

	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>PRELIMINARY LADIES & MEN 1:30 +/- 10 sec IJS Level - Preliminary ISA Communication Components SS, P FALL DEDUCT 0.50 Warm Up Group – Max 8</p>	<p>Max 4</p> <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 can contain only 2 jumps, <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain any steps or hops.</u> 	<p>Max 2 (Max Level 1 to be called for features)</p> <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 	<p>Step Sequence – Max 1 (Max Level 1 to be called for features)</p> <ul style="list-style-type: none"> • Pattern not required but must utilize half the ice surface
<p>ELEMENTARY LADIES & MEN 2:00 +/- 10 sec IJS Level – Elementary ISA Communication Components SS, P FALL DEDUCT 0.50 Warm Up Group – Max 8</p>	<p>Max 4</p> <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 can contain only 2 jumps, <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain any steps or hops</u> 	<p>Max 2 – (Max Level 1 to be called for features)</p> <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 	<p>Step Sequence – Max 1 (Max Level 1 to be called for features)</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface
<p>BASIC NOVICE LADIES and MEN 2:30 +/- 10 sec IJS Level – ISU Basic Novice ISU Comm 2172 Components SS, P FALL DEDUCT 0.50 Warm Up Group – Max 8</p>	<p>Max 4</p> <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, <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</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>No triple or quad jumps.</u> 	<p>Max 2 – (Max Level 2 to be called for features)</p> <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 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface

<p>INTERMEDIATE NOVICE LADIES UNDER 15 YRS 3:00 +/- 10 sec IJS Level – ISU Inter Novice ISU Comm 2172 Components SS, P, IN FALL DEDUCT 0.50 Warm Up Group – Max 8</p>	<p>Max 5</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or sequences • Jump combo can contain only 2 jumps, <u>jump Sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</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>No triple or quad jumps.</u> 	<p>Max 2 – (Max Level 2 to be called for features)</p> <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 <u>NO Flying Entry</u> • 1 Spin with no chg of position chg of foot min 8 revs in total, without chg foot min 6 revs, <u>Must</u> commence with a Fly 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> • Pattern not required but must utilize the ice surface
<p>INTERMEDIATE NOVICE MEN UNDER 15 YRS 3:00 +/- 10 sec IJS Level – ISU Inter Novice ISU Comm 2172 Components SS, P, IN FALL DEDUCT 0.50 Warm Up Group – Max 8</p>	<p>Max 5</p> <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, <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</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>No triple or quad jumps</u> 	<p>Max 2 – (Max Level 2 to be called for features)</p> <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 <u>NO Flying Entry</u> • 1 Spin with no chg of position chg of foot min 8 revs in total, without chg foot min 6 revs, <u>Must</u> commence with a Fly 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface
<p>INTERMEDIATE LADIES & MEN 15YRS + OVER 3:00 +/- 10 sec IJS Level – ISU Inter Novice ISU Comm 2172 Components SS, P, IN FALL DEDUCT 0.50 Warm Up Group – Max 8</p>	<p>Max 5</p> <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, <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</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>No triple or quad jumps</u> 	<p>Max 2 – (Max Level 2 to be called for features)</p> <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 <u>NO Flying Entry</u> • 1 Spin with no chg of position chg of foot min 8 revs in total, without chg foot min 6 revs, <u>Must</u> commence with a Fly 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface

<p>ADVANCED NOVICE LADIES 3:00 +/- 10 sec IJS Level – ISU Advanced Novice ISU Comm 2172 Components SS, TR, P, IN FALL DEDUCT 0.50 Warm Up Group – Max 8</p>	<p>Max 6</p> <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, <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</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). • Only two (2) jumps with three (3) or more revolutions can be repeated either in a jump combination or in a jump sequence. <u>No quad jumps.</u> 	<p>Max 2 - (Max Level 3 to be called for features)</p> <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. 	<p>Step Sequence – Max 1 (Max Level 3 to be called for features)</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface
<p>ADVANCED NOVICE MEN 3:00 +/- 10 sec IJS Level – ISU Advanced Novice ISU Comm 2172 Components SS, TR, P, IN FALL DEDUCT 0.50 Warm Up Group – Max 8</p>	<p>Max 6</p> <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, <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops.</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). • Only two (2) jumps with three (3) or more revolutions can be repeated either in a jump combination or in a jump sequence. <u>No quad jumps.</u> 	<p>Max 2 - (Max Level 3 to be called for features)</p> <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. 	<p>Step Sequence – Max 1 (Max Level 3 to be called for features)</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface
<p>JUNIOR LADIES 3:30 +/- 10 sec IJS Level - ISU Junior ISU Rule 610 – 2018/19 FALL DEDUCT 1.00 Warm Up Group – Max 6</p>	<p>Max 7</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or jump sequences • One 3-jump combo is permitted. • <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</u> • <u>Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad</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) 	<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>JUNIOR MEN 3:30 +/- 10 sec IJS Level - ISU Junior ISU Rule 610 – 2018/19 FALL DEDUCT 1.00 Warm Up Group – Max 6</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. • <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</u> • <u>Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad</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). 	<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>SENIOR LADIES 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 610 – 2018/19 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0 Warm Up Group – Max 6</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. • <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</u> • <u>Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad</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). 	<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 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 610 – 2018/19 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0 Warm Up Group – Max 6</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. • <u>jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</u> • <u>Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad</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). 	<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