

Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p><b>PRELIMINARY GIRLS &amp; BOYS</b> Warm-up 4 mins 1:30 +/- 10 sec Any Double Jump 1pt Bonus Max 2pts Components SS, P FALL DEDUCT 0.50</p>	<p><b>Max 4</b></p> <ul style="list-style-type: none"> <li>• Max 2 combo or sequences</li> <li>• Any jump can be repeated only once and this repetition must be done either in a jump combo or sequence</li> <li>• Jump combo can contain only 2 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain any steps or hops.</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> Warm-up 4 mins 2:00 +/- 10 sec Any Double/Double Combo 1pt Bonus Max 2pts Components SS, P FALL DEDUCT 0.50</p>	<p><b>Max 4</b></p> <ul style="list-style-type: none"> <li>• Max 2 combo or sequences</li> <li>• Any jump can be repeated only once and this repetition must be done either in a jump combo or sequence</li> <li>• Jump combo can contain only 2 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain any steps or hops</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>• <u>Clusters not a feature in Elem</u></li> </ul>
<p><b>BASIC NOVICE GIRLS and BOYS</b> Warm-up 4 mins 2:30 +/- 10 sec <u>2Lz/2Lo, 2Lz/2T, 2F/2Lo,</u> <u>2F/2T, 2A 1pt</u> <u>any triple 1pt</u> Bonus Max 3pts Components SS, P FALL DEDUCT 0.50</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 sequences</li> <li>• Jump combo to contain only 2 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</li> <li>• <u>Only one single and one double jump can be repeated once</u> (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>

2021/2022

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Warm-Up Groups 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p><b>INTERMEDIATE NOVICE GIRLS &amp; BOYS UNDER 15 YRS</b>  <b>Warm-up 5 mins</b>            3:00 +/- 10 sec  <u>2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt</u>  <u>any triple 1pt</u>            Bonus Max 3pts            Components SS, P, IN  <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 sequences</li> <li>Jump combo to contain only 2 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</li> <li><u>Only one single and one double jump can be repeated once</u> (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>  <b>Warm-up 5 mins</b>            3:00 +/- 10 sec  <u>2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt</u>  <u>any triple 1pt</u>            Bonus Max 3pts            Components SS, P, IN  <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 sequences</li> <li>Jump combo to contain only 2 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</li> <li><u>Only one single and one double jump can be repeated once</u> (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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<p><b>ADVANCED NOVICE GIRLS &amp; BOYS</b>  <b>Warm-up 5 mins</b>  3:00 +/- 10 sec  ISU Comm 2396  2A, any two diff triples 1pt each  Bonus Max 3pts  Components SS, TR, P, IN  <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 sequences</li> <li>• One Jump combo can contain 3 jumps, jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops.</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  Ladies any Triple 1pt each  Men 3F, 3Lz, 3A, Any Triple/Triple 1pt each  Bonus Max 3pts  ISU Junior  ISU Rule 613 – 2021/22  <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>• Max 3 combos or sequences</li> <li>• One 3-jump combo is permitted.</li> <li>• jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</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>	<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>Step Sequence – Max 1</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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<p><b>SENIOR WOMEN</b> 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 613 – 2021/22 <b>FALLS DEDUCT</b> 1-2 1.0 3-4 2.0 5+ 3.0</p>	<p><b>Max 7</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump</li> <li>• Max 3 combos or sequences</li> <li>• One 3-jump combo is permitted.</li> <li>• jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</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>	<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>Step Sequence — Max 1</b></p> <ul style="list-style-type: none"> <li>• Pattern not required but must fully utilize the ice surface</li> </ul> <p><b>Choreographed Sequence — Max 1</b></p> <ul style="list-style-type: none"> <li>• Pattern is free and can be done in any part of the program. Fixed Base Value</li> </ul>
<p><b>SENIOR MEN</b> 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 613 – 2021/22 <b>FALLS DEDUCT</b> 1-2 1.0 3-4 2.0 5+ 3.0</p>	<p><b>Max 7</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump</li> <li>• Max 3 combos or sequences</li> <li>• One 3-jump combo is permitted.</li> <li>• jump sequence only 2 jumps any listed jump followed by an axel type jump can't contain steps or hops</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>	<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>Step Sequence — Max 1</b></p> <ul style="list-style-type: none"> <li>• Pattern not required but must fully utilize the ice surface</li> </ul> <p><b>Choreographed Sequence — Max 1</b></p> <ul style="list-style-type: none"> <li>• Pattern is free and can be done in any part of the program. Fixed Base Value</li> </ul>

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