

Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>PRELIMINARY GIRLS & BOYS</p> <p>Warm-up 4 mins 1:30 +/- 10 sec</p> <p>Any Double Jump, or Basic Camel for 6 continuous revs 1pt Bonus Max 2pts Component C,P,SS FALL DEDUCT 0.50</p>	<p>Max 4</p> <ul style="list-style-type: none"> Max 2 combo or 1 jump seq and 1 jump combo <u>Any jump can be repeated only once and this repetition must be done either in a jump combination or jump sequence</u> One Jump combo or seq can contain 2 jumps, jump sequence consists of 2 jumps the 2nd jump must be axel type jump. 	<p>Max 2 (Max Level 1 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry 1 Spin with no chg of position and with/without chg of foot, min 4 revs in total, may commence with a Fly <u>Basic Sit position held for 6 continuous revs in any spin is a feature in Preliminary</u> 	<p>Step Sequence – Max 1 (Max Level 1 to be called for features)</p> <ul style="list-style-type: none"> Pattern not required but must utilize at least half the ice surface
<p>ELEMENTARY GIRLS & BOYS</p> <p>Warm-up 4 mins 2:00 +/- 10 sec</p> <p>Any Double/Double Combo 1pt Bonus Max 2pts Component C,P,SS FALL DEDUCT 0.50</p>	<p>Max 4</p> <ul style="list-style-type: none"> Max 2 combo or 1 jump seq and 1 jump combo <u>Any jump can be repeated only once and this repetition must be done either in a jump combination or jump sequence</u> One Jump combo or seq can contain 2 jumps, jump sequence consists of 2 jumps the 2nd jump must be axel type jump. 	<p>Max 2 – (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry 1 Spin with no chg of position and with/without chg of foot, min 4 revs in total, may commence with a Fly 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface Clusters not a feature in Elem
<p>BASIC NOVICE GIRLS & BOYS</p> <p>Warm-up 4 mins 2:30 +/- 10 sec</p> <p>2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt any triple 1pt Bonus Max 3pts Components C,P,SS FALL DEDUCT 0.50</p>	<p>Max 5</p> <ul style="list-style-type: none"> One of which must be an Axel type jump Max 2 combo or 1 jump seq and 1 jump combo Jump combo and jump seq can contain 2 jumps Jump sequence consists of 2 jumps the 2nd jump must be axel type jump. <u>Any single, double (including double axel) or triple jump cannot be executed more than twice in total. Only one single and one double (incl 2A) can be repeated once. No Quads. Triples allowed ISA Only</u> 	<p>Max 2 – (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin Combination with chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly 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 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface

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*Well balanced program and repeat rules apply. ISU Novice Comm 2562 and ISA Comm 153 rules apply.

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

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Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>ADVANCED NOVICE GIRLS & BOYS Warm-up 5 mins 3:00 +/- 10 sec <u>ISU Comm 2562</u> 2A 1pt, any two diff triples 1pt each Bonus Max 3pts Components C,P,SS FALL DEDUCT 0.50</p>	<p>Max 6</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or 1 jump seq and 1 jump combo • One Jump combo or seq can contain 3 jumps, jump sequence consists of 2 or 3 jumps the 2nd and/or 3rd jump is an axel type jump. • 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). • Only two triples can be repeated either in a jump combination or in a jump sequence. No Quads. 	<p>Max 2 - (Max Level 3 to be called for features)</p> <ul style="list-style-type: none"> • Max 2 spins of a different nature (abbreviation) • 1 Spin combination must have change of foot, min 8 revs total no flying entry. • 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. 	<p><u>Choreographed Sequence — Max 1</u></p> <ul style="list-style-type: none"> • <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>
<p>JUNIOR WOMEN & MEN 3:30 +/- 10 sec Women any Triple 1pt each Men <u>3Lo,3F,3Lz,3A</u>, Any Triple/Triple 1pt each Bonus Max 3pts ISU Junior ISU Rule 612 FALL DEDUCT 1.00</p>	<p>Max 7</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or 2 combos and 1 sequence • One 3-jump combo or seq is permitted. • Jump sequence consists of 2 or 3 jumps the 2nd and/or 3rd jump is an axel type jump. Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad • Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	<p>Max 3</p> <ul style="list-style-type: none"> • Max 3 spins of a different nature, must have different abbreviations • 1 flying entry • 1 spin combination; may change foot • 1 spin with only 1 position • Min 6 rev; 10 for combo; min 2 revs in position • All spins may change feet and start with a fly 	<p><u>Choreographed Sequence — Max 1</u></p> <ul style="list-style-type: none"> • <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>

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Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
SENIOR WOMEN 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 612 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 3 combos or 2 combos and 1 sequence One 3-jump combo or seq is permitted. Jump sequence consists of 2 or 3 jumps the 2nd and/or 3rd jump is an axel type jump Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature, must have different abbreviations 1 flying entry 1 spin combination; may change foot 1 spin with only 1 position Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly 	Step Sequence — Max 1 <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface Choreographed Sequence — Max 1 <ul style="list-style-type: none"> Must contain at least 2 different movements. Pattern is free and can be done in any part of the program. Fixed Base Value
SENIOR MEN 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 612 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 3 combos or 2 combos and 1 sequence One 3-jump combo or seq is permitted. Jump sequence consists of 2 or 3 jumps the 2nd and/or 3rd jump is an axel type jump Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature, must have different abbreviations 1 flying entry 1 spin combination; may change foot 1 spin with only 1 position Min 6 rev; 10 for combo; min 2 revs in position All spins may change feet and start with a fly 	Step Sequence — Max 1 <ul style="list-style-type: none"> Pattern not required but must fully utilize the ice surface Choreographed Sequence — Max 1 <ul style="list-style-type: none"> Must contain at least 2 different movements. Pattern is free and can be done in any part of the program. Fixed Base Value

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