

Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p><b>PRELIMINARY GIRLS &amp; BOYS</b></p> <p><b>Warm-up 4 mins</b> 1:30 +/- 10 sec</p> <p>Any Double Jump, 8 revs Sit or Camel 1pt Bonus Max 2pts <b>Component C,P,SS</b> <b>FALL DEDUCT 0.50</b></p>	<p><b>Max 4</b></p> <ul style="list-style-type: none"> <li>Max 2 combo or 1 jump seq and 1 jump combo</li> <li>Any jump can be repeated once in combo or seq</li> <li><u>One Jump combo or seq can contain 2 jumps, jump sequence consists of 2 jumps the 2<sup>nd</sup> jump must be axel type jump.</u></li> </ul>	<p><b>Max 2 (Max Level 1 to be called for features)</b></p> <ul style="list-style-type: none"> <li>Max 2 spins of a different nature (abbreviation)</li> <li>1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry</li> <li>1 Spin with no chg of position and with/without chg of foot, min 4 revs in total, may commence with a Fly</li> </ul>	<p><b>Step Sequence – Max 1 (Max Level 1 to be called for features)</b></p> <ul style="list-style-type: none"> <li>Pattern not required but must utilize at least half the ice surface</li> </ul>
<p><b>ELEMENTARY GIRLS &amp; BOYS</b></p> <p><b>Warm-up 4 mins</b> 2:00 +/- 10 sec</p> <p>Any Double/Double Combo 1pt Bonus Max 2pts <b>Component C,P,SS</b> <b>FALL DEDUCT 0.50</b></p>	<p><b>Max 4</b></p> <ul style="list-style-type: none"> <li>Max 2 combo or 1 jump seq and 1 jump combo</li> <li>Any jump can be repeated once in combo or seq</li> <li><u>One Jump combo or seq can contain 2 jumps, jump sequence consists of 2 jumps the 2<sup>nd</sup> jump must be axel type jump.</u></li> </ul>	<p><b>Max 2 – (Max Level 2 to be called for features)</b></p> <ul style="list-style-type: none"> <li>Max 2 spins of a different nature (abbreviation)</li> <li>1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry</li> <li>1 Spin with no chg of position and with/without chg of foot, min 4 revs in total, may commence with a Fly</li> </ul>	<p><b>Step Sequence – Max 1 (Max Level 2 to be called for features)</b></p> <ul style="list-style-type: none"> <li>Pattern not required but must fully utilize the ice surface</li> <li>Clusters not a feature in Elem</li> </ul>
<p><b>BASIC NOVICE GIRLS &amp; BOYS</b></p> <p><b>Warm-up 4 mins</b> 2:30 +/- 10 sec</p> <p>2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt any triple 1pt Bonus Max 3pts <b>Components C,P,SS</b> <b>FALL DEDUCT 0.50</b></p>	<p><b>Max 4</b></p> <ul style="list-style-type: none"> <li>One of which must be an Axel type jump</li> <li>Max 2 combo or 1 jump seq and 1 jump combo</li> <li><u>Jump combo and jump seq can contain 2 jumps</u> <u>Jump sequence consists of 2 jumps the 2<sup>nd</sup> jump must be axel type jump.</u></li> <li>Only one single and one double jump can be repeated once (as a Solo Jump or Combo/ Seq). No Quads. <b>Triples allowed ISA Only</b></li> </ul>	<p><b>Max 2 – (Max Level 2 to be called for features)</b></p> <ul style="list-style-type: none"> <li>Max 2 spins of a different nature (abbreviation)</li> <li>1 Spin Combination with chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly</li> <li>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</li> </ul>	<p><b>Step Sequence – Max 1 (Max Level 2 to be called for features)</b></p> <ul style="list-style-type: none"> <li>Pattern not required but must fully utilize the ice surface</li> </ul>

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Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p><b>INTERMEDIATE NOVICE GIRLS &amp; BOYS UNDER 15 YRS</b> Warm-up 5 mins 3:00 +/- 10 sec 2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt any triple 1pt Bonus Max 3pts <b>Components C,P,SS</b> <b>FALL DEDUCT 0.50</b></p>	<p><b>Max 5</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump</li> <li>• Max 2 combo or 1 jump seq and 1 jump combo</li> <li>• <u>Jump combo and jump seq can contain 2 jumps</u> <u>Jump sequence consists of 2 jumps the 2<sup>nd</sup> jump must be axel type jump.</u></li> <li>• Only one single and one double jump can be repeated once (as a Solo Jump or Combo/Seq). No Quads. <b>Triples allowed ISA Only</b></li> </ul>	<p><b>Max 2 – (Max Level 2 to be called for features)</b></p> <ul style="list-style-type: none"> <li>• Max 2 spins of a different nature (abbreviation)</li> <li>• 1 Spin Combination with chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly</li> <li>• 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</li> </ul>	<p><b>Step Sequence – Max 1 (Max Level 2 to be called for features)</b></p> <ul style="list-style-type: none"> <li>• Pattern not required but must fully utilize the ice surface</li> </ul>
<p><b>ISA INTERMEDIATE WOMEN &amp; MEN 15 YRS + OVER</b> Warm-up 5 mins 3:00 +/- 10 sec 2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt any triple 1pt Bonus Max 3pts <b>Components C,P,SS</b> <b>FALL DEDUCT 0.50</b></p>	<p><b>Max 5</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump</li> <li>• Max 2 combo or 1 jump seq and 1 jump combo</li> <li>• <u>Jump combo and jump seq can contain 2 jumps</u> <u>Jump sequence consists of 2 jumps the 2<sup>nd</sup> jump must be axel type jump.</u></li> <li>• Only one single and one double jump can be repeated once (as a Solo Jump or Combo/Seq). No Quads. <b>Triples allowed ISA Only</b></li> </ul>	<p><b>Max 2 – (Max Level 2 to be called for features)</b></p> <ul style="list-style-type: none"> <li>• Max 2 spins of a different nature (abbreviation)</li> <li>• 1 Spin Combination with chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly</li> <li>• 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</li> </ul>	<p><b>Step Sequence – Max 1 (Max Level 2 to be called for features)</b></p> <ul style="list-style-type: none"> <li>• Pattern not required but must fully utilize the ice surface</li> </ul>

