

Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>PRELIMINARY GIRLS & BOYS Warm-up 4 mins 1:30 +/- 10 sec Any Double Jump, or Basic Camel for 6 continuous revs 1pt Bonus Max 2pts Factor 1.67 Component C,P,SS <u>Falls outside element 0.50</u></p>	<p>Max 4</p> <ul style="list-style-type: none"> • Max 2 combo or 1 jump seq and 1 jump combo • Any jump can be repeated only once and this repetition must be done either in a jump combination or jump sequence • One Jump combo or seq can contain 2 jumps, jump sequence consists of 2 jumps the 2nd jump must be axel type jump. 	<p>Max 2 (Max Level 1 to be called for features)</p> <ul style="list-style-type: none"> • Max 2 spins of a different nature (abbreviation) • 1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry • 1 Spin with no chg of position and with/without chg of foot, min 4 revs in total, may commence with a Fly • Basic Sit position held for 6 continuous revs in any spin is a feature in Preliminary 	<p>Step Sequence – Max 1 (Max Level 1 to be called for features)</p> <ul style="list-style-type: none"> • Pattern not required but must utilize at least half the ice surface
<p>ELEMENTARY GIRLS & BOYS Warm-up 4 mins 2:00 +/- 10 sec Any Double/Double Combo 1pt Bonus Max 2pts Factor 1.67 Component C,P,SS <u>Falls outside element 0.50</u></p>	<p>Max 4</p> <ul style="list-style-type: none"> • Max 2 combo or 1 jump seq and 1 jump combo • Any jump can be repeated only once and this repetition must be done either in a jump combination or jump sequence • One Jump combo or seq can contain 2 jumps, jump sequence consists of 2 jumps the 2nd jump must be axel type jump. 	<p>Max 2 – (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> • Max 2 spins of a different nature (abbreviation) • 1 Spin Combination with/without chg of foot, min 4 revs in total, NO Flying Entry • 1 Spin with no chg of position and with/without chg of foot, min 4 revs in total, may commence with a Fly 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface • Clusters not a feature in Elem

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*Well balanced program and repeat rules apply. ISU Comm 2623 , 2624 and ISA Comm 161 rules apply.

Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>BASIC NOVICE GIRLS & BOYS UNDER 14 YRS Warm-up 4 mins 2:30 +/- 10 sec 2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt any triple 1pt Bonus Max 3pts Factor 1.67 Components C,P,SS <u>Falls outside element 0.50</u></p>	<p>Max 5</p> <ul style="list-style-type: none"> One of which must be an Axel type jump Max 2 combo or 1 jump seq and 1 jump combo Jump combo and jump seq can contain 2 jumps Jump sequence consists of 2 jumps the 2nd jump must be axel type jump. Any single, double (including double axel) or triple jump cannot be executed more than twice in total. Only one single and one double (incl 2A) can be repeated once. No Quads. Triples allowed ISA Only 	<p>Max 2 – (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin Combination with chg of foot min 8 revs in total, without chg foot min 6 revs , may commence with a Fly. <u>Level features allowed one on each foot.</u> <u>1 Spin with no chg of position or foot min 6 revs in basic position. Other variations allowed after 6 revs max level is basic. No flying entry allowed.</u> 	<p>Step Sequence – Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> <u>Pattern not required but must fully utilize the ice surface. Must include one skating movement e.g. spiral, bauer etc. If missing no level. At least 2 difficult turns and steps must be done on clean edges for level basic. TP won't award body movements or combos of 3 difficult turns.</u>
<p>INTERMEDIATE NOVICE GIRLS & BOYS UNDER 16 YRS Warm-up 5 mins 3:00 +/- 10 sec 2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt any triple 1pt Bonus Max 3pts Factor Girls 1.7 Boys 2.0 Components C,P,SS <u>Falls outside element 0.50</u></p>	<p>Max 5</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 2 combo or 1 jump seq and 1 jump combo Jump combo and jump seq can contain 2 jumps Jump sequence consists of 2 jumps the 2nd jump must be axel type jump. Any single, double (including double axel) or triple jump cannot be executed more than twice in total. Only one single and one double (incl 2A) can be repeated once. No Quads. Triples allowed ISA Only 	<p>Max 2 – (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> Max 2 spins of a different nature (abbreviation) 1 Spin Combination with chg of foot min 8 revs in total, without chg foot min 6 revs, <u>-Flying entrance is not allowed. If with change of foot only one level feature per foot will count.</u> 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 	<p>Step Sequence — Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> <u>Pattern not required but must fully utilize the ice surface. Must include one skating movement e.g. spiral, bauer etc. If missing no level. At least 2 difficult turns and steps must be done on clean edges for level basic. TP won't award body movements or combos of 3 difficult turns.</u>

