  IJS Level – Adult Gold  Maximum level of difficulty is 3	<ul style="list-style-type: none"> <li>• Single or Double Jumps only permitted.</li> <li>• Triple jumps, <b>Double Flip, Double Lutz and Double Axel</b> NOT permitted.</li> <li>• Max 3 jump combo/sequence.</li> <li>• 1 jump combo may consist of up to 3 listed jumps.</li> <li>• 2 jump combos may consist of up to 2 listed jumps.</li> <li>• Jump combo may consist of the same or another single or double jump with the exception of those in <b>bold</b> above.</li> <li>• <u>Sequences have only 2 jumps</u> consisting of any listed single or double jumps with the exception of those in <b>bold</b> above, <u>followed by an axel type jump. Cannot contain any steps or hops.</u></li> </ul>	<ul style="list-style-type: none"> <li>• Max 3 spins of a different abbreviation</li> <li>• One must be a spin combination with change of foot.</li> <li>• One must be flying spin or spin with a flying entrance.</li> <li>• Spins must have the required number of revs:4 for spins with no change of foot, 8 for any spin with a change of foot.</li> </ul>	<ul style="list-style-type: none"> <li>• Fully utilising the ice surface.</li> <li>• Only the first attempt of a step sequence will contribute to the technical score.</li> </ul>
MASTERS and ELITE MASTERS	JUMP ELEMENTS (Max 6)	SPINS (Max 3)	STEP SEQUENCE (Max 1)
Max 3:10  IJS Level – Adult Masters/Elite  Maximum level of difficulty is 4	<ul style="list-style-type: none"> <li>• One of which must be an Axel type jump</li> <li>• Single, Double and Triple Jumps are permitted.</li> <li>• Max 3 jump combo/sequence.</li> <li>• 1 jump combo may consist of up to 3 listed jumps.</li> <li>• 2 jump combos may consist of up to 2 listed jumps.</li> <li>• Jump combo may consist of the same or another single, double or triple jump.</li> <li>• <u>Sequences have only 2 jumps - any listed jump followed by an axel type jump. Cannot contain any steps or hops.</u></li> </ul>	<ul style="list-style-type: none"> <li>• Max 3 spins of a different abbreviation</li> <li>• One must be spin combination with change of foot.</li> <li>• One must be flying spin or spin with a flying entrance.</li> <li>• Spins must have the required number of revs: 5 for spins with no change of foot, 8 for any spin with a change of foot.</li> </ul>	<ul style="list-style-type: none"> <li>• Fully utilising the ice surface.</li> <li>• Only the first attempt of a step sequence will contribute to the technical score.</li> </ul>