

Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>PRELIMINARY LADIES & MEN <u>Warm-up 4 mins</u> 1:30 +/- 10 sec IJS Level - Preliminary ISA Communication Components SS, P FALL DEDUCT 0.50</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, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain any steps or hops. 	<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 <u>Warm-up 4 mins</u> 2:00 +/- 10 sec IJS Level – Elementary ISA Communication Components SS, P FALL DEDUCT 0.50</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, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain any steps or hops 	<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 <u>Warm-up 4 mins</u> 2:30 +/- 10 sec IJS Level – ISU Basic Novice ISU Comm 2242 Components SS, P FALL DEDUCT 0.50</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, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). No triple or quad jumps. 	<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 Warm-up 5 mins 3:00 +/- 10 sec IJS Level – ISU Inter Novice ISU Comm 2242 Components SS, P, IN FALL DEDUCT 0.50</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, jump Sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). No triple or quad jumps. 	<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 , <u>may commence with a Fly</u> • 1 Spin with no chg of position chg of foot min 8 revs in total, without chg foot min 6 revs , <u>may commence with a Fly</u> 	<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 Warm-up 5 mins 3:00 +/- 10 sec IJS Level – ISU Inter Novice ISU Comm 2242 Components SS, P, IN FALL DEDUCT 0.50</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, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). No triple or quad jumps 	<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 , <u>may commence with a Fly</u> • 1 Spin with no chg of position chg of foot min 8 revs in total, without chg foot min 6 revs , <u>may commence with a Fly</u> 	<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 15 YRS + OVER Warm-up 5 mins 3:00 +/- 10 sec IJS Level – ISU Inter Novice ISU Comm 2242 Components SS, P, IN FALL DEDUCT 0.50</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, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • Any single or double jump cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). No triple or quad jumps 	<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 , <u>may commence with a Fly</u> • 1 Spin with no chg of position chg of foot min 8 revs in total, without chg foot min 6 revs , <u>may commence with a Fly</u> 	<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 <u>Warm-up 5 mins</u> 3:00 +/- 10 sec IJS Level – ISU Advanced Novice ISU Comm 2242 Components SS, TR, P, IN FALL DEDUCT 0.50</p>	<p>Max 6</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or sequences • <u>One Jump combo can contain 3 jumps</u>, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • 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. No quad jumps. 	<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 <u>Warm-up 5 mins</u> 3:00 +/- 10 sec IJS Level – ISU Advanced Novice ISU Comm 2242 Components SS, TR, P, IN FALL DEDUCT 0.50</p>	<p>Max 6</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or sequences • <u>One Jump combo can contain 3 jumps</u>, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops. • 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. No quad jumps. 	<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 – 2019/20 FALL DEDUCT 1.00</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. • jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad • 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

	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>JUNIOR MEN 3:30 +/- 10 sec IJS Level - ISU Junior ISU Rule 610 – 2019/20 FALL DEDUCT 1.00</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. • jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad • 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 – 2019/20 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0</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. • jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad • 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 – 2019/20</p> <p>FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0</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. • jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops • Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad • 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
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