

	JUMP ELEMENTS	SPINS	SPIRAL / STEP SEQUENCES
<p>PRELIMINARY LADIES 1:30 +/- 10 sec IJS Level - Preliminary ISA Communication 56</p> <p>Components SS, PE FALL DED 0.50</p>	<p>Max 4</p> <ul style="list-style-type: none"> Min 1, Max 2 combo or sequences <u>Any jump can be repeated only once and this repetition must be done either in a jump combo or sequence</u> Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	<p>Max 2 . (Max Level 1 to be called for features) Max 2 spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> 1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry 1 Spin with no chg of posn and with/without chg of foot, min 4 revs in total, may commence with a Fly 	<p>Choreographed Sequence . Max 1</p> <ul style="list-style-type: none"> <u>Min. 1 spiral position for at least 3 sec for a fixed Base Value and evaluated GOE only</u>
<p>PRELIMINARY MEN 1:30 +/- 10 sec IJS Level – Preliminary ISA Communication 56</p> <p>Components SS, PE FALL DEDUCT 0.50</p>	<p>Max 4</p> <ul style="list-style-type: none"> Min 1, Max 2 combo or sequences <u>Any jump can be repeated only once and this repetition must be done either in a jump combo or sequence</u> Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	<p>Max 2 . (Max Level 1 to be called for features) Max 2 spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> 1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry 1 Spin with no chg of posn and with/without chg of foot, min 4 revs in total, may commence with a Fly 	<p>Choreographed Sequence . Max 1</p> <ul style="list-style-type: none"> <u>Fully utilizing the ice surface , for a fixed Base value and evaluated GOE only</u>
<p>ELEMENTARY LADIES 2:00 +/- 10 sec IJS Level – Elementary ISA Communication 57</p> <p>Components SS, PE FALL DEDUCT 0.50</p>	<p>Max 4</p> <ul style="list-style-type: none"> Min 1, Max 2 combo or sequences <u>Any jump can be repeated only once and this repetition must be done either in a jump combo or sequence</u> Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	<p>Max 2 . (Max Level 1 to be called for features) Max 2 spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> 1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry 1 Spin with no chg of posn and with/without chg of foot, min 4 revs in total, may commence with a Fly 	<p>Choreographed Spiral Sequence . Max 1</p> <ul style="list-style-type: none"> <u>Min. 1 spiral position for at least 3 sec for a fixed Base Value and evaluated GOE only</u>
<p>ELEMENTARY MEN 2:00 +/- 10 sec IJS Level – Elementary ISA Communication 57</p> <p>Components SS, PE FALL DEDUCT 0.50</p>	<p>Max 4</p> <ul style="list-style-type: none"> Min 1, Max 2 combo or sequences <u>Any jump can be repeated only once and this repetition must be done either in a jump combo or sequence</u> Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	<p>Max 2 . (Max Level 1 to be called for features) Max 2 spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> 1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry 1 Spin with no chg of posn and with/without chg of foot, min 4 revs in total, may commence with a Fly 	<p>Choreographed Step Sequence . Max 1</p> <ul style="list-style-type: none"> <u>Fully utilizing the ice surface , for a fixed Base value and evaluated GOE only</u>
<p>PRE-PRIMARY LADIES 2:30 +/- 10 sec IJS Level – ISU Basic Novice A ISU Communication 1760</p> <p>Components SS, PE</p>	<p>Max 4</p> <ul style="list-style-type: none"> One of which must be an Axel type jump Min 1, Max 2 combo or sequences Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	<p>Max 2 – (Max Level 2 to be called for features) Max 2 spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> 1 Spin Combination with/without chg of foot, min 6 revs in total, <u>may commence with a Fly</u> 1 Spin with no chg of posn and with/without chg of foot, min 6 revs in total, <u>may commence with a Fly</u> 	<p>Choreographed Sequence – Max 1</p> <ul style="list-style-type: none"> <u>Min. 1 spiral position for at least 3 sec for a fixed Base Value and evaluated GOE only</u>

