

Note: For Divisions Bronze, Silver, Gold, Masters and Elite Masters refer to ISU Technical Requirements for ISU Adult Figure Skating Competitions – 13 July 2022

WARM-UP TIMES	GENERAL COMMENTS – JUMP ELEMENTS	GENERAL COMMENTS - SPINS
<p><u>Copper to Silver</u> <u>4 mins</u></p> <p><u>Gold to Masters</u> <u>Elite</u> <u>5 mins</u></p>	<ul style="list-style-type: none"> Steps, turns, crossovers and stroking are not permitted during a jump sequence. Each listed jump may be performed a maximum of 2 times. Where applicable Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps. Non-listed jumps may be included as part of connecting footwork. 	<ul style="list-style-type: none"> A spin that has no basic position with 2 revs will receive no level and no value. A spin with less than 3 revs is considered a skating movement and not a spin. Spin combo must have a minimum of 2 different basic positions with 2 revs in each of these positions anywhere in the spin. For a spin combination to receive full value, it must include all three basic positions. All spins with change of foot must have at least 3 revs on each foot. If not fulfilled, the spin will be marked with a “V”.

COPPER	JUMP ELEMENTS (Max 4)	SPINS (Max 2)	CONNECTING STEPS
<p>Max 1:40</p> <p>IJS Level – Adult Copper Components factor 2.0</p> <p>Maximum level of difficulty is 1 Fall 0.5</p>	<ul style="list-style-type: none"> Single and half revolution jumps only permitted. Lutz, Axel type jumps, double or triple jumps NOT permitted. Maximum 2 jump combinations. Each jump combo may have only 2 listed jumps. 	<ul style="list-style-type: none"> Maximum 2 spins of a different abbreviation. Flying Spins are NOT permitted. All spins must have a minimum of 3 revolutions. Minimum of 2 revs in each position to be counted. 	<p>Connecting steps throughout the program are required and marked as Transitions</p>

BRONZE	JUMP ELEMENTS (Max 4)	SPINS (Max 2)	CHOREOGRAPHIC SEQUENCE (Max 1)
<p>Max 1:40 +/-10</p> <p>IJS Level – Adult Bronze Components factor 2.0</p> <p>Features for technical elements is up to and including Level 1 Fall 0.5</p>	<ul style="list-style-type: none"> • Single Jumps only permitted. • Axel type jumps, double or triple jumps NOT permitted. • Maximum 2 jump combinations. • Each jump combo may have 2 listed jumps. 	<ul style="list-style-type: none"> • Max 2 spins of a different abbreviation. • One spin must be a spin in one position with or without a change of foot. • Flying Spins are NOT permitted. • Spins must have the required number of revs: 3 for spins with no change of foot, 6 with a change of foot. 	<ul style="list-style-type: none"> • Utilising at least ½ of the ice surface. • <u>Must consist of at least two different movements: spirals, arabesques, spread eagles, Ina Bauers, hydro-blading, transitional (unlisted) jumps. Steps and turns may be used to link two or more different movements together.</u> • Base value and evaluated by the judges in GOE only.

SILVER	JUMP ELEMENTS (Max 5)	SPINS (Max 2)	CHOREOGRAPHIC SEQUENCE (Max 1)
<p>Max 2:00 +/-10</p> <p>IJS Level - Adult Silver Components factor 2.0</p> <p>Features for technical elements is up to and including Level 2 Fall 0.5</p>	<ul style="list-style-type: none"> • Single jumps only permitted, including single Axel. • Double or triple jumps NOT permitted. • May include up to two (2) jump combinations, or one (1) jump combination and one (1) jump sequence. <ul style="list-style-type: none"> – 1 jump combo or 1 jump sequence may have 3 listed jumps. – The other may have 2 listed jumps. • <u>Jump sequence consists of 2 or 3 jumps of any number of revolutions in which the 2nd and/or 3rd jump is an Axel type jump. The entry into the Axel is a direct step from the landing curve of the preceding jump into the take off curve of the Axel type jump.</u> 	<ul style="list-style-type: none"> • Max 2 spins of a different abbreviation. • 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. 	<ul style="list-style-type: none"> • Utilising at least ½ of the ice surface. • <u>Must consist of at least two different movements: spirals, arabesques, spread eagles, Ina Bauers, hydro-blading, transitional (unlisted) jumps. Steps and turns may be used to link two or more different movements together.</u> • Base value and evaluated by the judges in GOE only.

GOLD	JUMP ELEMENTS (Max 5)	SPINS (Max 3)	STEP SEQUENCE (Max 1)
<p>Max 2:50 +/-10</p> <p>IJS Level – Adult Gold Components factor 2.67</p> <p>Features for technical elements is up to and including Level 3 Fall 1.0</p>	<ul style="list-style-type: none"> • Single or Double Jumps only permitted, including single Axel). • Triple jumps, Double Flip, Double Lutz and Double Axel NOT permitted. • May be up to three (3) jump combinations, or two jump combinations and one (1) jump sequence. <ul style="list-style-type: none"> – 1 jump combo or 1 jump sequence may have 3 listed jumps. – 2 jump combos may have 2 listed jumps. • <u>Jump sequence consists of 2 or 3 jumps of any number of revolutions in which the 2nd and/or 3rd jump is an Axel type jump. The entry into the Axel is a direct step from the landing curve of the preceding jump into the take off curve of the Axel type jump.</u> 	<ul style="list-style-type: none"> • Max 3 spins of a different abbreviation • One must be a spin combination with change of foot. • One must be flying spin or spin with a flying entrance. • 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. 	<ul style="list-style-type: none"> • Fully utilising the ice surface.
MASTERS and ELITE MASTERS	JUMP ELEMENTS (Max 6)	SPINS (Max 3)	STEP SEQUENCE (Max 1)
<p>Max 3:00 +/-10</p> <p>IJS Level – Adult Masters/Elite Components factor 2.67</p> <p>Features for technical elements is up to and including Level 4 Fall 1.0</p>	<ul style="list-style-type: none"> • One of which must be an Axel type jump • Single, Double and Triple Jumps are permitted. • May be up to three (3) jump combinations, or two jump combinations and one (1) jump sequence. <ul style="list-style-type: none"> – 1 jump combo or 1 jump sequence may have 3 listed jumps. – 2 jump combos may have 2 listed jumps. • <u>Jump sequence consists of 2 or 3 jumps of any number of revolutions in which the 2nd and/or 3rd jump is an Axel type jump. The entry into the Axel is a direct step from the landing curve of the preceding jump into the take off curve of the Axel type jump.</u> 	<ul style="list-style-type: none"> • Max 3 spins of a different abbreviation • One must be spin combination with change of foot. • One must be flying spin or spin with a flying entrance. • 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. 	<ul style="list-style-type: none"> • Fully utilising the ice surface.