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Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p><b>ADVANCED NOVICE GIRLS &amp; BOYS</b>  <b>Warm-up 5 mins</b>            3:00 +/- 10 sec            ISU Comm 2489            2A 1pt, any two diff triples 1pt each            Bonus Max 3pts  <b>Components C,P,SS</b>  <b>FALL DEDUCT 0.50</b></p>	<p><b>Max 6</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>Max 2 combo or 1 jump seq and 1 jump combo</li> <li><u>One Jump combo or seq can contain 3 jumps. jump sequence consists of 2 or 3 jumps the 2<sup>nd</sup> and/or 3<sup>rd</sup> jump is an axel type jump.</u></li> <li>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).</li> <li>Only two triples can be repeated either in a jump combination or in a jump sequence. No Quads.</li> </ul>	<p><b>Max 2 - (Max Level 3 to be called for features)</b></p> <ul style="list-style-type: none"> <li>Max 2 spins of a different nature (abbreviation)</li> <li>1 Spin combination must have change of foot, min 8 revs total no flying entry.</li> <li>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.</li> </ul>	<p><b>Step Sequence – Max 1 (Max Level 3 to be called for features)</b></p> <ul style="list-style-type: none"> <li>Pattern not required but must fully utilize the ice surface</li> </ul>
<p><b>JUNIOR WOMEN &amp; MEN</b>            3:30 +/- 10 sec            Women any Triple 1pt each            Men 3F,3Lz,3A, Any Triple/Triple 1pt each            Bonus Max 3pts            ISU Junior            ISU Rule 613 – 2022/23  <b>FALL DEDUCT 1.00</b></p>	<p><b>Max 7</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li><u>Max 3 combos or 2 combos and 1 sequence</u></li> <li>One 3-jump combo or seq is permitted.</li> <li><u>Jump sequence consists of 2 or 3 jumps the 2<sup>nd</sup> and/or 3<sup>rd</sup> jump is an axel type jump.</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</li> <li>Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</li> </ul>	<p><b>Max 3</b></p> <ul style="list-style-type: none"> <li>Max 3 spins of a different nature, must have different abbreviations</li> <li>1 flying entry</li> <li>1 spin combination; may change foot</li> <li>1 spin with only 1 position</li> <li>Min 6 rev; 10 for combo; min 2 revs in position</li> <li>All spins may change feet and start with a fly</li> </ul>	<p><b>Choreographed Sequence — Max 1</b></p> <ul style="list-style-type: none"> <li><u>Must contain at least 2 different movements. Pattern is free and can be done in any part of the program. Fixed Base Value</u></li> </ul>

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Warm-up Groups Max 6	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<b>SENIOR WOMEN</b> 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 613– 2022/23 <b>FALLS DEDUCT</b> 1-2 1.0 3-4 2.0 5+ 3.0	<b>Max 7</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li><u>Max 3 combos or 2 combos and 1 sequence</u></li> <li>One 3-jump combo <u>or seq</u> is permitted.</li> <li><u>Jump sequence consists of 2 or 3 jumps the 2<sup>nd</sup> and/or 3<sup>rd</sup> jump is an axel type jump</u></li> <li>Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad</li> <li>Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</li> </ul>	<b>Max 3</b> <ul style="list-style-type: none"> <li>Max 3 spins of a different nature, must have different abbreviations</li> <li>1 flying entry</li> <li>1 spin combination; may change foot</li> <li>1 spin with only 1 position</li> <li>Min 6 rev; 10 for combo; min 2 revs in position</li> <li>All spins may change feet and start with a fly</li> </ul>	<b>Step Sequence — Max 1</b> <ul style="list-style-type: none"> <li>Pattern not required but must fully utilize the ice surface</li> </ul> <b>Choreographed Sequence — Max 1</b> <ul style="list-style-type: none"> <li><u>Must contain at least 2 different movements.</u> Pattern is free and can be done in any part of the program. Fixed Base Value</li> </ul>
<b>SENIOR MEN</b> 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 613 – 2022/23 <b>FALLS DEDUCT</b> 1-2 1.0 3-4 2.0 5+ 3.0	<b>Max 7</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li><u>Max 3 combos or 2 combos and 1 sequence</u></li> <li>One 3-jump combo <u>or seq</u> is permitted.</li> <li><u>Jump sequence consists of 2 or 3 jumps the 2<sup>nd</sup> and/or 3<sup>rd</sup> jump is an axel type jump</u></li> <li>Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad</li> <li>Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq).</li> </ul>	<b>Max 3</b> <ul style="list-style-type: none"> <li>Max 3 spins of a different nature, must have different abbreviations</li> <li>1 flying entry</li> <li>1 spin combination; may change foot</li> <li>1 spin with only 1 position</li> <li>Min 6 rev; 10 for combo; min 2 revs in position</li> <li>All spins may change feet and start with a fly</li> </ul>	<b>Step Sequence — Max 1</b> <ul style="list-style-type: none"> <li>Pattern not required but must fully utilize the ice surface</li> </ul> <b>Choreographed Sequence — Max 1</b> <ul style="list-style-type: none"> <li><u>Must contain at least 2 different movements.</u> Pattern is free and can be done in any part of the program. Fixed Base Value</li> </ul>

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