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<p>PRE-PRIMARY MEN</p> <p>2:30 +/- 10 sec IJS Level – ISU Basic Novice A ISU Communication 1760</p> <p>Components SS, PE</p>	<p>Max 4</p> <ul style="list-style-type: none"> • One of which must be an Axel type jump • Min 1, Max 2 combo or sequences • Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	<p>Max 2 – (Max Level 2 to be called for features) Max 2 spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> • 1 Spin Combination with/without chg of foot, min 6 revs in total, may commence with a Fly • 1 Spin with no chg of posn and with/without chg of foot, min 6 revs in total, may commence with a Fly 	<p>Step Sequence – Max 1 <u>Step Sequence - Any pattern, fully utilizing the ice surface, for a fixed Base value and evaluated GOE only</u></p>
<p>PRIMARY LADIES</p> <p>3:00 +/- 10 sec IJS Level - ISU Basic Novice B ISU Communication 1760</p> <p>Components SS, PE, IN</p>	<p>Max 5</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or sequences • Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	<p>Max 2 – (Max Level 2 to be called for features) Max 2 spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> • 1 spin combination, min 10 revs, <u>may commence with a fly</u> • 1 flying spin OR spin with a flying entrance, min 6 revs 	<p>Step Sequence – Max 1 (Max Level 2) <u>Pattern not required but must fully utilize the ice surface. The sequence will receive level features and also evaluated in GOE</u></p>
<p>PRIMARY MEN</p> <p>3:00 +/- 10 sec IJS Level – ISU Basic Novice B ISU Communication 1760</p> <p>Components SS, PE, IN</p>	<p>Max 6</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or sequences • Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	<p>Max 2 - (Max Level 2 to be called for features) Max 2 spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> • 1 spin combination, min 10 revs, <u>may commence with a fly</u> • 1 flying spin OR spin with a flying entrance, min 6 revs 	<p>Step Sequence – Max 1 (Max Level 2) <u>Pattern not required but must fully utilize the ice surface. The sequence will receive level features and also evaluated in GOE.</u></p>
<p>INTERMEDIATE LADIES</p> <p>3:00 +/- 10 sec IJS Level - ISU Basic Novice B ISU Communication 1760</p> <p>Components SS, PE, IN</p>	<p>Max 5</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or sequences • Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	<p>Max 2 – (Max Level 2 to be called for features) Max 2 spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> • 1 spin combination, min 10 revs, <u>may commence with a fly</u> • 1 flying spin OR spin with a flying entrance, min 6 revs 	<p>Step Sequence – Max 1 (Max Level 2) <u>Pattern not required but must fully utilize the ice surface. The sequence will receive level features and also evaluated in GOE.</u></p>
<p>INTERMEDIATE MEN</p> <p>3:00 +/- 10 sec IJS Level - ISU Basic Novice B ISU Communication 1760</p> <p>Components SS, PE, IN</p>	<p>Max 6</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or sequences • Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	<p>Max 2 – (Max Level 2 to be called for features) Max 2 spins of a different nature (abbreviation)</p> <ul style="list-style-type: none"> • 1 spin combination, min 10 revs • 1 flying spin OR spin with a flying entrance, min 6 revs 	<p>Step Sequence – Max 1 (Max Level 2) <u>Pattern not required but must fully utilize the ice surface. The sequence will receive level features and also evaluated in GOE.</u></p>

	JUMP ELEMENTS	SPINS	SPIRAL / STEP SEQUENCES
NOVICE LADIES 3:00 +/- 10 sec IJS Level - ISU Advanced Novice ISU Communication 1760 Components SS, TR, PE, IN	Max 6 <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or sequences • Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	Max 2 - (Max Level 3 to be called for features) Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> • 1 spin combination, min 10 revs • 1 flying spin OR spin with a flying entrance, min 6 revs 	Step Sequence – Max 1 (Max Level 3 to be called for features) Pattern not required but must fully utilize the ice surface
NOVICE MEN 3:30 +/- 10 sec IJS Level – ISU Advanced Novice ISU Communication 1760 Components SS, TR, PE, IN	Max 7 <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Min 1, Max 2 combo or sequences • Jump combo to contain only 2 jumps, jump sequence unlimited number of jumps 	Max 2 - (Max Level 3 to be called for features) Max 2 spins of a different nature (abbreviation) <ul style="list-style-type: none"> • 1 spin combination, min 10 revs • 1 flying spin OR spin with a flying entrance, min 6 revs 	Step Sequence – Max 1 (Max Level 3 to be called for features) Pattern not required but must fully utilize the ice surface
JUNIOR LADIES 3:30 +/- 10 sec IJS Level - ISU Junior ISU Rule 512 – 2013/14	Max 7 <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or sequences • One 3-jump combo is permitted. • Number of jumps in sequence is free • 2 triples or quads may be repeated, but must be in combo or sequence • 2 Dbl Axel max as solo jump or in combo/seq 	Max 3 Max 3 spins of a different nature, must have different abbreviations <ul style="list-style-type: none"> • 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 Pattern not required but must fully utilize the ice surface
JUNIOR MEN 4:00 +/- 10 sec IJS Level - ISU Junior ISU Rule 512 – 2013/14	Max 8 <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or sequences • One 3-jump combo is permitted. • Number of jumps in sequence is free • 2 triples or quads may be repeated, but must be in combo or sequence • 2 Dbl Axel max as solo jump or in combo/seq 	Max 3 Max 3 spins of a different nature, must have different abbreviations <ul style="list-style-type: none"> • 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 Pattern not required but must fully utilize the ice surface

	JUMP ELEMENTS	SPINS	SPIRAL / STEP SEQUENCES
SENIOR LADIES 4:00 +/- 10 sec IJS Level - ISU Senior ISU Rule 512 – 2013/14	Max 7 <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or sequences • One 3-jump combo is permitted. • Number of jumps in sequence is free • 2 triples or quads may be repeated, but must be in combo or sequence • 2 Dbl Axel max as solo jump or in combo/seq 	Max 3 Max 3 spins of a different nature, must have different abbreviations <ul style="list-style-type: none"> • 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 Pattern not required but must fully utilize the ice surface Choreographed Sequence - Max 1 Must include at least one spiral (not a kick) of any length, must fully utilize the ice surface. Must be performed after the step sequence. Fixed Base Value
SENIOR MEN 4:30 +/- 10 sec IJS Level - ISU Senior ISU Rule 512 – 2013/14	Max 8 <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or sequences • One 3-jump combo is permitted. • Number of jumps in sequence is free • 2 triples or quads may be repeated, but must be in combo or sequence • 2 Dbl Axel max as solo jump or in combo/seq 	Max 3 Max 3 spins of a different nature, must have different abbreviations <ul style="list-style-type: none"> • 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 Pattern not required but must fully utilize the ice surface Choreographed Sequence - Max 1 Must fully utilize the ice surface. Must be performed after the step sequence. Fixed Base Value