

<p><b>ADVANCED NOVICE GIRLS</b> 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>ISU Comm 2624 Warm-Up groups Max 8</p> <p>Max Level 3 to be called for elements with features</p> <p><b>Components</b> <b>C, P, SS</b></p> <p><u>Fall Outside element</u> Deduction 0.5</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b></p> <p>Can't repeat Axel jump</p>	<p><b>Jump Combination</b> Double/Double Double/Triple Triple/Double <u>The second jump must be 2T or 3T</u> Can't repeat Axel or solo jump</p>		<p><b><u>Layback/ Sideways leaning or Sit Spin no change of foot</u></b></p> <p>No Flying Entry Min 6 rev</p>	<p><b>Spin Combination</b> Spin with only 1 change of foot and at least one change of position <u>flying entry not allowed</u> Min 5 rev on each foot</p>	<p>Any jumps with less than required revolutions will receive no value</p>	<p><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface <u>Feature 4) two combinations of 3 difficult turns on different feet must include forward outside rocker and backward inside loop, can be in same combination or one in one and other in the second. At least 2 difficult turns and steps in the sequence must be executed on clean edges for level basic.</u></p>
<p><b>ADVANCED NOVICE BOYS</b> 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>ISU Comm 2624 Warm-Up groups Max 8</p> <p>Max Level 3 to be called for elements with features</p> <p><b>Components</b> <b>C, P, SS</b></p> <p><u>Fall Outside element</u> Deduction 0.5</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b></p> <p>Can't repeat Axel jump</p>	<p><b>Jump Combination</b> Double/Double Double/Triple Triple/Double <u>The second jump must be 2T or 3T</u> Can't repeat Axel or Solo jump</p>		<p><b><u>Sit Spin</u></b> with or without change of foot, no flying entrance Min 5 revs each foot Chg foot 6 revs without Chg foot</p>	<p><b>Spin Combination</b> Spin with only 1 change of foot and at least one change of position <u>flying entry not allowed</u> Min 5 rev on each foot</p>	<p>Any jumps with less than required revolutions will receive no value</p>	<p><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface <u>Feature 4) two combinations of 3 difficult turns on different feet must include forward outside rocker and backward inside loop, can be in same combination or one in one and other in the second. At least 2 difficult turns and steps in the sequence must be executed on clean edges for level basic.</u></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.  
 \*Falls for Advanced Novice are called but only those falls outside the element have the 0.5 deduction applied  
 \*Well balanced program and repeat rules apply. ISU Comm 2623, 2624 and ISA Comm 161 rules apply.

<p><b>JUNIOR WOMEN</b> 2.40 +/- 10 sec. IJS Level – Junior Any triple jump 1pt Bonus Max 3pts <u>ISU Comm 2623</u> 2024/25 Season</p>	<p><b>Double Axel</b></p>	<p><b>Double or Triple Flip</b></p>	<p><b>Jump Combination</b> Double/Double Double/Triple Triple/Double Triple/Triple May not repeat either Double Axel or solo jump</p>	<p><b>Flying Camel Spin</b>  Min 8 rev</p>	<p><b>Layback/ Side leaning or Sit no change of foot</b>  Min 8 rev</p>	<p><b>Spin Combination</b> 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><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface</p>
<p><b>JUNIOR MEN</b> 2.40 +/- 10 sec. IJS Level – Junior <u>3Lz</u>, 3A or any triple/triple combo 1pt each Bonus Max 3pts <u>ISU Comm 2623</u> 2024/25Season</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Double or Triple Flip</b></p>	<p><b>Jump Combination</b> Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple Axel or solo jump</p>	<p><b>Flying Camel Spin</b>  Min 8 rev</p>	<p><b>Sit Spin</b> With only 1 change of foot Min 6 rev on each foot</p>	<p><b>Spin Combination</b> 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><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface</p>
<p><b>SENIOR WOMEN</b> 2.40 +/- 10 sec. IJS Level – Senior  ISU Rule 611 2024/25 Season</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple Jump</b></p>	<p><b>Jump Combination</b> Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple Axel or solo jump</p>	<p><b>Flying Spin</b>  Min 8 rev</p>	<p><b>Layback/ Side leaning Spin or Sit or Camel no change of foot</b>  Min 8 rev</p>	<p><b>Spin Combination</b> 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><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface</p>
<p><b>SENIOR MEN</b> 2.40 +/- 10 sec IJS Level – Senior  ISU Rule 611 2024/25 Season</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple or Quad Jump</b></p>	<p><b>Jump Combination</b> Double/Triple Triple/Double Triple/Triple Quad/Double Quad/Triple May not repeat either Double/Triple Axel or solo jump</p>	<p><b>Flying Spin</b>  Min 8 rev</p>	<p><b>Camel or Sit Spin</b> With only 1 change of foot Min 6 rev on each foot</p>	<p><b>Spin Combination</b> 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><b>Step Sequence</b> Pattern not required but must fully utilize the ice surface</p>

2024/2025

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