

<p>JUNIOR 2:50 max <u>IJS Level</u> = <u>Junior.</u></p>	<p>Lifts Toe loop hip lift take off (Group 3) Min 2 revs by lady Min 1 rev and Max 3½ revs by man</p>	<p>Twist Lift Double Take-off Either Flip or Lutz only</p>	<p>Throw Jump Double or Triple Loop Throw Jump</p>	<p>Solo Jump Double Lutz Jump</p>	<p>Pair Spin Combination Pair Spin Combination Spin with only 1 change of foot and at least 1 change of posn Must include at least two basic positions or their variations by both partners. Change of foot must be made at the same time. Min 8 revs in total May NOT commence with a jump</p>	<p>Death Spiral Forward Inside When final death spiral posn is attained, both partners must execute 1 full rev with man in full pivot posn</p>	<p>Step Sequence Step Sequence (Straight Line, Circular or Serpentine) Fully utilise ice surface</p>
<p>SENIOR 2:50 max. <u>IJS Level</u> = <u>Senior</u></p>	<p>Lifts Any hip lift take off (Group 3) Min 2 revs by lady Min 1 rev and Max 3½ revs by man</p>	<p>Twist Lift Double or Triple Take-off Either Flip or Lutz only</p>	<p>Throw Jump Double or Triple</p>	<p>Solo Jump Double or Triple Jump</p>	<p>Pair Spin Combination Pair Spin Combination Spin with only 1 change of foot and at least 1 change of posn Must include at least two basic positions or their variations by both partners. Change of foot must be made at the same time. Min 8 revs in total May NOT commence with a jump</p>	<p>Death Spiral Forward Inside When final death spiral posn is attained, both partners must execute 1 full rev with man in full pivot posn</p>	<p>Step Sequence Step Sequence (Straight Line, Circular or Serpentine) Fully utilise ice surface</p>