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Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>ISA INTERMEDIATE WOMEN & MEN 16 YRS + OVER Warm-up 5 mins 3:00 +/- 10 sec 2Lz/2Lo, 2Lz/2T, 2F/2Lo, 2F/2T, 2A 1pt any triple 1pt Bonus Max 3pts Factor Girls 1.7 Boys 2.0 Components C,P,SS <u>Falls outside element 0.50</u></p>	<p>Max 5</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or 1 jump seq and 1 jump combo • Jump combo and jump seq can contain 2 jumps Jump sequence consists of 2 jumps the 2nd jump must be axel type jump. • Any single, double (including double axel) or triple jump cannot be executed more than twice in total. Only one single and one double (incl 2A) can be repeated once. No Quads. Triples allowed ISA Only 	<p>Max 2 – (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> • Max 2 spins of a different nature (abbreviation) • 1 Spin Combination with chg of foot min 8 revs in total, without chg foot min 6 revs , <u>Flying entrance is not allowed. If with change of foot only one level feature per foot will count.</u> • 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 	<p>Step Sequence — Max 1 (Max Level 2 to be called for features)</p> <ul style="list-style-type: none"> • <u>Pattern not required but must fully utilize the ice surface. Must include one skating movement e.g. spiral, bauer etc. If missing no level. At least 2 difficult turns and steps must be done on clean edges for level basic. TP wont award body movements or combos of 3 difficult turns.</u>
<p>ADVANCED NOVICE GIRLS & BOYS Warm-up 5 mins 3:00 +/- 10 sec <u>ISU Comm 2624</u> 2A 1pt, any two diff triples 1pt each Bonus Max 3pts Factor Girls 2.13 Boys 2.4 Components C,P,SS <u>Falls outside element 0.50</u></p>	<p>Max 6</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 2 combo or 1 jump seq and 1 jump combo • One Jump combo or seq can contain 3 jumps, jump sequence consists of 2 or 3 jumps the 2nd and/or 3rd jump is an axel type jump. • 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). • Only two triples can be repeated either in a jump combination or in a jump sequence. No Quads. • <u>The same type of jump independent of revolutions can be included not more than three times in free skating program.</u> 	<p>Max 2 - (Max Level 3 to be called for features)</p> <ul style="list-style-type: none"> • Max 2 spins of a different nature (abbreviation) • 1 Spin combination must have change of foot, min 8 revs total no flying entry. • <u>1 Flying spin camel, no change of position, with or without change foot min 6 revs.</u> 	<p>Choreographed Sequence — Max 1</p> <ul style="list-style-type: none"> • Must contain at least 2 different skating movements. Pattern is free and can be done in any part of the program. Fixed Base Value

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Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
<p>JUNIOR WOMEN & MEN 3:30 +/- 10 sec Women any Triple 1pt each Men 3Lo,3F,3Lz,3A, Any Triple/Triple 1pt each Bonus Max 3pts Factor Women 2.67 Men 3.33 ISU Junior ISU Rule 612 – 2024/25 FALL DEDUCT 1.00</p>	<p>Max 7</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or 2 combos and 1 sequence • One 3-jump combo or seq is permitted. • Jump sequence consists of 2 or 3 jumps the 2nd and/or 3rd jump is an axel type jump. Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad • Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	<p>Max 3</p> <ul style="list-style-type: none"> • Max 3 spins of a different nature, must have different abbreviations • 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 	<p>Choreographed Sequence — Max 1</p> <ul style="list-style-type: none"> • Must contain at least 2 different skating movements. Pattern is free and can be done in any part of the program. Fixed Base Value
<p>SENIOR WOMEN 4:00 +/- 10 sec IJS Level - ISU Senior Factor 2.67 ISU Rule 612– 2024/25 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0</p>	<p>Max 7</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or 2 combos and 1 sequence • One 3-jump combo or seq is permitted. • Jump sequence consists of 2 or 3 jumps the 2nd and/or 3rd jump is an axel type jump • Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad • Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	<p>Max 3</p> <ul style="list-style-type: none"> • Max 3 spins of a different nature, must have different abbreviations • 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 	<p>Step Sequence — Max 1</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface <p>Choreographed Sequence — Max 1</p> <ul style="list-style-type: none"> • Must contain at least 2 different skating movements. Pattern is free and can be done in any part of the program. Fixed Base Value

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<p>SENIOR MEN 4:00 +/- 10 sec IJS Level - ISU Senior Factor 3.33 ISU Rule 613 – 2024/25 FALLS DEDUCT 1-2 1.0 3-4 2.0 5+ 3.0</p>	<p>Max 7</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • Max 3 combos or 2 combos and 1 sequence • One 3-jump combo or seq is permitted. • Jump sequence consists of 2 or 3 jumps the 2nd and/or 3rd jump is an axel type jump • Of all the triples and quads in the program, only 2 can be done twice and of those, only 1 can be a quad • Any double jump (including double Axel) cannot be included more than twice in total (as a Solo Jump or a part of Combo/ Seq). 	<p>Max 3</p> <ul style="list-style-type: none"> • Max 3 spins of a different nature, must have different abbreviations • 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 	<p>Step Sequence — Max 1</p> <ul style="list-style-type: none"> • Pattern not required but must fully utilize the ice surface <p>Choreographed Sequence — Max 1</p> <ul style="list-style-type: none"> • Must contain at least 2 different <u>skating</u> movements. Pattern is free and can be done in any part of the program. Fixed Base Value

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