

<p>ADVANCED NOVICE GIRLS Warm-up 4 mins</p> <p>2:20 +/- 10 sec IJS Level – Advanced Novice 2A and triple jump 1pt each Bonus Max 2pts</p> <p><u>ISU Comm 2562</u> Warm-Up groups Max 8</p> <p>Max Level 3 to be called for elements with features</p> <p>Components <u>C, P, SS</u></p> <p>Fall Deduction 0.5</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>Can't repeat Axel jump</p>	<p>Jump Combination Double/Double Double/Triple Triple/Double Can't repeat Axel or solo jump</p>		<p><u>Layback/ Sideways leaning or Camel Spin no change of foot</u></p> <p>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</p> <p>2:20 +/- 10 sec IJS Level – Advanced Novice 2A and triple jump 1pt each Bonus Max 2pts</p> <p><u>ISU Comm 2562</u> Warm-Up groups Max 8</p> <p>Max Level 3 to be called for elements with features</p> <p>Components <u>C, P, SS</u></p> <p>Fall Deduction 0.5</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>Can't repeat Axel jump</p>	<p>Jump Combination Double/Double Double/Triple Triple/Double Can't repeat Axel or Solo jump</p>		<p><u>Camel Spin</u> <u>with or without change of foot, no flying entrance</u> Min 5 revs each foot Chg foot 6 revs without Chg 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 2558 and ISA Comm 153 rules apply.

<p>JUNIOR WOMEN 2.40 +/- 10 sec. IJS Level – Junior Any triple jump 1pt Bonus Max 3pts</p> <p>ISU Rule 611 2023/24 Season</p>	<p>Double Axel</p>	<p>Double or Triple Lutz</p>	<p>Jump Combination Double/Double Double/Triple Triple/Double Triple/Triple May not repeat either Double Axel or solo jump</p>	<p>Flying Sit Spin Min 8 rev</p>	<p>Layback/ Side leaning or Camel no change of foot Min 8 rev</p>	<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>	<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>JUNIOR MEN 2.40 +/- 10 sec. IJS Level – Junior <u>3Lz</u>, 3A or any triple/triple combo 1pt each Bonus Max 3pts</p> <p>ISU Rule 611 2023/24 Season</p>	<p>Double or Triple Axel</p>	<p>Double or Triple Lutz</p>	<p>Jump Combination Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple Axel or solo jump</p>	<p>Flying Sit Spin Min 8 rev</p>	<p>Camel Spin With only 1 change of foot Min 6 rev on each foot</p>	<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>	<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>SENIOR WOMEN 2.40 +/- 10 sec. IJS Level – Senior</p> <p>ISU Rule 611</p>	<p>Double or Triple Axel</p>	<p>Any Triple Jump</p>	<p>Jump Combination Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple Axel or solo jump</p>	<p>Flying Spin Min 8 rev</p>	<p>Layback/ Side leaning Spin or Sit or Camel no change of foot Min 8 rev</p>	<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>	<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>SENIOR MEN 2.40 +/- 10 sec IJS Level – Senior</p> <p>ISU Rule 611</p>	<p>Double or Triple Axel</p>	<p>Any Triple or Quad Jump</p>	<p>Jump Combination Double/Triple Triple/Double Triple/Triple Quad/Double Quad/Triple May not repeat either Double/Triple Axel or solo jump</p>	<p>Flying Spin Min 8 rev</p>	<p>Camel or Sit Spin With only 1 change of foot Min 6 rev on each foot</p>	<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>	<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>