

WARM-UP TIMES	GENERAL COMMENTS – JUMP ELEMENTS	GENERAL COMMENTS - SPINS	
<p><u>Copper to Silver</u> <b>4mins</b></p> <p><u>Gold to Masters</u> <u>Elite</u> <b>5mins</b></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 not more than twice during the program as solo jump or combo/seq.</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 be marked with a “V”.</li> </ul>	

COPPER	JUMP ELEMENTS (Max 4)	SPINS (Max 2)	CONNECTING STEPS
<p>Max 1:40</p> <p>IJS Level – Adult Copper Components factor 1.2</p> <p>Maximum level of difficulty is 1 <b>Fall 0.5</b></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.</li> <li>Each jump combo may have only 2 listed jumps.</li> <li>Each listed jump may be performed twice.</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>

<b>BRONZE</b>	<b>JUMP ELEMENTS (Max 4)</b>	<b>SPINS (Max 2)</b>	<b>CHOREOGRAPHIC SEQUENCE (Max 1)</b>
<p>Max 1:40 +/-10</p> <p>IJS Level – Adult Bronze Components factor 1.2</p> <p>Maximum level of difficulty is 1 <b>Fall 0.5</b></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.</li> <li>• Each jump combo may have only 2 listed jumps.</li> <li>• Each listed jump may be performed twice.</li> </ul>	<ul style="list-style-type: none"> <li>• Max 2 spins of a different abbreviation.</li> <li>• One spin must be a spin in one position with no change of foot.</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 but must be clearly visible.</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>

<b>SILVER</b>	<b>JUMP ELEMENTS (Max 5)</b>	<b>SPINS (Max 2)</b>	<b>Choreographic SEQUENCE (Max 1)</b>
<p>Max 2:00 +/-10</p> <p>IJS Level - Adult Silver Components factor 1.2</p> <p>Maximum level of difficulty is 2 <b>Fall 0.5</b></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/seq.</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>• A jump sequence may consist 2 single jumps, one single followed by an axel with direct step.</li> </ul>	<ul style="list-style-type: none"> <li>• Max 2 spins 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, 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 but must be clearly visible.</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>

GOLD	JUMP ELEMENTS (Max 5)	SPINS (Max 3)	STEP SEQUENCE (Max 1)
Max 2:50 +/-10  IJS Level – Adult Gold Components factor 1.6  Maximum level of difficulty is 3 <b>Fall 1.0</b>	<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>• A jump sequence may consist of a single or double jump first jump followed by single axel no steps or turns.</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 3:00 +/-10  IJS Level – Adult Masters/Elite Components factor 1.6  Maximum level of difficulty is 4 <b>Fall 1.0</b>	<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>• A jump sequence may consist of two listed jumps first jump followed by axel no steps or turns.</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> </ul>