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| <p>ADVANCED NOVICE GIRLS Warm-up 4 mins 2:20 +/- 10 sec 2A and triple jump 1pt each Bonus Max 2pts <u>ISU Comm 2396</u> Warm-Up groups Max 8 Max Level 3 to be called for elements with features Components SS, TR, P, IN 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 BOYS Warm-up 4 mins 2:20 +/- 10 sec 2A and triple jump 1pt each Bonus Max 2pts <u>ISU Comm 2396</u> Warm-Up groups Max 8 Max Level 3 to be called for elements with features Components SS, TR, P, IN 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> |

*Jumps must be fully rotated or landed on the quarter (q) without a fall to achieve the Bonus.
 *Wrong edge calls are not acceptable for Flip or Lutz, however attention(!) calls are acceptable.
 *Well balanced program and repeat rules apply. ISU Comm 2396 and ISA Comm 134 rules apply.

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| <p>JUNIOR WOMEN 2.40 +/- 10 sec. IJS Level – Junior Any two triple jumps 1pt each Bonus Max 3pts <u>ISU Comm 2382</u> 2021/22Season</p> | Double Axel | Double or Triple Flip | <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 3F,3A or any triple/triple combo 1pt each Bonus Max 3pts <u>ISU Comm 2382</u> 2021/22 Season</p> | Double or Triple Axel | Double or Triple Flip | <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 WOMEN 2.40 +/- 10 sec. IJS Level – Senior ISU Rule 611 2021/22Season</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 ISU Rule 611 2021/22 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 |