

<p>ADVANCED NOVICE LADIES <u>Warm-up 4 mins</u> 2:20 +/- 10 sec</p> <p>IJS Level – ISU Advanced Novice ISU Communication 2242 Warm-Up groups Max 8</p> <p>Max Level 3 to be called for elements with features</p> <p>Components SS, TR, P, IN</p> <p>Fall Deduction 0.5</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Can't repeat Axel jump</p>	<p>Jump Combination Double/Double Double/Triple Triple/Double Can't repeat Axel or Solo jump</p>		<p>Layback/ Sideways leaning or Spin one position no change of foot No Flying Entry Min 6 rev</p>	<p>Spin Combination Spin with only 1 change of foot and at least one change of position flying entry is allowed Min 5 rev on each foot</p>	<p>Any jumps with less than required revolutions will receive no value</p>	<p>Step Sequence Pattern not required but must fully utilize the ice surface</p>
<p>ADVANCED NOVICE MEN <u>Warm-up 4 mins</u> 2:20 +/- 10 sec</p> <p>IJS Level – ISU Advanced Novice ISU Communication 2242 Warm-Up groups Max 8</p> <p>Max Level 3 to be called for elements with features</p> <p>Components SS, TR, P, IN</p> <p>Fall Deduction 0.5</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Can't repeat Axel jump</p>	<p>Jump Combination Double/Double Double/Triple Triple/Double Can't repeat Axel or Solo jump</p>		<p>Camel, Sit or Upright Spin With change of foot, No flying entrance Min 5 revs on each foot</p>	<p>Spin Combination Spin with only 1 change of foot and at least one change of position flying entry is allowed Min 5 rev on each foot</p>	<p>Any jumps with less than required revolutions will receive no value</p>	<p>Step Sequence Pattern not required but must fully utilize the ice surface</p>

<p>JUNIOR LADIES 2.40 +/- 10 sec. IJS Level – Junior</p> <p>ISU Rule 611 2019/20 Season</p>	Double Axel	Double or Triple Loop	<p>Jump Combination Double/Double Double/Triple Triple/Double Triple/Triple May not repeat either Double Axel or solo jump</p>	Flying Sit Spin Min 8 rev	Layback/ Side leaning or Camel no change of foot Min 8 rev	<p>Spin Combination Spin with only 1 change of foot At least 2 basic positions with 2 revs in each position No Flying Entry Min 6 rev on each foot</p>	Any jumps with less than required revolutions will receive no value	Step Sequence Pattern not required but must fully utilize the ice surface
<p>JUNIOR MEN 2.40 +/- 10 sec. IJS Level – Junior</p> <p>ISU Rule 611 2019/20 Season</p>	Double or Triple Axel	Double or Triple Loop	<p>Jump Combination Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple axel or solo jump</p>	Flying Sit Spin Min 8 rev	Camel Spin With only 1 change of foot Min 6 rev on each foot	<p>Spin Combination Spin with only 1 change of foot At least 2 basic positions with 2 revs in each position No Flying Entry Min 6 rev on each foot</p>	Any jumps with less than required revolutions will receive no value	Step Sequence Pattern not required but must fully utilize the ice surface
<p>SENIOR LADIES 2.40 +/- 10 sec. IJS Level – Senior</p> <p>ISU Rule 611 2019/20 Season</p>	Double or Triple Axel	Any Triple Jump	<p>Jump Combination Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple axel or solo jump</p>	Flying Spin Min 8 rev	Layback/ Side leaning Spin or Sit or Camel no change of foot Min 8 rev	<p>Spin Combination Spin with only 1 change of foot At least 2 basic positions with 2 revs in each position No Flying Entry Min 6 rev on each foot</p>	Any jumps with less than required revolutions will receive no value	Step Sequence Pattern not required but must fully utilize the ice surface
<p>SENIOR MEN 2.40 +/- 10 sec IJS Level – Senior</p> <p>ISU Rule 611 2019/20 Season</p>	Double or Triple Axel	Any Triple or Quad Jump	<p>Jump Combination Double/Triple Triple/Double Triple/Triple Quad/Double Quad/Triple May not repeat either Double/Triple axel or solo jump</p>	Flying Spin Min 8 rev	Camel or Sit Spin With only 1 change of foot Min 6 rev. on each foot	<p>Spin Combination Spin with only 1 change of foot At least 2 basic positions with 2 revs in each position No Flying Entry Min 6 rev on each foot</p>	Any jumps with less than required revolutions will receive no value	Step Sequence Pattern not required but must fully utilize the ice surface